

Counselor Table Talks - GMS Counselors will be hosting monthly “Table Talks” for parents/guardians, staff and community members that will focus on diversity & current topics in our schools and community. Our hopes are to generate conversations and inspire change. GMS Counselors will post reminders and a link with recommended texts and other resources in the Frontier for you to preview prior to a Table Talk for deeper conversation. You are **not required to read or watch recommendations** to participate in a Table Talk. Feel free to bring any additional resources to share with the group. Coffee & Tea will be provided.

Tuesday, January 14 7:15am

Race, Racism & Racial Equity -

“What was your earliest experience with race? What was your most recent experience with race?”

Book: *“I Won’t Learn from You”* by Herbert Kohl

Book: *“Diversity Explosion”* by William Frey

Book: *“White Like Me”* by Tim Wise (Discussion on white privilege)

Docuseries: America to Me (available on Starz)

Discussion Guide: America to Me - [How to Talk About Race](#)

Book (Fiction): *“The Hate U Give”* by Angie Thomas

Book: *“Why Race and Culture Matter in Schools”* by Tyrone Howard

Documentary: 13th (available on Netflix)

Filmmaker Ava DuVernay explores the history of racial inequality in the United States, focusing on the fact that the nation’s prisons are disproportionately filled with African-Americans.

Poem: [Sauda Morgan’s published “I Am” poem](#) in Sesi Magazine

Sesi: “sister” in Sotho, a Bantu language mainly spoken in South Africa

Representation Matters. And Sesi reps Black girl’s to the fullest - filling that void in mainstream magazine media, in which Black girls are virtually invisible. Through our mix of features highlighting beauty, fashion, health, celebrities, social issues, and more, Sesi celebrates the culture of Black girls everywhere. More information: <https://sesimag.com/ourstory/>

Ted Talk: [Help for Kids the Education System Ignores](#) by Victor Rios

Tuesday, December 10 7:15am

Mental Illness- Anxiety & Depression

Book: [Your Anxious Child: How Parents & Teachers Can Relieve Anxiety](#) by John S. Dacey & Lisa B. Fiore

Book: [Helping Your Anxious Child: Step-by-Step Guide for Parents](#) by Ronald M. Rappe, Ph.D., Ann Wignall, D. Psych., Susan H. Spence, Ph.D., Vanessa Cobham, Ph.D., Heidi Lyneham Ph.D

Book: [Under Pressure: Confronting the Epidemic of Stress & Anxiety in Girls](#) by Lisa Damour, PhD
Book Review [here](#).

Book: [Parenting the New Teen in the Age of Anxiety](#) by John Duffy

Book (Fiction): [It's Kind of a Funny Story](#) by Ned Vizzini. Common Sense Media review [here](#). Contains discussion of depression, suicide, drug use & sexual behavior. (Movie also available on Amazon Prime)

Uh-Parent-ly Podcast: [Stress and Anxiety in Girls: How to Flip the Switch from Harmful to Healthy](#)

Ted Talk: [Our Dangerous Obsession With Perfectionism is Getting Worse](#) by Thomas Curran
Thomas Curran explores how the pressure to be perfect -- in our social media feeds, in school, at work -- is driving a rise in mental illness, especially among young people. Learn more about the causes of this phenomenon and how we can create a culture that celebrates the joys of imperfection.

Ted Talk: [Don't Suffer from Your Depression in Silence](#) by Nikki Webber Allen
Having feelings isn't a sign of weakness -- they mean we're human, says producer and activist Nikki Webber Allen. Even after being diagnosed with anxiety and depression, Webber Allen felt too ashamed to tell anybody, keeping her condition a secret until a family tragedy revealed how others close to her were also suffering. In this important talk about mental health, she speaks openly about her struggle -- and why communities of color must undo the stigma that misreads depression as a weakness and keeps sufferers from getting help.

Tedx Talk: [The Truth About Teen Depression](#) by Megan Shinnick
This talk was given at a local TEDx event, produced independently of the TED Conferences. Through her own story, social activist Megan Shinnick points out the misconceptions and actual importance of depression, as well as the societal flaws responsible for the increase in the illness among teens. Perhaps the increased pressures put on students create the situation, while the majority of schools don't have the necessary resources to aid students who suffer depression or anxiety. Megan asks each of us to make a difference in the way society both views and deals with depression.