



WELCOME TO...

PITCH NIGHTS

Brochure
SPRING 2022

Tulsa Public Schools
May 11th, 2022
5:30-7:00pm

ABOUT

Tulsa Changemakers is a semester long, 25-session afterschool youth leadership development and action program that empowers elementary, middle, and high school students, from Tulsa Public and Union Public Schools, to make meaningful change in their schools and communities.

Tulsa Changemakers specializes in an asset-based and youth-driven approach to community impact. Elementary, middle, and high school cohorts leverage their unique perspectives, conduct listening campaigns to identify community strengths and challenges, and work collaboratively to drive real and measurable change. In the process, youth form meaningful relationships with influential people and organizations, build skills in leadership and design thinking, and generate momentum for success in school and beyond. Changemakers develop a high level of civic responsibility, personal agency, and connection to Tulsa.



MISSION & VISION

MISSION

Tulsa Changemakers builds capacity in youth, adults, and systems to support youth in driving positive impact in Tulsa right now and into the future.

VISION

Our vision is a future where Tulsa is a model city for youth-driven impact. The youth are core catalysts for impact in their communities, and communities are actively engaged in identifying, developing, and empowering youth as leaders. Tulsa is consistently cultivating highly effective community leaders eager to empower successive generations.



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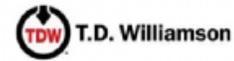
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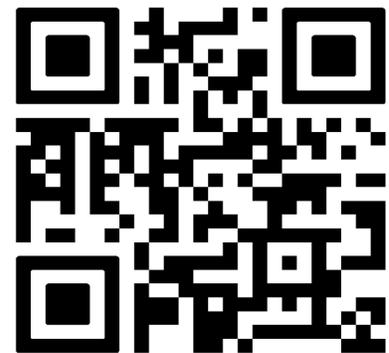
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Follow us on social media!
[@tulsachangemakers](https://www.instagram.com/tulsachangemakers)



For more information,
visit www.tulsachangemakers.org



 Use this QR code!

COOPER ELEMENTARY

Coach: Lexi Goodnough

TOPIC

Body Shaming

PROJECT

Assembly

PROJECT DESCRIPTION

Cooper Changemakers conducted over 60 one-on-one interviews, surveyed community members, and talked with each other to decide on body shaming as our topic. After listening to different perspectives, we learned that most students don't know that body shaming is more than making comments about someone's weight. Body shaming includes any negative comment about someone's body, hair, physical features, and more. We've decided to deliver an informational and engaging assembly to 4th-6th grade students. In this assembly, we will educate our peers on body shaming and what it looks like. We will also explain that body shaming goes beyond comments about someone's weight. Our assemblies to over 200 students are scheduled for May 3rd and 4th. Cooper Changemakers hope that students walk away feeling empowered in their own bodies.

GROUP ASK

When you see someone being body shamed, try to intervene and educate that person about the harmful impacts of body shaming. If that doesn't work, try to empower the person who was body shamed to let them know that they are a good person just the way they are.

INDIVIDUAL ASKS

- Johnathan wants to be an astronaut and learn more about space.
- Jarell wants to learn another language.
- Nyasia wants to be a singer.
- Shaniyah is interested in owning a cafe.

DOLORES HUERTA ELEMENTARY

Coach: Collin Alexander

TOPIC

Houselessness and Housing Insecurity

PROJECT

Community Game Day Fundraiser

PROJECT DESCRIPTION

As a cohort, we listened to our selves, then conducted 14 interviews and identified houselessness as an issue within our community. We gathered information from 98 3rd-5th grade students in our school and interviewed 4 Super Connectors to help find solutions to houselessness. After the survey, we voted and came to a consensus to host a fundraiser to raise awareness for houselessness. We sought out a community partner who could help connect us with people in need and we found El Centro, a local non-profit organization in East Tulsa. El Centro came to our school for a meeting, and we discovered our topic should be more broad and include housing insecurity. Following the meeting, our next sessions were busy with planning our fundraiser, the Community Game Day Fundraiser. During the Community Game Day Fundraiser, we will host a many games while gathering funds for rent assistance and items for others in need.

GROUP ASK

We would like to ask everyone to donate money or items to El Centro or other organizations that help houseless individuals and help those suffering from housing insecurity.

INDIVIDUAL ASKS

- Duane wants to go to college to become a psychiatrist and would like to find a mentor.
- Emilio has dreams to be a professional soccer player and would love to learn new tricks.
- Jayveon would like to be a lawyer one day and would like advice on how to get into the business.
- Kaliyah wants to be a pediatrician and would like to know a good starting point for her carrer.
- Ashley aspires to be a writer and would like to learn how to publish her works down the road.
- Kynah'D would like to be a doctor in the delivery room and would like to hear experiences within that field.

PEARY ELEMENTARY

Coach: Leila Reines

TOPIC

Racism

PROJECT

Instagram Outreach: Mental Health Resources and Tips for People of Color

PROJECT DESCRIPTION

Our Peary Changemakers Instagram page will be a central resource where people of color can find all sorts of supportive materials– From data, research, and inspirational quotes, to short interviews and information about local mental health organizations/professionals. We hope that this will continue to grow and reach any and all people that are struggling to find help for themselves.

GROUP ASK

Notice and name any racism that they see, people and organizations that might be interested in offering services or personal perspectives on the instagram page.

INDIVIDUAL ASKS

- Malen wants to be a football player and would like to be connected with mentors that could direct her to potential colleges where she can excel academically and athletically.
- Ivana wants to learn more about being a nail technician and how to apply and design them.
- Scarlett is interested in cosmetics, specifically being an eyelash technician– She hopes to find somebody who can introduce her to the art and show her the ropes!
- Raelyn is very passionate about fostering animals in need, and would like to connect with individuals or organizations that could help her
- Ruby wants to use YouTube as a platform to propel her career forward, and would like to be connected with filmmakers who can help a young creator hone her craft.
- Davion is passionate about starting a business to share his photography and would like to be connected with someone who can help him learn more about entrepreneurship for artists.



HENRY ZARROW INTERNATIONAL SCHOOL

Coach: Nuria Primo-Perez

TOPIC

Recycle

PROJECT

Eco-Escuela

PROJECT DESCRIPTION

After listening to the community and seeing the problems that we may face in the future if we do not remedy it, Zarrow Changemakers have organized a project so that recycling can be carried out from the youngest grades to the oldest students of our school. Our project includes a game and a competition. Our school community will be the one implementing the project together. Our goal is for the entire school to be immersed in this project and feel that they are a useful part of promoting the care for our environment.

GROUP ASK

We are asking for partners or experts that would be willing to present on other ways that we can be more eco-friendly or show us creative ways to use our recycled materials. We are also asking for donations of recycling bins and prizes to go along with our competition. Please reach out to Ms. Primo-Perez at primonu@tulsaschools.org.

INDIVIDUAL ASKS

- Lili wants to be a chef and she would like to meet people from many different cultures and learn about their cuisine.
- Pauline dreams to be an engineer and she would like to meet more about the history of bridges and buildings around Tulsa to have more ideas for her future designs.
- Gracie wants to be an actress and meet different actors, learn more about their background to be inspired.
- Emily is interested in soccer and she would like to fulfill her dream of teaching people about recycling to take care about our planet and our FUTURE.

EAST CENTRAL JR HIGH

Coach: Suzanne Harris

TOPIC

Improve Interactions and Trust between Police and Youth

PROJECT

Bridging the Gap between Youth and Police Perspectives

PROJECT DESCRIPTION

Our project is conducting a survey at our school about students' feelings and opinions about police. We will share this information with the Chief of Tulsa Public Schools Police and our school's administration. We also inquired about FC Tulsa's Project eNGAGE which helps connect Tulsa law enforcement and youth.

GROUP ASK

Please check out the website of FC Tulsa Project eNGAGE to learn more about upcoming events! Link & QR Code Below: <https://www.fctulsa.com/community/project-engage/>

INDIVIDUAL ASKS

- Abigail is interested in becoming a doctor. She would like to know more about what being a pediatrician entails and what a day working with patients may look like.



