

**Building  
Bridges for  
Youth**

# SUPPORTING SCHOOLS AMID COVID-19

## **BUILDING BRIDGES FOR YOUTH OPPORTUNITIES FOR SCHOOL COMMUNITIES**

Since 1963, CCEJ has worked to build community across social differences. Today is no different. We understand that students, school staff, and school leaders are facing unprecedented challenges in this present moment. We stand firmly in our value of building community together even across distance, and we invite your school communities to engage in some of our online work in the coming months.



### **CONSCIOUS CLASSROOMS WORKSHOPS**

Need some remote learning opportunities for your students? These online workshops are intended to create space for students to explore various topics. Check out the full descriptions on the following page.

- **From Bystander to Ally:** Building Community Resilience through Connection and Emotional Literacy
- **Finding Joy and Care in Self:** Self-Care Tools and Strategies in Times of Stress and Anxiety
- **Looking Back to Move Forward:** Learning from Our Past to Live a Stronger Present and Help Build a Better Future
- **Quarantining the "Other":** Practicing Solidarity and Allyship Among Social Inequities

### **BUILDING BRIDGES ONLINE: HOLDING SPACE FOR STUDENTS**

We know that students, teachers, and administrators are carrying a lot right now. To support your school community's well-being, Building Bridges for Youth can create online spaces for your students to build community and process their experiences. Here are some sample topics we can hold space for:

- **Remaining Socially Connected while Physically Distancing**
- **Creating Your Self-Care Practice**
- **Staying Active & Fighting Boredom**
- **LGBTQIA+ Affinity Group**
- **Class of 2020: Processing Uncertainty & Celebrating Accomplishments**
- **Reimagining Schools and Learning**
- **Advocacy & Allyship**

### **CONNECT WITH US TODAY!**

Email Kathleah Pagdilao at [kpagdilao@ccej.org](mailto:kpagdilao@ccej.org) or call 562-435-8184 ext. 111.  
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## FROM BYSTANDER TO ALLY

How do we continue to build connections during a time of uncertainty? How can we show up and support our most vulnerable communities? What work must I do individually to be able to support others in loving and authentic ways? This workshop will support students in exploring ways to build meaningful connections with community members now and after COVID-19 through interactive learning and dialogue. The workshop will focus on conflict resolution, building resilience through emotional literacy, and practicing agency to empower students to build kinder, more inclusive communities both on and offline.

## FINDING JOY AND CARE IN SELF

What makes us special and unique? What can we learn from our emotions? How can emotions help us understand what we need? What are ways that we can practice building joy and peace for ourselves even in challenging times? This workshop is a love letter to ourselves. Through reflective practices, group experiential activities, community dialogue and exploration of self-care, this workshop will help students identify self-care tools they can use in times of stress and anxiety, support them in navigating communication and conflict, and help them identify ways in which they can return to their own gifts and passions as resiliency practices.

## LOOKING BACK TO MOVE FORWARD

How have social justice leaders historically navigated times of struggle? What can we learn about resiliency from social justice movements of the past? This workshop will utilize knowledge of freedom fighters of the past as a way to identify practices that will help to ground us in uncertain times. Through experiential learning, discussion groups, and reflective practices, students will begin to identify ways that they can apply learnings from the past, to live a stronger present, and help build a better future.

## QUARANTINING THE "OTHER"

How do ISMs show up in times of panic? How do mainstream narratives harm our communities? How have stereotypes and racist, sexist and homophobic tropes been used historically to continue to subjugate our most marginalized communities? What can we learn from the past to ensure that we never let this happen again? This workshop will explore ways in which historical moments of panic have created narratives that further marginalize our most vulnerable communities. Students in this workshop will work to connect the past to the present moment, and identify ways that we can practice solidarity and allyship as a way of protesting these problematic narratives.

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# MEET OUR TEAM

## **KATHLEAH C. PAGDILAO, M.A.** **DIRECTOR, BUILDING BRIDGES FOR YOUTH**

Kathleah C. Pagdilao oversees the youth development programs and supporting adult leadership programs at CCEJ. A former classroom teacher, Kathleah has a range of experiences that includes developing meaningful, standards-aligned curriculum for students to build community and develop strategies for inclusion; partnering with schools and other youth-serving entities to grow young peoples' leadership; and coordinating trainings for various educational institutions and community-based organizations.

## **CÁROL ROJAS, M.A.** **PROGRAM COORDINATOR - SCHOOL LEADERSHIP**

Cárol Rojas is the lead coordinator for Conscious Classrooms, a school-based leadership program that supports students in building empathy, promoting restorative practices, and thinking critically about issues of equity. Cárol also leads the Building Bridges Clubs Alliance (BBCA) which supports high school youth in engaging in social justice work within their school communities. Having served as a teacher for nearly a decade, Cárol brings rich experiences in creating programs that embody culturally relevant pedagogy, address social inequities, and center the needs of students.

## **SANIYA IBRAHIM** **YOUTH EDUCATION SPECIALIST**

Saniya Ibrahim leads the Redefining Empowerment and Learning (REAL) Resiliency Program and co-leads Youth Council. REAL Resiliency equips middle and high school youth with tools to navigate systems which perpetuate structural inequities in our society (such as the criminal justice system). As a former classroom teacher, Saniya is passionate about and has experience in designing curriculum that consists of powerful and creative lessons that are culturally relevant and standards-aligned.

## **SARAH RANA** **PROGRAM COORDINATOR - RESIDENTIAL LEADERSHIP**

Sarah Rana is lead coordinator for both Building Bridges Camps and the Summer Youth Leadership Institute (SYLI) and co-lead on Youth Council at CCEJ. She has served as a nonprofit professional and volunteer in Oklahoma for over a decade, working with schools, faith organizations, and community members to cultivate skills to become positive change agents in their communities. Sarah has directed residential leadership camps for high school students in Oklahoma and Florida focusing on social justice, equity, and inclusion.