

Dear Mr Thurmond,

I am so excited to hear about the effort you are putting in to create meaningful, relevant Ethnic Studies Curriculum for California schools.

I am a clinical psychologist with a PhD in bullying prevention and I have found that the best approach in reaching youth about these types of sensitive issues is through video-based peer learning.

If they can see stories of other students that they identify with expressing difficulties they relate to, this learning becomes immediately relevant and breaks down barriers of race, class, and culture.

This way, meaningful conversation can be generated in the classroom that goes beyond merely stating facts that can be misinterpreted or misconstrued.

I have been creating [documentary stories of teens sharing their experiences of mental health struggles](#), and many of the stories (to be released) centre around prejudice, bullying, and harassment.

Here is a link to the [Mental Health Curriculum Overview Video](#) that explains how I have been using these stories in schools across the US, Canada, and Australia (and soon in Swaziland, South Africa, and the UK as well).

I would love a chance to discuss how this video-based story-telling methodology could be used to explore ethnic studies in California schools.

Thank you so much for your time!

Hayley

Dr Hayley Watson, Clinical Psychologist (PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)