



What Students Need On Campus

by FEEST Seattle



What We Did

FEEST Student Organizers created a survey to collect information about the overall state of mental health from students' perspectives.

This survey was given to students in multiple high schools across Seattle Public Schools and Highline School District.

Why We Did It

Our goal/purpose of this survey was to understand and identify student needs and give them the chance to express their opinions.

This is part of our larger campaign to improve mental health resources (or supports) in schools, destigmatize mental health, and help students realize they aren't facing these struggles alone!

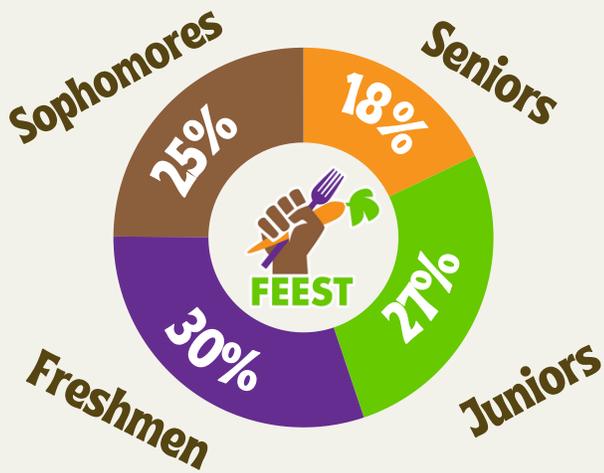
How We Did It

The survey was given out through Google Forms at Student Organizers' Campaign Kick-Off Events. Students could access the survey through a QR code and were rewarded with food for completing it!

After the Campaign Kickoffs, Student Organizers gathered to tally up the responses.

We received over 300 survey responses across multiple high schools!

What Grade Took Our Survey? (x)



FEEST Students Organizers surveyed over **300 students** across 5 schools on what they need on campus to support their mental health.

We learned the top issues causing stress, **what is getting in the way of their education**, and most importantly, **what youth need to thrive in the classroom.**

Top 3 Stressors for Students

Homework

Time Management

Workload



FEEST Campaign Goals

Wellness Rooms in All Schools

Wellness Rooms are an opportunity for schools to create a safe space that prioritizes student wellness. Wellness rooms can have space for students to rest, pray, seek professional and adult support, and so much more! Students need a dedicated space to recharge and take care of themselves.



Access to Therapists with Similar Lived Experiences to the Students they Serve

Students now more than ever are feeling the pressure. With the state of Student Mental Health being declared a crisis by many experts in the field, it is extremely important that students are able to access mental health care, specifically from therapists who have similar lived experiences, because students need someone they can relate to and count on.



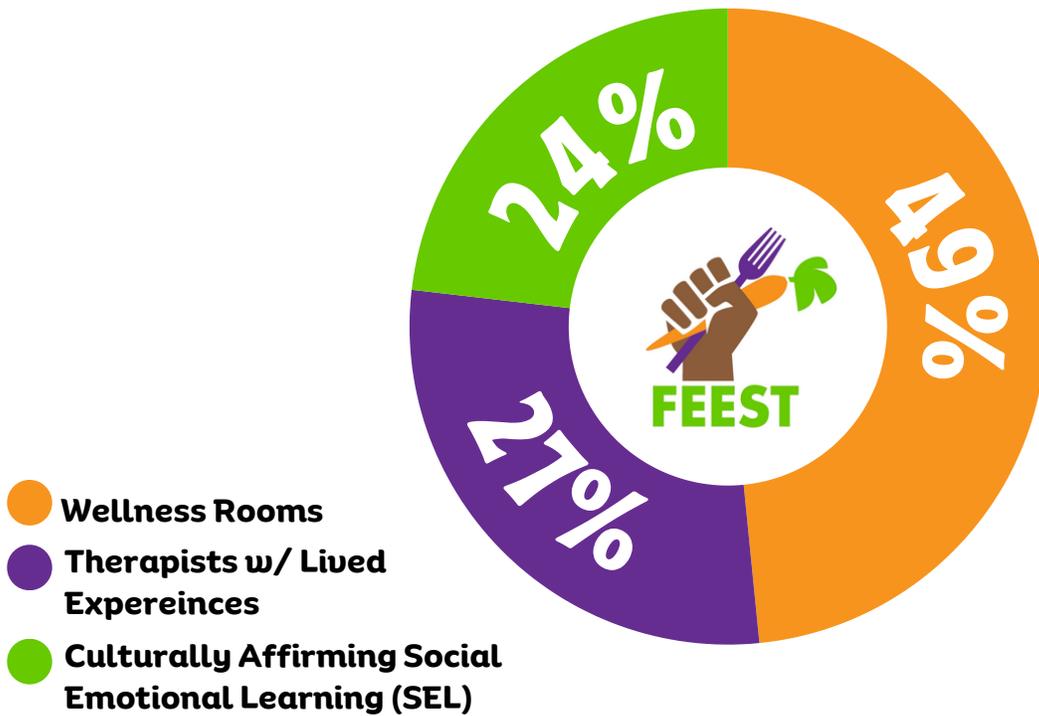
Culturally Affirming Social Emotional Learning (SEL)