UNION FRESHMAN ACADEMY

Coach: Cynthia O'Donnell

TOPIC

Mental Health

PROJECT

5 Steps for Maintaining a Healthier Mindset

PROJECT DESCRIPTION

The Changemakers group at the Union Freshman Academy noticed various concerns about the emotional health of their peers; therefore, wanted to create a project to assist them. They conducted a survey and met with experienced super-connectors such as the Advocacy Specialist for the Mental Health Association Oklahoma for advice and guidance. After receiving feedback from others, they found out many students of the Freshman Academy did not know about a district website called, Virtual Calming room. The Changemakers felt they could make an impact on their student body by making them aware of this helpful resource. Students reached out to Ms. Harris to create a link on the UFA Hub for easy access. Students also created posters to provide tips for how to deal with emotions. Finally, an informational video was created to help their peers get through hard times. The Changemakers hope to create an atmosphere of hope through this project.

GROUP ASK

We would like to come into contact with people who are willing to spread our message further. Please email Ms. O'Donnell at odonnell.cynthia@unionps.org.

INDIVIDUAL ASKS

- Sebastian Resendiz would like to connect with a history professor.
- Jose Gomez would like to connect with experts in the field of psychiatry and other similar fields that deal with one's emotional state/ behavior.
- Oliver Castaneda would like to meet with a psychiatrist to learn more about the field.

TULSA HONOR ACADEMY MS

Coach: Bobby Lee & Madeline Meister

TOPIC

Mental Health at our School Community

PROJECT

Mental Health Awareness Day (M.H.A.D.)

PROJECT DESCRIPTION

Our team chose mental health as our project topic because all of us feel a lot of stress at school and home, and we want to find a way to help ourselves and our classmates manage it. We decided to plan a full day of activities around mental health for our school called Mental Health Awareness Day (aka M.H.A.D.). Tulsa Honor Academy's first Mental Health Awareness Day is scheduled for May 13. We will have students decorate the school, express feelings in a healthy way, research community resources, and participate in outdoor activities! We also created a video advertisement. We are so excited to see our project happen!

GROUP ASK

Please spread the word about our Mental Health Awareness Day at THA, which will take place on May 13! Reach out to Mr. Lee (blee@tulsahonor.org) or Ms. Meister (mmeister@tulsahonor.org) if you have any suggestions or resources you think could help our event.



TULSA HONOR ACADEMY MS - FLORES

Coach: Charity Jeffords

TOPIC

Bullying

PROJECT

Tell Someone

PROJECT DESCRIPTION

After speaking with our superconnector, we realized that many students are scared to tell an adult about being bullied because their bully might see them. Often, they speak with the school counselor and assume that their teacher knows what is happening. The first step of our project is to work with our teachers and counselor to inform students on the counseling process and confidentiality. The second step is to develop a Google form that will allow students to tell their teacher what is going on without being seen by other students. Our hope is that, by creating a way for students to discreetly let teachers know what is going on, teachers can be more aware and proactive at stopping bullying.

GROUP ASK

We would like to talk to anyone who help us educate other students about bullying. We would also like to share our reporting plan with other schools that might be interested. Please reach out to Ms. Jeffords at cjeffords@tulahonor.org.

TULSA HONOR ACADEMY HIGH SCHOOL

Coach: Jake Lerner

TOPIC

Reducing the Stigma Around Self-Identity

PROJECT

Self-Education Club

PROJECT DESCRIPTION

In response to our listening, we created an interactive educational program where there is a series of lessons on different self identity topics such as sexual orientation, gender identity, mental health, race, and ethnic topics. We want these lessons to be there in order for youth to celebrate their own identity as well as learn more about others. We want this to be interactive, so we decided to have the participating students write anonymous letters to a randomly drawn student (like pen pals).

GROUP ASK

We are looking for a speaker on May 20th to talk about Mental Health and a speaker on May 27th to lead a deep dive on Race and Ethnicity. Please reach out to Mr. Lerner at jake@leadershiptulsa.org.

INDIVIDUAL ASKS

- Dykota would like to connect with local musicians.
- Melanie is looking for experiences in the field of social work.
- Leslie is looking for additional opportunities for leadership development.





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