Taking Action on Racial Equity and Justice
Learning Challenge Series—Discussion Guide and Workbook

Create Opportunities for Meaningful Conversations About Race

Be a part of the movement

How will you create opportunities for ongoing conversations about racial equity and justice in your community?

Classrooms around the world are subsets of the broader communities that they serve. One of the best ways to make an immediate impact on those communities is to expand the perspective of their students. And listening to different perspectives helps us pause and reflect on our own views.

To begin the journey of making lasting change, we've created this guide that helps you explore ways to have courageous conversations around issues of racial injustice and to design solutions that lead to lasting social change.

As you take on this first challenge, **Create Opportunities for Meaningful Conversations About Race,** be prepared to be uncomfortable, and lean into your vulnerability.
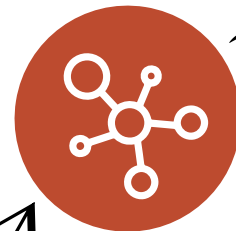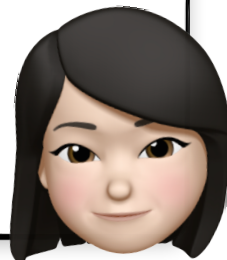
Framework

Use the Challenge Based Learning framework to help organize your thoughts, ask questions, and conduct and synthesize research in order to design your solution.

1. Engage

Connect with the big idea, consider the impact on you personally, consider new viewpoints, and focus on the challenge's call to action.

Why is this something I should care about? Why does it matter to me, or my community?

2. Investigate

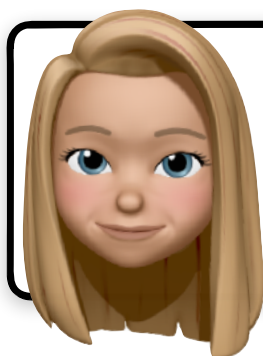Find ways to research these questions, and analyze your findings to help define your solution.

What do I need to know to help me (or us) better understand this so I can evaluate what I can do?

3. Act

Your investigation will help you define your solution. It may be personal or something that impacts your broader community. Don't stop at defining your solution—make sure to put it into action!

Based on what I've learned, what specific actions can I (or we) take to make a difference?

Engage

For Step 1, you'll identify and connect to the big idea, personalize it by creating key questions known as *Essential Questions*, and then formulate your challenge, which is a call to action. Explore the detailed descriptions below to better understand this step.

Big Idea: The universal theme or concept that can be explored in multiple ways and is important to you and your community.

Essential Questions: These questions help guide your thinking to inform possible solutions. Choose one question that you connect with the most.

Challenge: The essential question that becomes the call to action.

Applying Engage: Let's apply Step 1 to our first challenge in the learning series, **Create Opportunities for Meaningful Conversations About Race.** The remainder of this workbook will guide you through the framework so that you can design and implement your own unique solutions to this challenge.
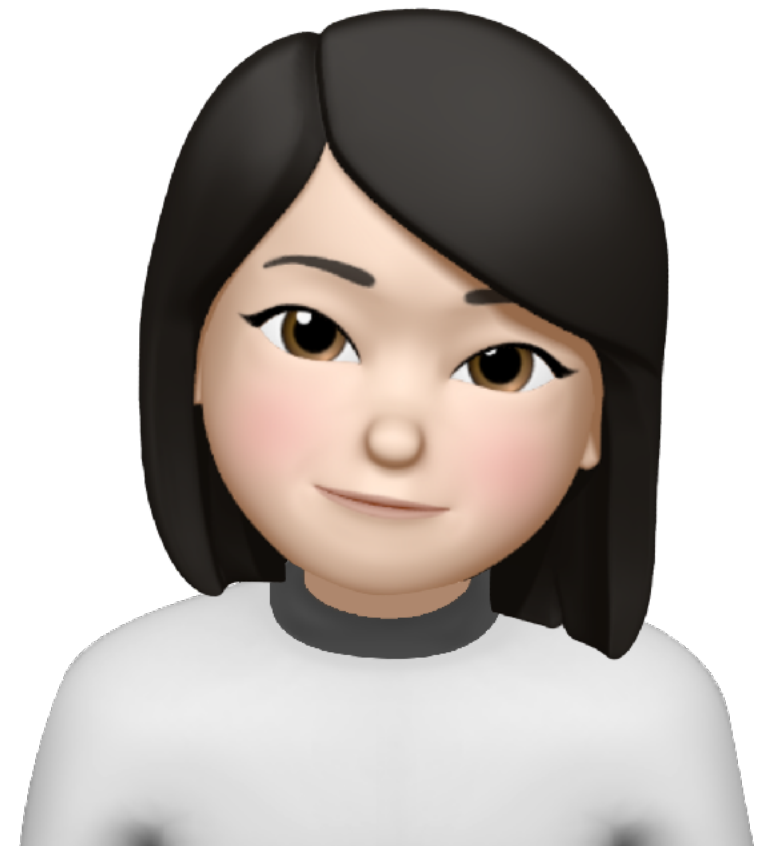
Big Idea: Gather courage to begin a conversation about racial equity and justice.