It's important for students to learn ways to better comprehend their emotions, and learn coping skills. Culturally Affirming SEL takes into account the intersections of young people of colors' unique experience with oppression and how that impacts their ability to develop and learn in school.

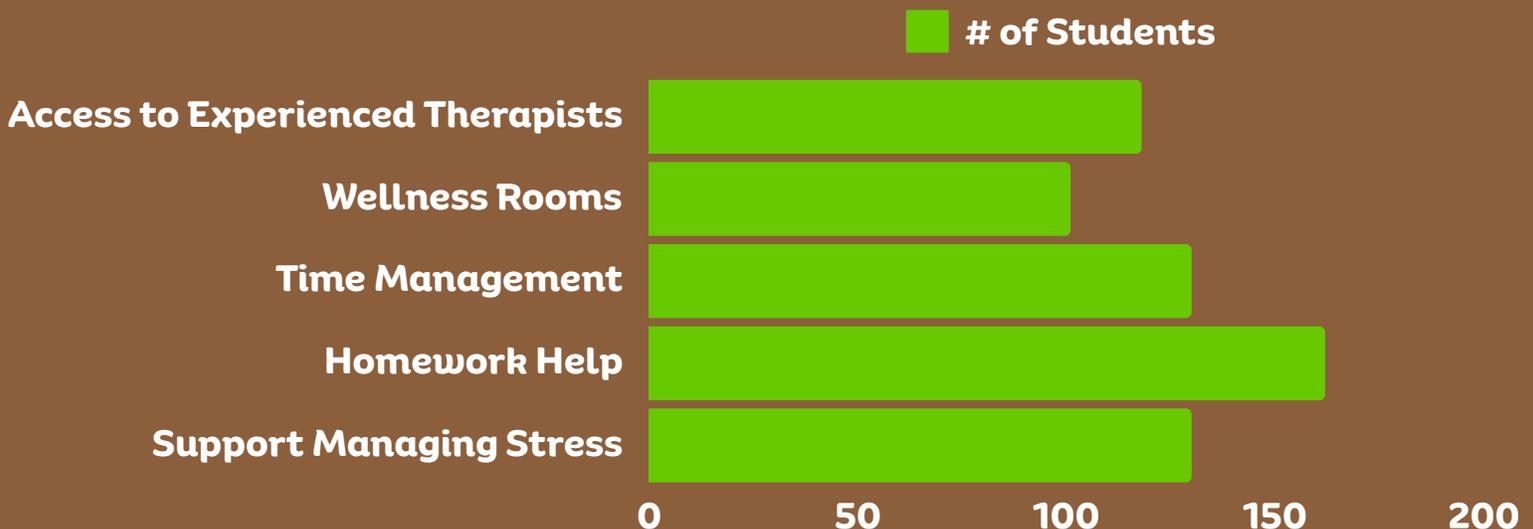


Which FEEST Campaign Goal Resonates the Most with Students?

Almost **half of the students** who took our survey resonated with having **Wellness Rooms in their schools!**



If you could get support in 3 things at your school, what would they be?



What Students Said...

“

[Wellness Rooms] are a place where students can be free and have a breath of fresh air... Having a place where they know they go. A place that can help them calm down.

