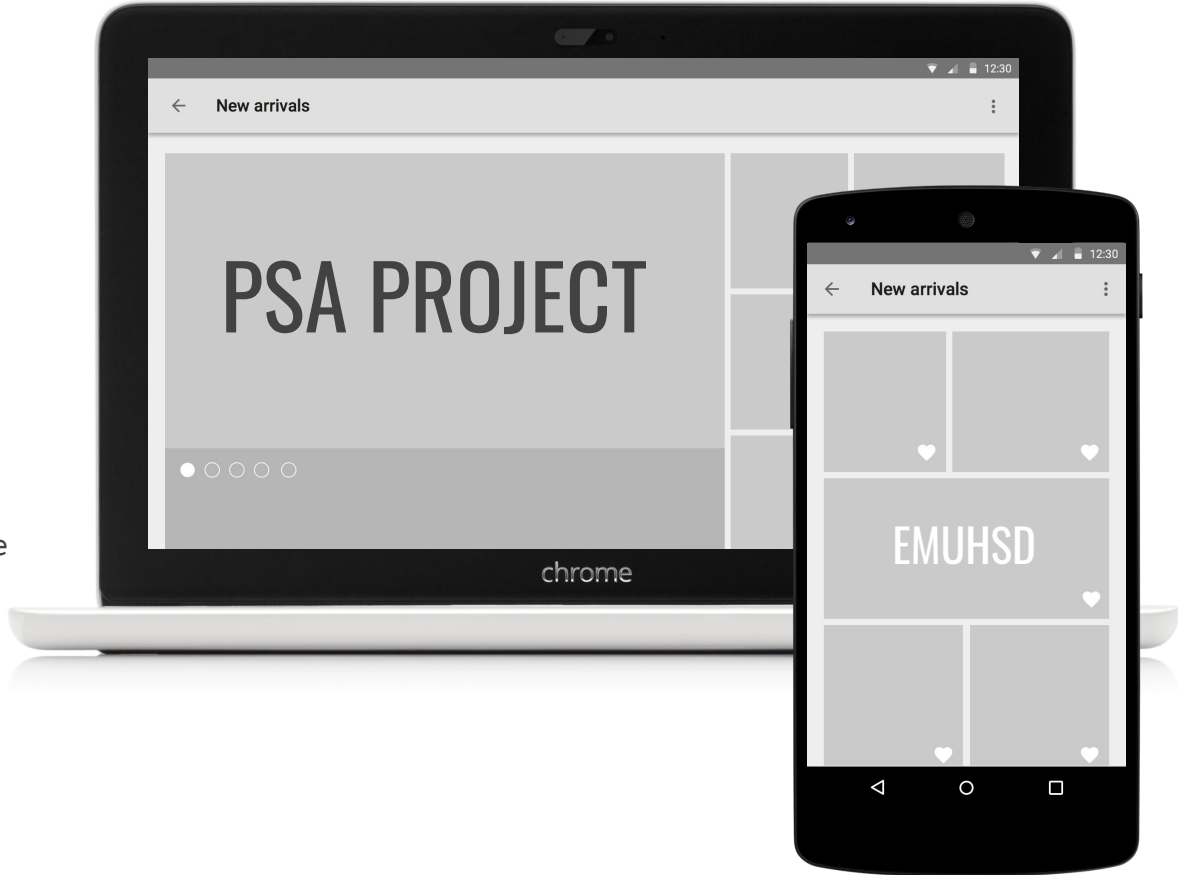


# EMUHSD / CTE Public Service Announcement Project

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Arroyo High School Graphic Design students were asked to collaborate with the Health Careers Pathway students from various EMUHSD high schools. Our objective was to effectively communicate awareness for the health and social issues that are affecting teenagers from the ages of 13-17 years old and the available resources. After receiving research, feedback and developing their concepts with their classmates and student partners, *this is what they created.*



# BREAK FREE FROM THE SCREEN

The constant stream of retweets, likes, and shares affect the brain's reward area to trigger the same kind of chemical reaction as drugs, such as cocaine

Neuroscientists compare social media interaction to a syringe of dopamine being injected straight into the system

210 million people are estimated to suffer from internet and social media addictions

ANXIETY FOMO  
DEPRESSION  
ISOLATION • LONELINESS  
POOR GRADES LACK OF SLEEP  
LOW SELF-ESTEEM

PSA presented by



For more information on social media addiction, please visit: [www.addictioncenter.com/drugs/social-media-addiction/](http://www.addictioncenter.com/drugs/social-media-addiction/)