Essential Question: How do we participate in open and honest conversations about racial equity and justice?

Challenge: Create Opportunities for Meaningful Conversations About Race
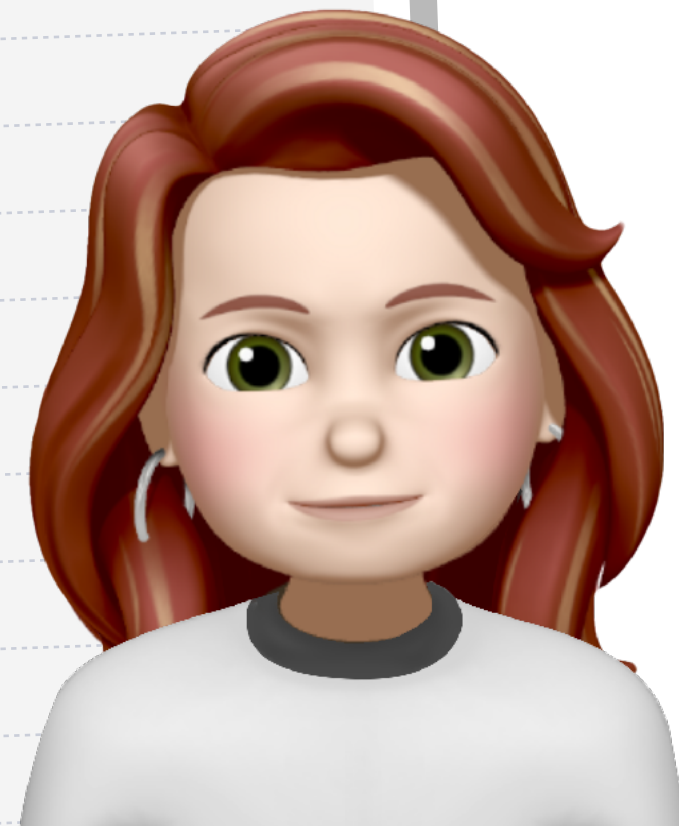
Investigate

Step 2 will lead you to identify questions, known as *guiding questions.* Guiding questions are what you need to know to begin to create a solution to the challenge. Explore the sample guiding questions below.
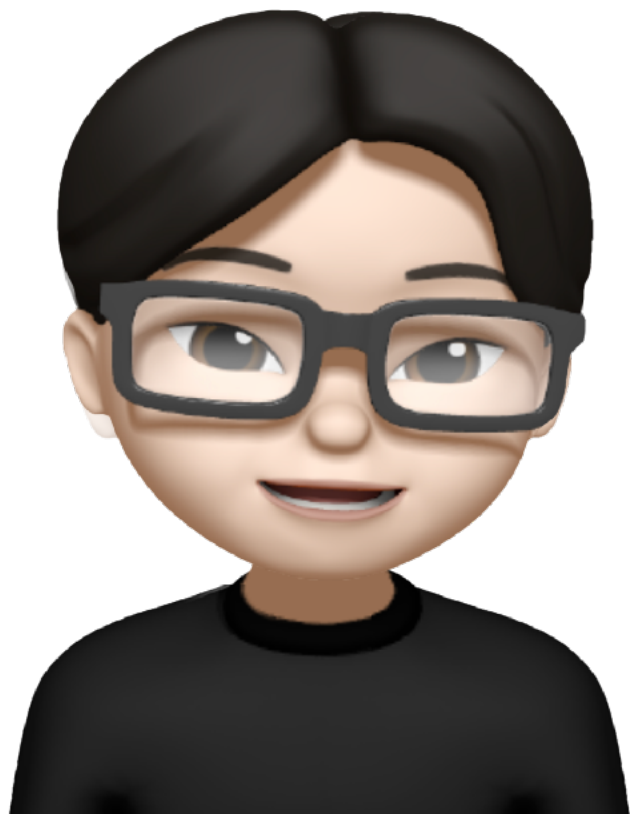
What types of conditions help facilitate thoughtful engagement?

How do I help identify acts of racial injustice?

How can I become a better listener during difficult conversations?

How do I prepare myself for a dialogue about racism?

What terms or concepts do I need to explore?

What barriers prevent me from engaging in the conversations?

How can we have a common vocabulary about race?

What is intersectionality?

Determine Your Questions: Now it's time to think of as many guiding questions as you can and add them to the space below. What do you need to know before you can begin designing a solution?
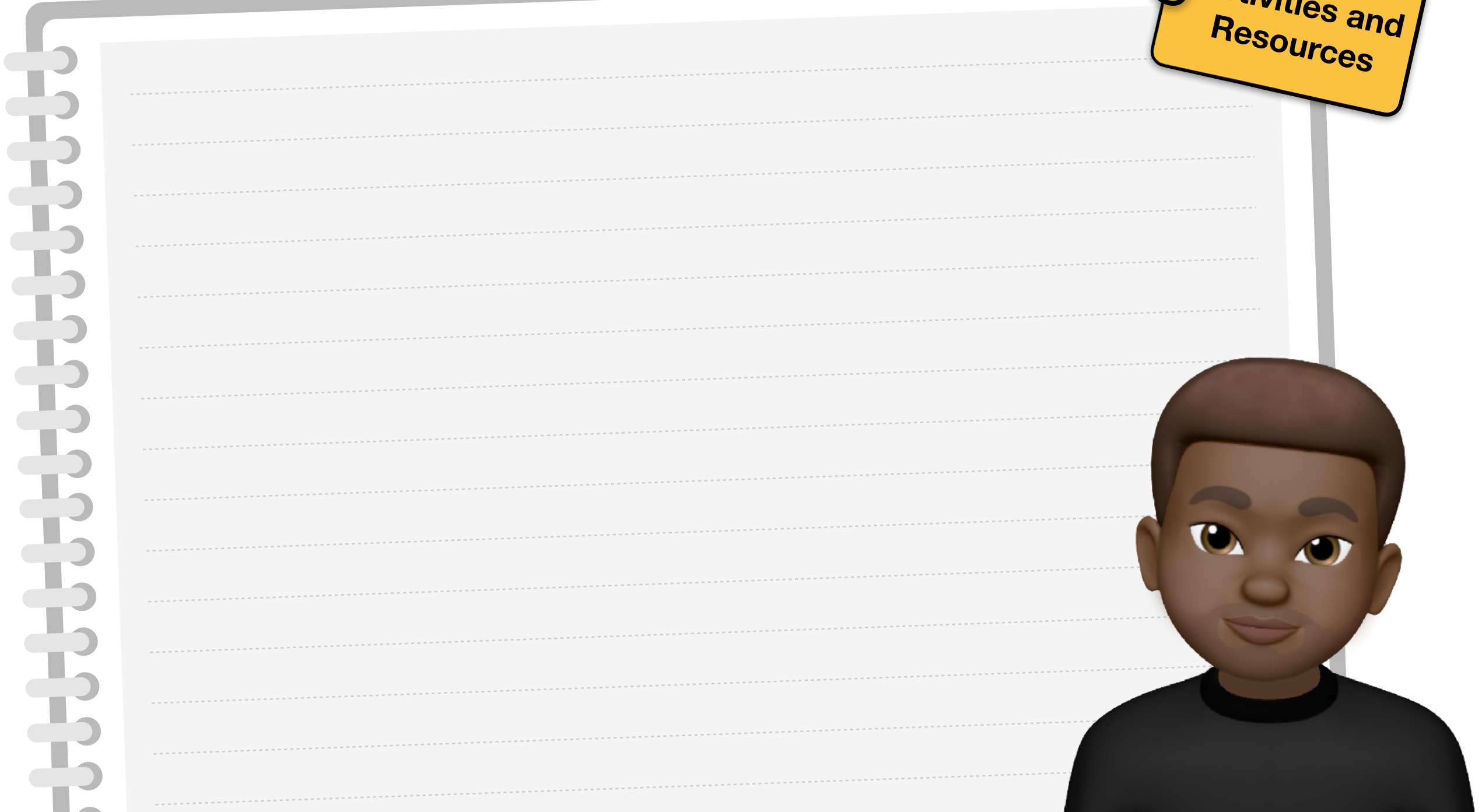
Guiding Questions

