

Center for Promise

AMERICA'S PROMISE ALLIANCE®

For the release of the *Barriers to Wellness: Voices and Views from Young People in Five Cities* report, we encourage conversations on the youth-led assessment that provides new insight into the obstacles to wellness young people of color face.

You can find the report at <http://www.americaspromise.org/BarrierstoWellness>. Please join the conversation by using the hashtags **#Barriers2Wellness** and **#SafePlaces**.

NEWSLETTER BLURB

Youth-led Study Identifies Barriers to Wellness

What stands between young people of color and wellness? That's the question teams of young people explored, with support from the Center for Promise at Boston University School of Education. The answer, uncovered by this first-of-its-kind, multi-city youth-led assessment, starts with concerns for their safety. Find out more in *Barriers to Wellness: Voices and Views from Young People in Five Cities*, just released by America's Promise Alliance. <http://bit.ly/Barriers2Wellness>

REPORT PROMOTION

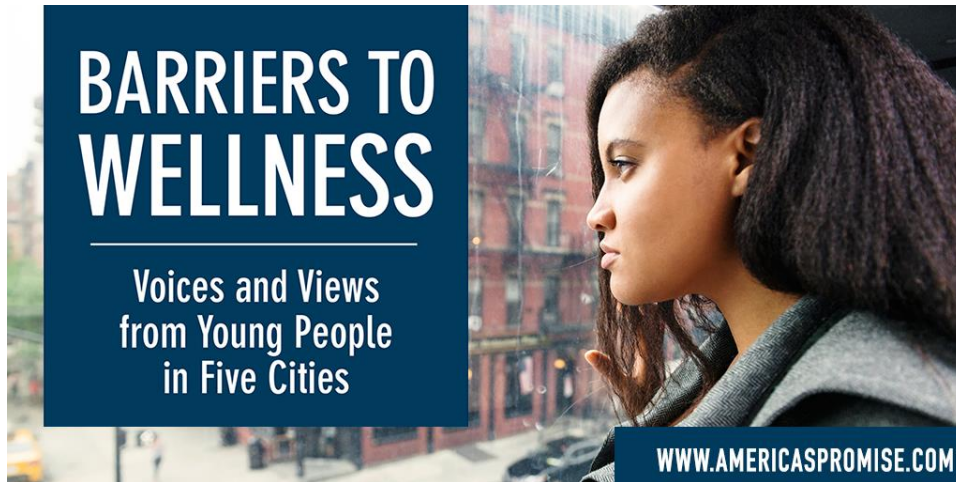
Facebook/LinkedIn:

What stands between young people of color and wellness? Learn more in the latest research report, *Barriers to Wellness: Voices and Views from Young People in Five Cities* by the Center for Promise at Boston University School of Education. <http://bit.ly/Barriers2Wellness> #Barriers2Wellness #SafePlaces

Download the report *Barriers to Wellness: Voices and Views from Young People in Five Cities* by Center for Promise at Boston University School of Education that taps into young people's perspectives on the biggest barriers to wellness in their communities. <http://bit.ly/Barriers2Wellness> #Barriers2Wellness #SafePlaces

Sharable Graphics

Download our gallery of sharable gifs and images <http://bit.ly/wellnessgraphics>



Twitter:

NEW REPORT: #Barriers2Wellness: Voices & Views from Young People in 5 Cities via @Center4Promise @BU_SED <http://bit.ly/Barriers2Wellness> #SafePlaces

Learn what #youth say are the #Barriers2Wellness in their communities in @Center4Promise @BU_SED report. <http://bit.ly/Barriers2Wellness> #SafePlaces

Feeling safe & welcome is an essential part of health & wellness for young people!
<http://bit.ly/Barriers2Wellness> #Barriers2Wellness #SafePlaces

Young people of color & youth from low-income communities are at heightened risk of poor health.
<http://bit.ly/Barriers2Wellness> #Barriers2Wellness

Learn how @Center4Promise @BU_SED conducted 1st multi-site #youth-led assessment to understand #Barriers2Wellness. <http://bit.ly/Barriers2Wellness>

Youth are often overlooked as leaders in research. See how @Center4Promise @BU_SED engaged them.
<http://bit.ly/Barriers2Wellness> #Barriers2Wellness

Tweets about Findings:

Youth identified stress as a threat to their well-being. Many struggle to find jobs, housing & edu.
<http://bit.ly/Barriers2Wellness> #Barriers2Wellness

Young people feel unsafe in their neighborhoods & schools, citing violence & gangs as
#Barriers2Wellness <http://bit.ly/Barriers2Wellness> #SafePlaces

"Kids can't walk or play w/o being worried about getting beat up or shot & killed."
<http://bit.ly/Barriers2Wellness> #Barriers2Wellness #SafePlaces

"Violence creates despair & desensitization" <http://bit.ly/Barriers2Wellness> #Barriers2Wellness #SafePlaces

Youth mistrust & fear police, leading to anxiety & avoidance of public places. <http://bit.ly/Barriers2Wellness> #Barriers2Wellness #SafePlaces

"Police are scary figures to most youth. They are seen to be avoided at all cost." <http://bit.ly/Barriers2Wellness> #Barriers2Wellness #SafePlaces

Gentrification and unemployment impact young people's sense of well-being. <http://bit.ly/Barriers2Wellness> #Barriers2Wellness

Youth suffer from a lack of access to resources like healthy food. <http://bit.ly/Barriers2Wellness> #Barriers2Wellness

"Access to quality education & training is key to reducing unemployment." <http://bit.ly/Barriers2Wellness> #Barriers2Wellness

Youth identified stereotyping & racial bias as stressors & #Barriers2Wellness to their well-being. <http://bit.ly/Barriers2Wellness> #SafePlaces

Youth are engaging in risky behavior such as drug use to cope w/ stress. <http://bit.ly/Barriers2Wellness> #Barriers2Wellness

In Boston, only 20% of youth surveyed would go to police if they needed help. <http://bit.ly/Barriers2Wellness> #Barriers2Wellness #SafePlaces

In Chicago, 82% of youth surveyed think about violence at least some of the time. <http://bit.ly/Barriers2Wellness> #Barriers2Wellness #SafePlaces

In Philly, 80% of youth surveyed said black youth were more likely to be targeted by police. <http://bit.ly/Barriers2Wellness> #Barriers2Wellness

57% of youth surveyed in St. Paul believe the relationship btw the gov't & community is bad. <http://bit.ly/Barriers2Wellness> #Barriers2Wellness

Youth surveyed in Denver feel marginalized in their own community because of gentrification. <http://bit.ly/Barriers2Wellness> #Barriers2Wellness #SafePlaces

"I believe that youth are the future & their voices needed to be heard." | Youth Researcher <http://bit.ly/Barriers2Wellness> #Barriers2Wellness

"I like how I was able to meet new people & see different neighborhoods." | Youth Researcher <http://bit.ly/Barriers2Wellness> #Barriers2Wellness

Youth felt empowered as leaders in community research thanks to @Center4Promise @BU_SED. <http://bit.ly/Barriers2Wellness> #Barriers2Wellness

Get six recommendations that community decision-makers can take to prevent #Barriers2Wellness for young people. <http://bit.ly/Barriers2Wellness>