# JCSH News and Resource Bundle for October 15 2021.

Hello everyone

Here is the News and Resource bundle for this week.

Cheers

Susan

News Articles:  
1. Students learned so much more during the pandemic than we realize. Just ask them.

University of Colorado researchers have been looking at learning responses of young people during the pandemic and while they have found evidence of the learning loss many school systems have focused on, they have also found evidence of ingenuity, agency, and interest-led learning. “What we've learned is that two things can be true at the same time. The shift to online school led to struggle for many, *and* it led young people to act creatively and with ingenuity.” Without the familiar routines of travel to and from school, after-school projects work, and socializing with friends, young people have learned how to juggle independent learning and family support and they have had time to look at their home surroundings, sometimes with new appreciation: “Well, normally I tell everybody I live in the ghetto, but I do not, apparently. … I’ve been taking my dog on a walk and … everybody's really nice. And then since they're in quarantine and stuff, they have time to work on their yards and stuff and are planting gardens.” The researchers recommend schools take advantage of the individual learning and skills development students have taken on and incorporate these gains into curriculum outcomes.

[Students Learned So Much More During the Pandemic Than We Realize. Just Ask Them. | EdSurge News](https://www.edsurge.com/news/2021-10-11-students-learned-so-much-more-during-the-pandemic-than-we-realize-just-ask-them)

2. SEL gaining considerable traction in K-12

The increased attention to incorporating social and emotional learning (SEL) components into more aspects of school curricula may be connecting to attempts to offset harms from the pandemic on student health, learning, and well-being. Education publisher McGraw-Hill followed up on a 2018 report of teacher knowledge of SEL; the new report, [2021 Social and Emotional Learning Report](https://www.mheducation.com/prek-12/explore/sel-survey.html), states that U.S. educators and administrators are much more knowledgeable about SEL than in 2018 and see it as having positive impacts on student outcomes: “96% of educators reported they believe SEL will help reduce behavioral problems, notably bullying, (95%), disengagement (94%), safety-related issues (93%), poor relationships with teachers (91%) and the negative effects of transitioning from remote to in-person instruction (91%).” In addition, the report also found that 87% of parents interviewed said SEL is "important in helping children navigate today's world."

[SEL Gaining Substantial Traction in K–12 -- THE Journal](https://thejournal.com/articles/2021/09/30/sel-gaining-substantial-traction-in-k12.aspx)

3. Cannabis: Sexually diverse young people with depression use more

In a study published in the *Journal of Abnormal Psychology* Université de Montréal PhD student Kira London-Nadeau found that lesbian, gay, and bisexual (LGB) youth were more likely than their heterosexual peers to use cannabis following depressive symptoms and also more likely to use cannabis than other LGB youth experiencing anxiety symptoms. The researcher said the data indicates the youth may be self-medicating to try to offset symptoms and-or that other supports for youth may not be adequate. “It's a matter of digging deeper into the why of these associations and making sure to include other communities that may be having similar experiences, including trans and non-binary teens, as well as sexually and gender diverse young adults," said the researcher. “These results will be crucial for these communities, as they will allow us to better target their needs to ultimately achieve a more equitable level of parity in their health."

[Cannabis: sexually diverse young people with depression use more | UdeMNouvelles (umontreal.ca)](https://nouvelles.umontreal.ca/en/article/2021/07/19/cannabis-sexually-diverse-young-people-with-depression-use-more/)

4. Child care, car seats, and other simple ways to keep teen moms in school

In schools that openly welcome and support pregnant and parenting teens, the positive results have been noticeable. One Texas high school that remained open throughout the pandemic offers child care and individualized learning plans for each teen mom. “The girls know that no matter what, we’ll get them through,” said the principal of one high school that transitioned from a rating of “needs improvement” from the state to receiving an A in 2019. In a state such as Texas that has varying levels of sexual health education and a focus on abstinence, schools such as this one are making a difference in the teen moms’ lives. “School should not be considered impossible for young women with children to manage”, said Alma Cardenas-Rubio, the district’s assistant superintendent for innovation, strategy, and educational technology. She thinks the focus required to succeed academically actually provides a “mental break” for students with troubled or chaotic lives outside of school.

[Programs that help teenage mothers stay in school can make a difference (hechingerreport.org)](https://hechingerreport.org/child-care-car-seats-and-other-simple-ways-to-keep-teen-moms-in-school/)

Resources:

Resource 1: Children and youth mental health in COVID-19: Innocenti Report

There are a number of research pieces in this report of interest and relevance

[**Children and COVID-19 Research Library Quarterly Digest on children and youth mental health under COVID-19**](https://unicef-irc.us19.list-manage.com/track/click?u=f937215443b10c82ef8ffabf1&id=fedadbb1b9&e=c3547aa625)

Resource 2: The Sex Information & Education Council of Canada (SIECCAN) is pleased to announce the release of three new **COVID-19 and Sexual Health Promotion** resources.  
The **COVID-19 and Sexual Health Promotion** resources provide background information and strategies to help health care providers incorporate COVID-19 into sexual health promotion information and services.  
**The resources include:**

* a **guide** that summarizes research on sexual health priorities for young people during the COVID-19 pandemic and includes tips for how health care providers can incorporate COVID-19-related information into sexual health promotion
* a sexual health **checklist** for health care providers
* a sexual health **fact sheet** for youth

We are always interested in hearing your feedback on our resources. Please consider entering your email when you download one of the COVID-19 and sexual health promotion resources and you will receive a follow-up email to participate in evaluation activities.  
Click [here](https://sieccan.us18.list-manage.com/track/click?u=b8089279a4d5ab1877d63a605&id=42c6136e29&e=38d1e9f5b4) to access the new COVID-19 and sexual health education resources.