PSA Presented by



# MARIJUANA IS A GATEWAY DRUG

MARIJUANA USE IS LIKELY TO  
PRECEDE USE OF OTHER LICIT AND  
ILLICIT SUBSTANCES

If you need more information on drug  
and alcohol addiction, visit  
[www.cdc.org](http://www.cdc.org)



PSA Poster By:



# SOCIAL ANXIETY

Socializing isn't as fun as it seems



YOU ARE NOT ALONE.  
IF YOU OR A LOVED ONE NEEDS HELP  
WITH ANXIETY, CALL:  
1-800-950-NAMI (6264)



# DON'T DIE FOR A DIET

YOUR SCALE NUMBER  
DOES NOT DEFINE YOU



## THE DEATH RATE OF ANOREXIA IS 10%

SYMPTOMS INCLUDE DRAMATIC WEIGHT LOSS,  
REFUSING TO EAT AND INTENSE FEAR OVER WEIGHT  
GAIN.

For more information go to [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

PSA Presented By:



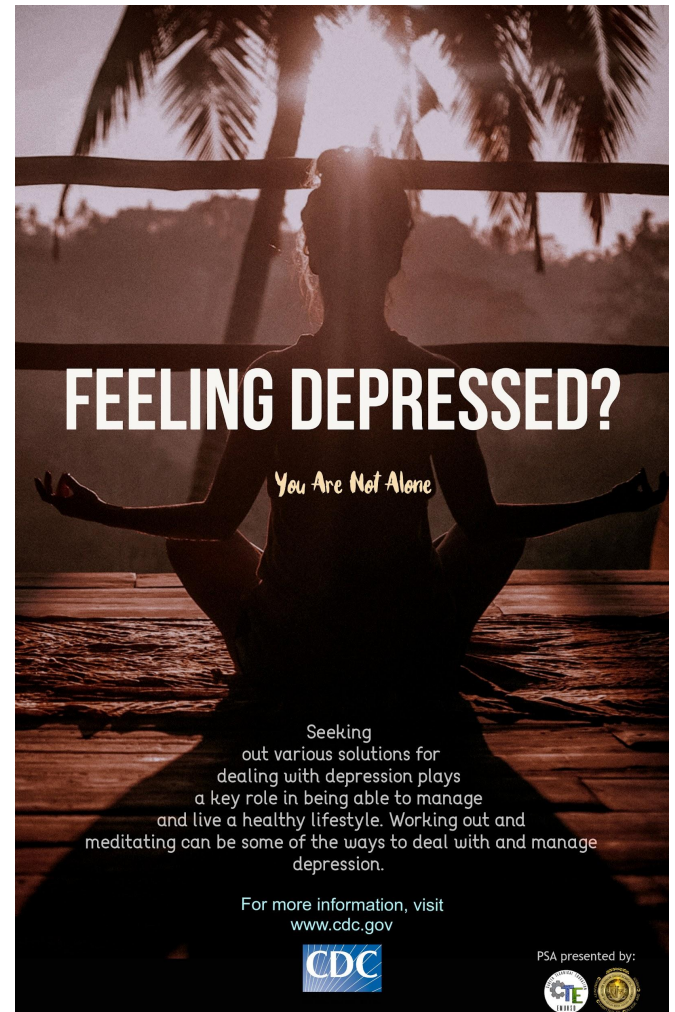


# ANXIETY

**JOURNALING  
AND  
DRAWING  
CAN HELP  
COPE WITH  
ANXIETY**

IF YOU NEED HELP  
VISIT  
[BEYONDBLUE.ORG.AU](http://BEYONDBLUE.ORG.AU)

PSA PRESENTED BY:




# FEELING DEPRESSED?



*You Are Not Alone*

Seeking out various solutions for dealing with depression plays a key role in being able to manage and live a healthy lifestyle. Working out and meditating can be some of the ways to deal with and manage depression.

For more information, visit  
[www.cdc.gov](http://www.cdc.gov)



PSA presented by:



# CYBERBULLYING

## BLOCK & REPORT THE BULLY

About 37% of people between  
the ages of 12 and 17 have  
been bullied online.

To learn about Cyber  
Bullying visit

Connect **Safely**

PSA presented by



# IMPOSTER SYNDROME

[ A pattern of feeling insecure with one's  
skills and an internalized fear of being  
exposed as a "fraud". ]

## SYMPTOMS

Overachieving  
Self-doubt  
Self-sabotage

## CAUSES

Entering new  
roles where  
you feel  
incapable

## ASK YOURSELF

Do I believe I  
am worthy of  
love as I am?

Must I be  
perfect for  
others to  
approve of  
me?



To learn more, visit  
[www.medicalnewstoday.com](http://www.medicalnewstoday.com)  
[www.verywellmind.com](http://www.verywellmind.com)

PSA presented by



# KEEP YOUR INFORMATION SAFE



To learn about  
online security visit

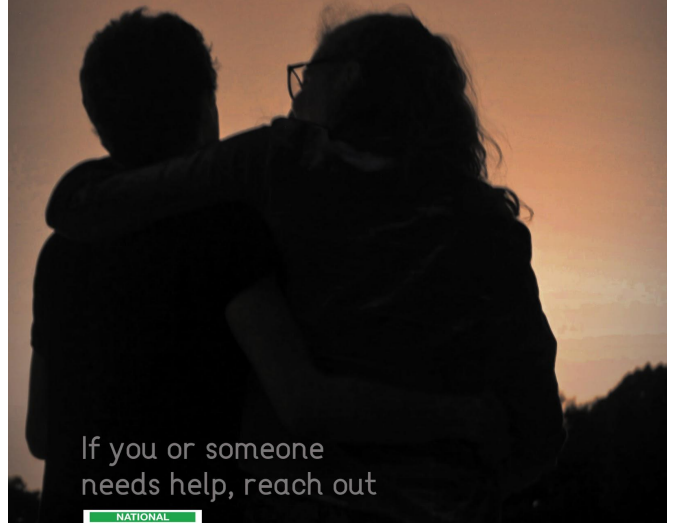


PSA presented by



# RECOGNIZING THE WARNING SIGNS OF SUICIDE AND KNOWING WHERE TO GET HELP CAN SAVE LIVES

- Centers for Diseases Control  
and Prevention

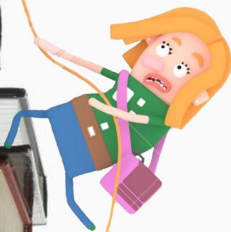
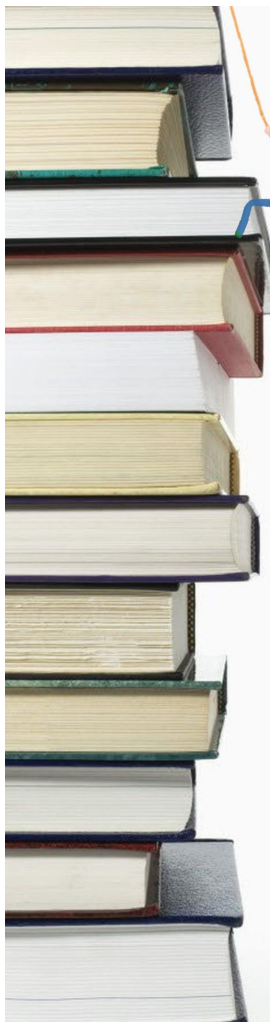


If you or someone  
needs help, reach out



PSA presented by





# TAKE A BREAK

Approximately 1 in 3 can experience anxiety and stress from school. This can lead to physical and mental health issues which can even lead to suicide.

For more information please visit

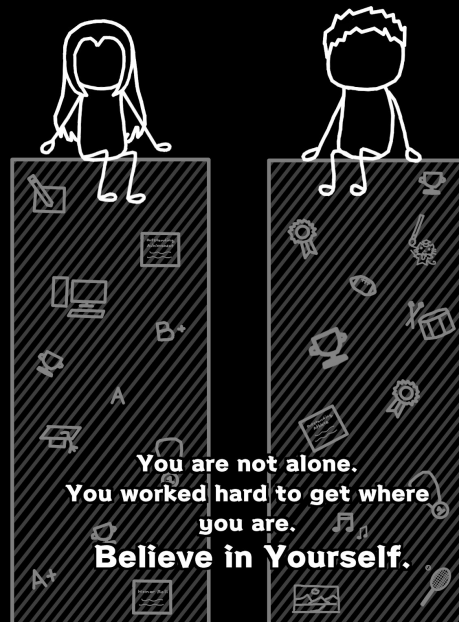


PSA presented by



They are better than me.  
I'm just a fake. I don't belong.  
I feel like I am an

# IMPOSTER



**You are not alone.  
You worked hard to get where  
you are.  
Believe in Yourself.**

IMPOSTER SYNDROME OCCURS WHEN A PERSON BEGINS TO DOUBT THEIR TALENTS AND ACCOMPLISHMENTS AND BELIEVE THEY ARE A FRAUD.

FOR MORE INFORMATION, VISIT  
[HTTPS://WWW.MEDICALNEWTODAY.COM/ARTICLES/321730](https://www.medicalnewstoday.com/articles/321730)  
[HTTPS://WWW.VERYWELLMIND.COM/IMPOSTER-SYNDROME-AND-SOCIAL-ANXIETY-DISORDER-4156469](https://www.verywellmind.com/imposter-syndrome-and-social-anxiety-disorder-4156469)

PSA PRESENTED BY



# FEELING DOWN?

ABOUT 7% OF MEN AND  
1% OF WOMEN WITH A  
LIFETIME HISTORY OF  
DEPRESSION WILL DIE BY  
SUICIDE.

## WE ARE HERE FOR YOU

## YOU'RE NOT ALONE

For More Information Please Visit:  
<https://www.samhsa.gov/find-help/national-helpline>



PSA Presented by

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



# ANXIETY, FATIGUE, HIGH BLOOD PRESSURE, AND TROUBLE SLEEPING ARE SYMPTOMS OF STRESS.

Go to  
[www.urmc.rochester.edu/men](http://www.urmc.rochester.edu/men)  
if you need more information  
on getting help.

**ROCHESTER  
REGIONAL HEALTH**  
Rochester General Hospital

PSA presented by:







There is a  
hacker attack  
every 39  
seconds.

To report cyber crime,  
go to [cisa.gov](http://cisa.gov)

PSA presented by



**ANOREXIA**

THERE IS NO WEIGHT LIMIT ON BEAUTY

If you or somebody you know is struggling with  
Anorexia, visit

[nationaleatingdisorders.org](http://nationaleatingdisorders.org)

PSA PRESENTED BY





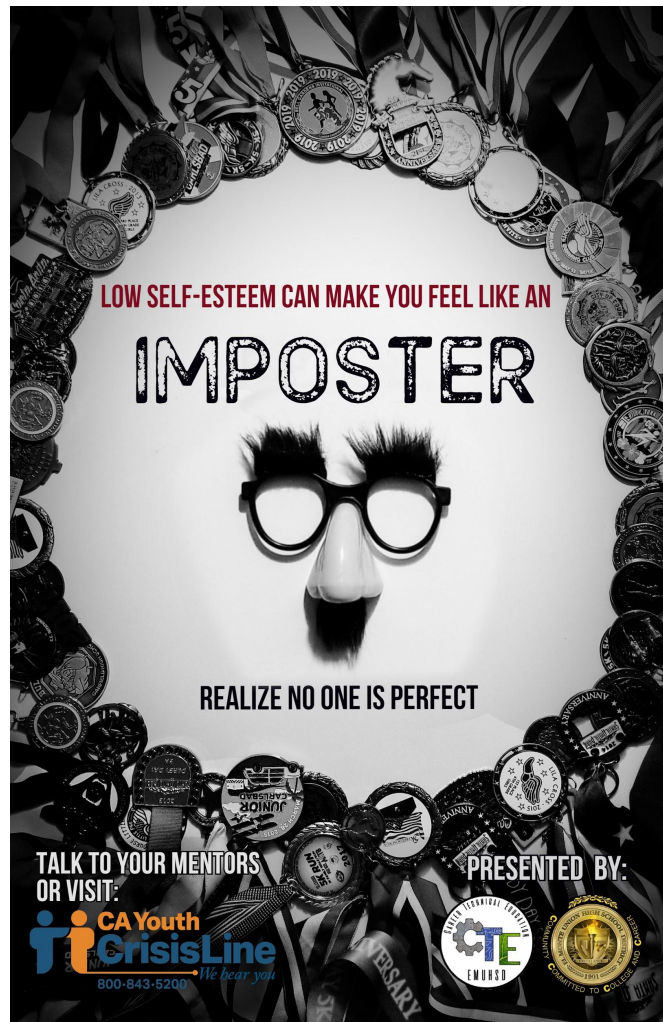
**STOP STRESS**  
IN IT'S TRACKS

Start by  
setting  
realistic goals  
and take breaks.

Accept yourself  
for who you are.

If you need more information  
on coping with stress, visit  
[www.cdc.gov](http://www.cdc.gov)

PSA Presented By:



LOW SELF-ESTEEM CAN MAKE YOU FEEL LIKE AN

# IMPOSTER

REALIZE NO ONE IS PERFECT

TALK TO YOUR MENTORS  
OR VISIT:

**CA Youth  
CrisisLine**  
800-843-5200 *We hear you.*

PRESENTED BY:

