

# Equity & Allyship Social Media Bundles

Equity

## THE COVID-19 PANDEMIC HITS SOME OF US HARDER THAN OTHERS



Some of us already struggled with feelings of isolation and hopelessness before these unprecedented times. This is particularly true for many of us who are impacted by systems of oppression and discrimination. While some of your usual strategies for coping may not be as accessible to you at this time (e.g., GSA, cultural connections, land-based activities), there are some things you can try.

Find out more at:  
jack.org/covid



School Mental Health Ontario  
Santé mentale en milieu scolaire Ontario

## THERE ARE WAYS TO FIGHT BACK AGAINST FEELINGS OF ISOLATION AND HOPELESSNESS.

Remind yourself that there are some things you can change, and some things you can't. Remember that your identities, your communities and your friends are a source of strength. Don't forget that there is hope. There is always hope.

During times like these, it is important to remind ourselves of the things we can change, and the things we can't.



## THINGS I CAN'T CONTROL AND AM NOT RESPONSIBLE FOR

The COVID-19 pandemic

Other peoples' motives

Other peoples' actions

### I CAN CONTROL

How much time I spend on social media or reading the news

My own physical distancing practices

My own values and beliefs

Educating myself about other's views and experiences

Letting myself take breaks

How I look out for and care for the people around me

Finding things that bring me joy

The rules around physical distancing

Other peoples' racist views and behaviour

Find out more at:  
jack.org/covid



School Mental Health Ontario  
Santé mentale en milieu scolaire Ontario

## PEOPLE WHO ARE IMPACTED BY OPPRESSION GET A LOT OF HARMFUL AND NEGATIVE MESSAGES FROM THE WORLD AROUND US. THIS CAN BE A LOT TO HANDLE, ESPECIALLY ON TOP OF EVERYTHING GOING ON DURING THESE UNPRECEDENTED TIMES.

*Supporting yourself during unprecedented times as a person impacted by oppression:*

- Filter out harmful messaging. You are allowed to take a break from the news or social media.



School Mental Health Ontario

Santé mentale en milieu scolaire Ontario

***Supporting yourself during unprecedented times as a person impacted by oppression:***

- Connect with people who share your identities or who you trust to understand what you are experiencing. Connecting with people who 'get it' can help us feel seen, validated and supported during troubling times.
- Indulge in the creative or joyful aspects of your identities, cultures and communities.
- Reach out for support from the people you trust in your life.
- Noticing signs of hope and positive change in the fight for justice.
- Learn from and look to the leaders in my communities who are fighting for justice.

Find out more at:  
**jack.org/covid**



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

## **ANTI-ASIAN RACISM**

COVID-19 has led to increased instances of anti-Asian racism in Canada. We know that this can have a harmful impact on the mental health and well-being of students of Asian-descent.

***We can remind ourselves that our identities, our cultures and our communities give us strength. We can remember that there is hope. Hope in ourselves, our communities and our society.***



Find out more at:  
**jack.org/covid**



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario