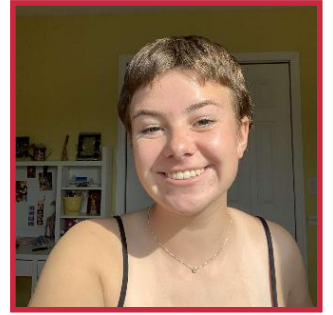




How does a Raider maintain mental health?



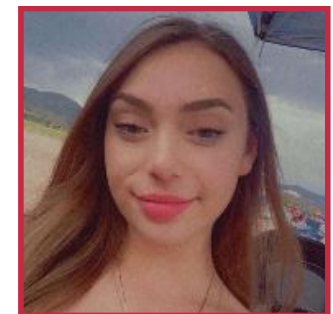
Senior **Caroline Smith**

"It will take a lot of work to be in the right space. I think people can rely on their friends."



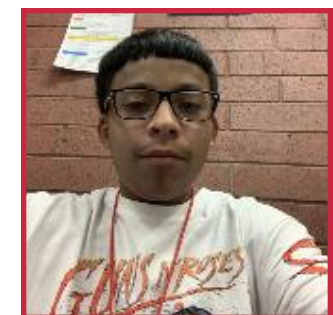
Senior, **Julia Stacks**

"It starts by talking about it to people you trust and finding coping mechanisms."



Senior, **Karen Avitia Caballero**

"Something that helps me get through tough times is my dog"



Senior, **Justin Blas**

"I like to do things I like such as listening to music or being with people that make me happy."

2. We've got Their Back:

Seniors **Julia Stacks** and **Jayah Caley** made posters and attended the peaceful Black Lives Matter protest to support and fight for the movement.

4. A Movement, not a Moment:

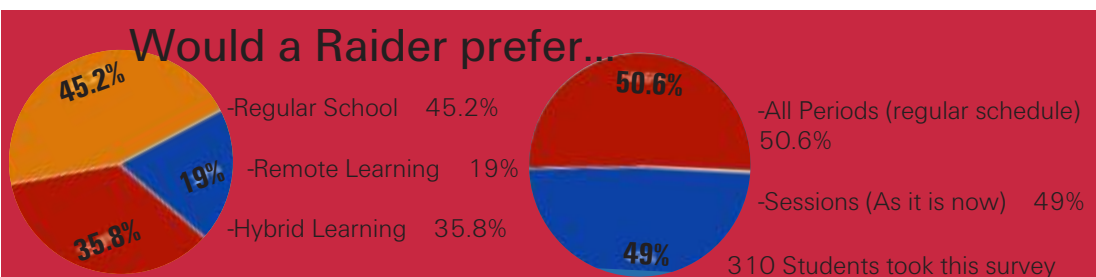
Seniors **Jasiri Grimes** and **Selena Powell** had the opportunity to go to the peaceful Black Lives Matter protest and support their community. "This is a movement not a moment, so don't let the fight die because the cameras are turned around," said Grimes.

3. Influencing Others:

Junior **Madison Hurlbut** takes the time to stop and model what everyone should be doing, which is wearing mask to keep each other safe from COVID.

5. COVID is No Joke:

Seniors **Anthony Detweiler**, **Shem Myung**, **Giovanni Palazzolo**, and **Matthew Yohanes** were able to attend a gathering safely by making sure they were wearing their masks.



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Many Raiders have been fighting for and supporting the Black Lives Matter movement with the help of social media and by attending non-violent protests.

With the COVID-19 pandemic still being an issue in the U.S, most schools have to start off the school year by doing remote learning. Not the first choice when it comes to school for most students. In May, a video circulated around the media of a black man, George Floyd, being murdered by a white police officer. People were outraged and in distraught that as a whole, decided to take action and demand for justice. The Black Lives Matter movement spread quickly across the U.S and internationally. Students participated in peaceful protests, along with thousands of people all while wearing a face mask to help prevent the spread of COVID. With both BLM and COVID, the mental health of Raiders was greatly affected. Finding new ways to cope was a challenge. Raiders made sure to make their voice heard, stay safe, and maintain their mental health during this time of need.

