

COME HEAR OUR YOUTH:

# SPEAK UP!

PART 2 OF 3 YOUTH-LED CONFERENCES:

**TUESDAY, DEC 1**

**4:30-6PM**

**"NAVIGATING COVID-19:  
ACADEMIC &  
MENTAL HEALTH NEEDS"**



LET'S MAKE CHANGE!

JOIN US  
AS OUR BRILLIANT  
OAKLAND YOUTH  
PRESENT THEIR VOICES!  
INCLUDING:

VIDEOS, INTERVIEWS,  
A "STATE OF THE YOUTH",  
POETRY, MUSIC,  
AND MORE!

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TOPICS INCLUDE:

-THE CHALLENGES OF  
ONLINE LEARNING  
  
-ACADEMIC AND MENTAL HEALTH  
NEEDS AND STRATEGIES  
DURING COVID-19

-YOUTH  
RECOMMENDATIONS  
TO ADULT LISTENERS AND  
THOSE IN POWER.

-YOUTH IDEAS ABOUT HOW  
TO DEAL WITH STRESS &  
PRACTICE SELF CARE

