

System of Wellness Instruction for Teachers and Teens

Brian Culp's Equity, Diversity, and Inclusion Presentations

1. [A Review of National Standards and How We May Support Students in Crisis](#)
Discusses considerations for physical literacy, the concept of childism, and how to support students and how what you are doing is valued!
2. [Microaggressions, Dress Codes, and the Body](#)
Current information on dress codes, the history of dress codes, and how we view bodies from a gender perspective.
3. [Disarming Microaggressions in Education](#)
In this presentation, a definition and overview of microaggression are provided so that you can uncover how this is detrimental for physical and mental well-being.
4. [Cultural Humility in Education](#)
Have you reflected on another's culture lately? What about yours? For this presentation, we tackle the differences between cultural competence and cultural humility for personal and program improvement.
5. [Tribalism in Schools](#)
"Us or them?" mindsets are prevalent today, which undermine the ability to cooperate with others. This presentation challenges us to think about how affiliation and loyalties to a group can provide a challenge to the teaching and learning environment and personal relationship.
6. [Allyship Part One](#)
Most people desire to be an advocate, but advocacy has a price. This presentation will inform you what an ally is and the importance of allyship to promote change amid cycles of oppression.

7. [Urban Advocate: Rethink PE](#)
This article by Michelle Healy of the National Education Association discusses how inequities in physical education harm Black students and provides some strategies for combating this.
8. [Meaningful PE](#)
Meaningful PE is an approach to physical education that has garnered significant traction in recent years. This short presentation will help you reframe thinking about how to structure your physical education teaching.
9. [Developing Listening Capacity for Youth](#)
Listening is an underdeveloped skill that many adults take for granted in teaching youth. Here, listening as a transformative practice is introduced in addition to providing perspectives from how youth in Milwaukee see their communities.
10. [Archetypes for Teaching](#)
Many of us are familiar with teaching models, but rarely do we think of ourselves as a significant influence on the journey of a student. This presentation provides thoughts on how teachers can serve as a “sage” for students who may one day embark on their own “hero’s journey.”
11. [Perspectives on Antisemitism 2022](#)
Antisemitism is on the rise in our communities. Often, we are not equipped with the tools to engage in this conversation while uncovering ways to support our students. This presentation helps to rectify these issues.
12. [2022 Trends in Social Media](#)
Irrespective of how you feel about social media, there is no doubt that it is a significant medium of impact. What are the current benefits? What are the risks and concerns? How will trends influence how we go about our work? What are students using? These questions and more are answered in this presentation.

13. [A SWIFT Review of SWIFTT Topics 2022](#)
Did you miss a topic this year? Do you need a summary of each week's presentations? Here you are!
14. [Social Media and Other Health Trends](#)
The second presentation on social media specifically deals with health trends, how social media and video gaming impact the brain, and the physical impact of digital media regarding sleep and stress management.
15. [Building Resiliency](#)
We erroneously think about building resiliency in terms of being "tough," but this is not healthy. This quick presentation addresses burnout.
16. [Overview of Health Issues with Rural Youth](#)
Rural youth are an underserved population that professionals know little about. This presentation covers areas of focus for this demographic and presents models that are impactful for student welfare and instructional improvement.
17. [Food Insecurity](#)
According to current estimates, as many as nine million children in the United States live in "food insecure" homes. There are significant social, structural, and psychological reasons why this occurs. Here is where you can find information to strengthen your knowledge base on this matter.
18. [Youth and Suicide 2023](#)
Why is suicide so hard to talk about despite the significant increase in risk factors over the past few years? In this presentation, you will be presented with statistics from Wisconsin as compared to the rest of the nation. Also, you will be presented with some key areas to consider across a wide range of demographics and learn about how you can be a trusted adult in your school.
19. [Keys to Unlocking a Diverse and Socially Just HPE Space](#)
This presentation is from the 2023 SHAPE conference and introduces ideas on how to create spaces for EDI and social justice.

20. [Teacher Burnout and Anxiety](#)
Burnout is “chronic workplace stress that has not been successfully managed.” It shows up as “feelings of energy depletion or exhaustion; increased mental distance from one’s job, or feelings of negativism or cynicism related to one's job; and reduced professional efficacy.” This presentation provides some new thoughts on burnout and offers a model for the workplace that is essential in the promotion of mental health and well-being.
21. [Role Conflict: Case Study](#)
Do you know your role? Many of us will go through periods in our lives where what our role is begins to become murky. This is a case study that helps to inspire critical thinking about role conflict.
22. 4-25-23 podcast recording:
https://drive.google.com/drive/folders/1TC_Bsy-KQ2T-DBxo2lx9zxP5XjJ-4H0J?usp=sharing
23. [Vicarious Trauma and Professional Impact](#)
Vicarious trauma is a process in which our own worldview is changed by exposure to others’ traumas. It affects teachers, as a fear response is triggered that leads to a host of physical symptoms, physiological responses, and changes in behaviors. This is an invaluable presentation that will change how you teach and relate to students.
24. [Future Trends in Education](#)
Are you up to date on future trends of impact for education? The technological revolution will provide a host of opportunities for how we consider teaching and learning, but is this relevant for PE and culturally considerate? Find out here.
25. [Marginality and Mattering in Physical Education](#)
This presentation challenges us to believe that we matter to others and that our successes are an extension to all areas of the school and community.
26. [Education and the Future](#)

27. [Shaping Summer Opportunities – Youth Health and Well-Being](#)
Summer opportunities help extend learning for students in physical education while promoting socio-emotional growth and learning. Some statistics about how youth spend time in the summer through a systems approach is covered in this presentation.

28. [Perspectives on Youth and Peer Leadership in School](#)
Youth and peer leadership opportunities in schools exist as a means for students to seek meaningful engagement in the services, systems, institutions, and communities in which they engage. How these opportunities are created and examples of how this could look in schools are presented here.

29. [An overview of SWIFTT Topics 2023](#)
This presentation is a brief summary of all the topics in 2022–23 to help you connect quickly with information to benefit your instructional goals.