



**YScreen** is the emotional health screen offered to all 9<sup>th</sup> grade students at the high schools in Fond du Lac County to identify risk factors for depression, anxiety and suicide.

## **February 2019 Multicultural Awareness**

To be multi-culturally aware means being educated on the differences of various race groups, religions, cultures, and languages. It also means respecting the similarities and differences of everyone in the community. When youth increase their cultural awareness, they in turn also strengthen their own self-awareness and develop new interpersonal skills, which ultimately effects their mental health. Respecting the many cultures in today's society can stem from one's curiosity of the world. Having these conversations is one way in which we can improve the overall mental health within the community. Encourage the youth in your life to start the conversation and discuss ways we can all increase our cultural awareness.

### **6 Ways to Encourage Multicultural Awareness:**

1. **Celebrate Everyone's Differences**- as adolescents develop their own self-identity, they are developing their thoughts about the cultures around them
2. **Expose yourself to other Cultures** - encourage cross-cultural friendships, explore food from different cultures, go to museums, and attend different festivals that celebrate culture
3. **Recognize other's Viewpoints** - culture can be reflected in one's thoughts and behaviors
4. **Use Respectful Language** by providing objective answers to questions while knowing correct identifying terms
5. **Continue to Learn** - cultural awareness is an ongoing process; there is always more to learn and teach about different cultures and beliefs
6. **Be a Multicultural Role Model**- being a positive role model is the most influential when teaching multicultural awareness

YScreen staff screen teens from various cultures, while providing culturally specific resources that help connect teens and their families to the appropriate community resources. YScreen is available to teens in Fond du Lac County. If you would like to request screening for your child or would like more information, please contact us at **(920)906-6700 ext. 4714**.

The Fond du Lac Area YScreen Program is administered through Fond du Lac School District with guidance from the YScreen Advisory Board. The Fond du Lac Area YScreen program is proud to be supported in part by the Fond du Lac Area United Way, Agnesian HealthCare, and the Wisconsin Partnership Program through the UW School of Medicine and Public Health.