”

“

Schools need to provide a better mental health system for students to focus on their academics. Without our mental health needs being addressed, we cannot focus on academics.

”

“

Schools can provide more therapists, mental health wellness rooms, and support from people.

”

“

When students feel overwhelmed with stuff they tend to choose to be left alone... so they would rather be in a wellness room, with a trusted adult or professional. Students want a relaxing space and more!

”

“

Schools can also do their part and not have everything due on the same day. Be more lenient on due dates, and homework, and allow students to take the steps to get the mental health [support] they need.

”



Reflection

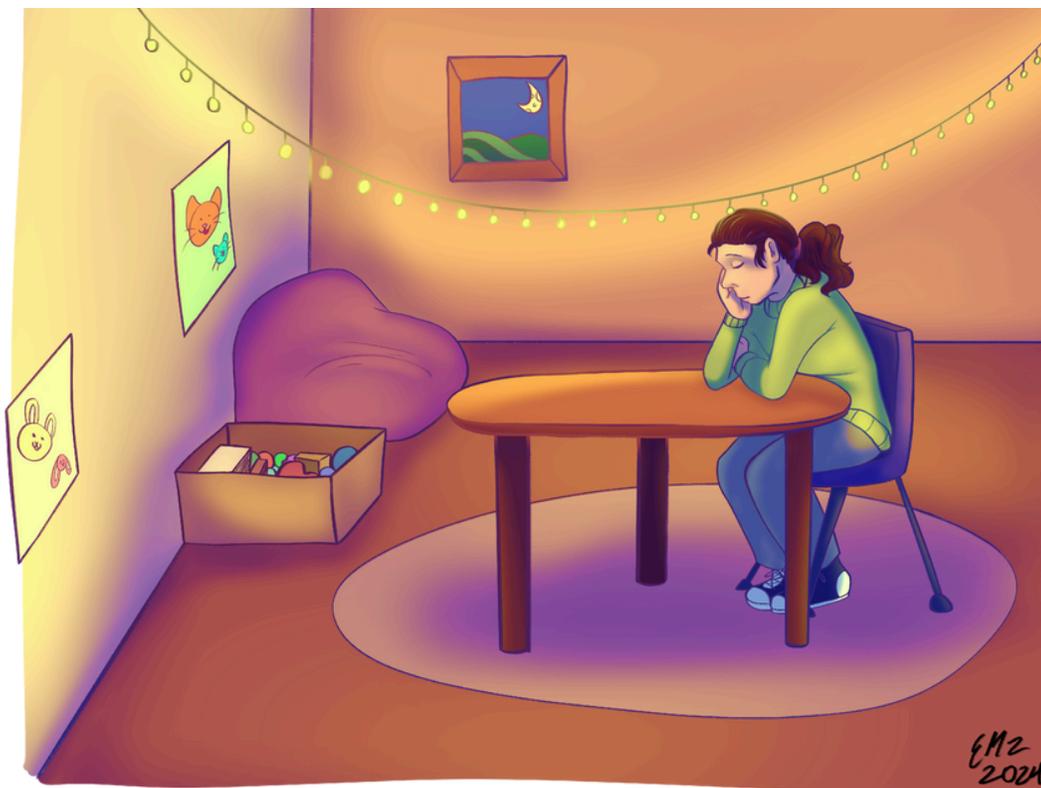
FEEST Student Organizers are in a constant dialogue with themselves and their peers, which was a major motivator in them surveying their classmates at their schools. **In the last 3 years, we have organized for lasting solutions to the lack of Mental Health Resources for students.**

FEEST has been building our analysis around what it looks like to sustainably support students' holistic wellness. We hope these survey results can play a huge part in ALL students getting access to the resources they need to thrive while they pursue their education.

We call on our community leaders, school staff, and administrators to support our students in creating thriving academic environments where schools are well-resourced!

Together we can **nurture our school communities to become thriving learning centers** for generations to come.

Thank you to our early thought partners at the **UW SMART Center** and **Communities for Just Schools** for their leading work around the Reclaim SEL Radport, and finally, all the students & youth leaders organizing beyond FEEST for a brighter and more just future.



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A Special Thank You to...

**FEEST Student Organizer,
Elyssa for his illustrations!**



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