

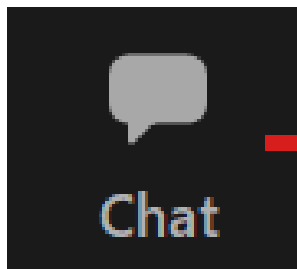
Youth Activism and Wellness: Prioritizing Self- Care as an Act of Justice

October 23, 2025

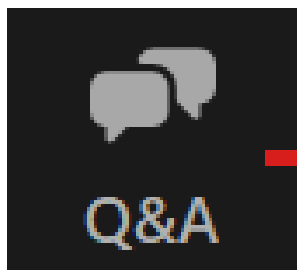


**COLLABORATIVE
MENTORING** 
WEBINAR SERIES

Tips for Engagement



- Introduce yourself!
- Talk with one another
- Share resources
- Respond to presenters



- Ask the presenters questions
- Upvote questions you'd like to see answered

- **Live captions** available in the panel by clicking on the “**CC**” at the bottom of the screen
- Who is with us today?
 - Type in the **Chat** to introduce yourself - name, organization, what do you hope to learn today?
 - For all participants to see your message, change to “All panelists and attendees” in the Chat

*** This webinar is being recorded, and will be sent out in one week with the slides.**

Dr. Nishaun Battle



- **Author of *Black Girlhood, Punishment, and Resistance: Reimagining Justice for Black Girls in Virginia***
- **Associate Professor at Virginia State University**
- **Principal Investigator of the STOP School Violence Grant, 2019-2022**
- **Self-care coach and wellness consultant**
- **Certified yoga teacher and somatic healing practitioner**
- **Board of Directors Member for Pretty Purposed**
- **Consultant for MENTOR Virginia**

Chaun Sturdivant



- 14 years old, high school freshman
- Second year Alumni Leader with Pretty Purposed
 - Been with Pretty Purposed for 8 years
- Shaped idea for their mental health summit
- Enjoys reading, singing, talking about passions, and trying new things
- Goal is to become more confident and guide younger girls

Issamar Kirby



- 22 years old, Corporate Risk Analyst at Wells Fargo
- Graduate of Virginia State University
- Senior thesis about the different modes of learning after COVID-19; other research in hate crimes against LGBTQ+ community
- Former TCMF scholar, Strada HBCU Initiative scholar
- 2023-2024 President of the Emerging Leaders Program at the Gloucester Institute
- Passionate about mentoring youth, building community
- Enjoys micro contention creation, trying new food spots, reading and daily walks

Sydney Owens



- **3rd year Studio Art student, minor in Law, Politics, and Society at Cal State Fullerton**
- **Student leader and activist committed to uplifting Black voices in predominantly white spaces**
- **President of Sigma Gamma Rho Sorority, Inc., Omicron Mu Chapter**
- **Organizes programs that center empowerment, education, and cultural awareness**
- **Champions spaces where youth can lead, thrive, and spark meaningful change**

The image features a vibrant, abstract background composed of various shades of blue, ranging from light cyan to deep navy. The background is filled with overlapping, semi-transparent geometric shapes, primarily triangles and polygons, creating a complex, layered effect. Faint, thin white lines and small, scattered white dots are also visible, adding to the intricate pattern. In the center of the image, there is a prominent dark blue rounded rectangle. Inside this rectangle, the words "PANEL DISCUSSION" are written in a bold, white, sans-serif font, centered horizontally and vertically.

PANEL DISCUSSION

The background is a vibrant, abstract composition of various shades of blue, ranging from light sky blue to deep navy. It features a complex pattern of overlapping triangles, polygons, and thin white lines that create a sense of depth and movement. In the center, a dark blue rounded rectangle serves as a focal point, containing the text in a clean, white, sans-serif font.

**How would you define self-care
and wellness?**



What are some of your favorite forms of self-care and wellness?

What types of community engagement do you participate in that make you feel in community with others?

What are some issues you have observed with the demographic you work with, that warrant the need for self-care for you and them?

How could your institution or job assist with incorporating self-care and wellness within their spaces?

What are specific challenges students face regarding self-care?

**What types of violence, if any,
is present in your
school/community, that leads
you to prioritize self care?**

How has your definition of activism evolved as you have learned to take care of yourself?

What are some creative or unconventional ways you have seen young people practice activism and wellness at the same time?

What challenges do you face specifically as a young, Black woman/girl that lead you to need self-care/wellness?

**What are some
misconceptions you may
have held before about
self-care/wellness?**

Are there any specific policies that have recently impacted you? How have those shaped your need for self-care/wellness?

**How does social media
impact your need for
self-care?**

If every young activist in the room could do one small thing this week to protect their peace while pushing for change, what would you tell them?

Three Next Steps

1. Create a self-care ritual for yourself and normalize it in your daily life.
2. Identify groups and like-minded individuals who are supportive of wellness.
3. Take time to care for yourself when engaging in community activism.

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AUDIENCE Q&A

Additional Resources

Contact Us

Email us with any feedback or questions at collaborativewebinarseries@mentoring.org!

Affiliates

MENTOR Affiliates can support with training, resources, public awareness and advocacy. [Find your local affiliate here.](#)

Mentoring Connector

Recruit mentors by submitting your program to the [Mentoring Connector](#).

National Mentoring Resource Center

Check out the [OJJDP National Mentoring Resource Center](#) to access evidence-based mentoring resources and to apply for no-cost training and technical assistance

Remember!

- Please take **3-4 minutes to complete the anonymous survey** to let us know how we did!
- Within a week, you will receive an email with information on how to download the **slides, recording, and resources** on the CMWS webpage on MENTOR's website.

Join Us Next Month!

Conversations with Youth, continued

November 20

3 – 4:30 PM EST