Extension Activity: Get creative with drawing, photography, video, or music as a way to ask your guiding questions in a short video, a collage, a poster or another creative expression.
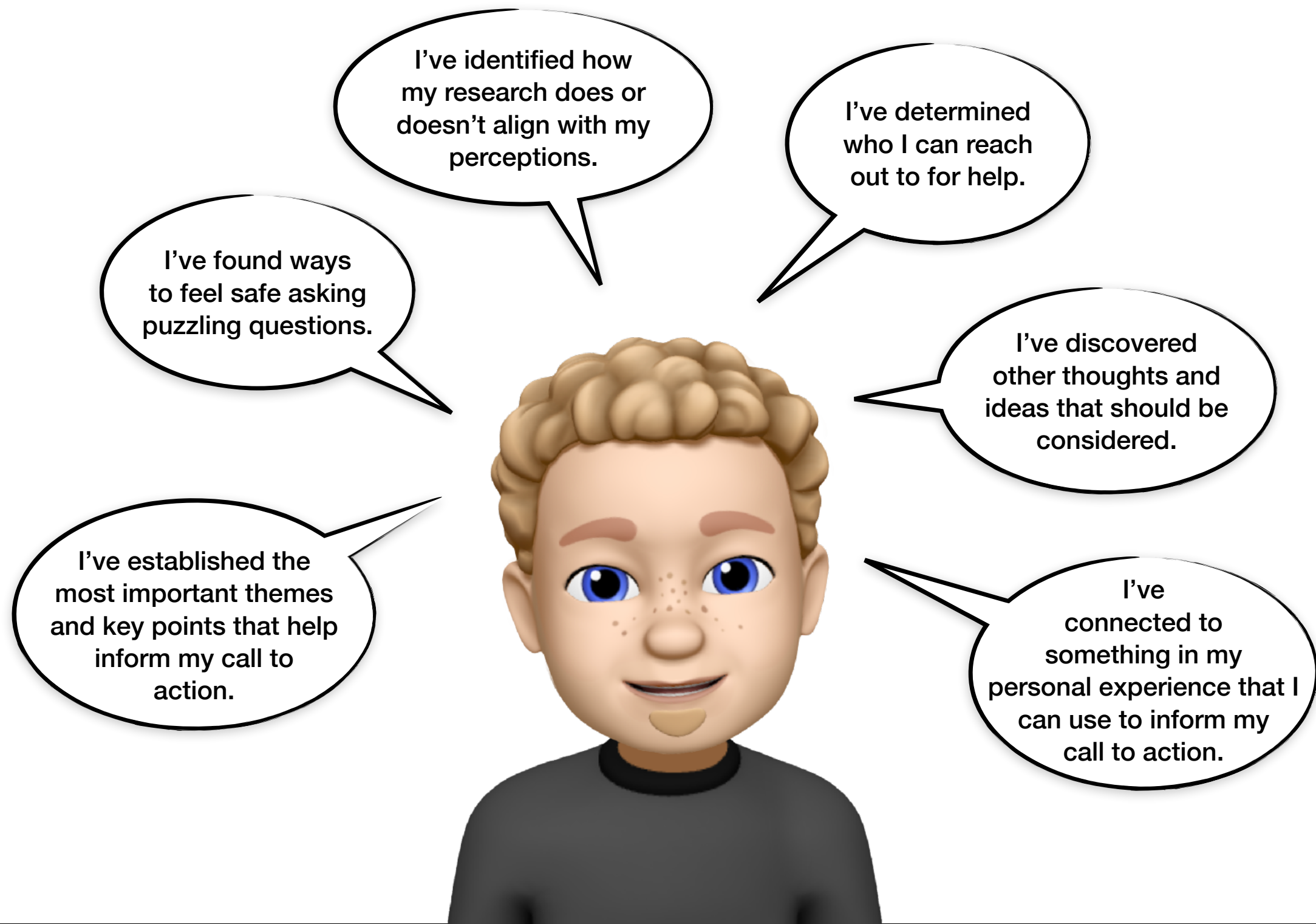
Research Your Questions: Now that you have your guiding questions, you're ready to begin your research. Who can you interview? What other perspectives are out there? Capture the activities and resources you'll need to find the answers to your guiding questions.

Activities and Resources

Synthesize Your Research Findings: Once you've completed your research, you'll need to evaluate and prioritize. This will lead you toward a solution to this challenge.

I've identified how my research does or doesn't align with my perceptions.

I've determined who I can reach out to for help.

I've found ways to feel safe asking puzzling questions.

I've discovered other thoughts and ideas that should be considered.

I've established the most important themes and key points that help inform my call to action.

I've connected to something in my personal experience that I can use to inform my call to action.

Act

With this final step, it's now time to define your solution to the challenge.

Solution

Based on what I learned from my investigation, I propose the following solution . . .

What's actionable evidence? What's measurable evidence? What's impactful evidence?

Defining success helps define progress.

How am I planning to get to the solution?

Remember: A challenge can have many solutions. This keeps more people involved, engaged, and interested in the outcome.

Act: Write or sketch your plan of action, including the specific steps you'll take to implement your solution and to share your results with others. This can include a list of people you want to reach out to or even the hashtags you'll use to get others involved.
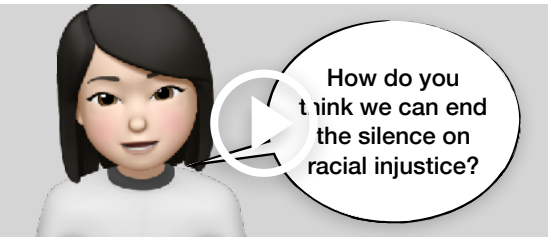
Plan of Action

Act: Now it's time to share how you came to your solution and the result of putting it into action! You can use creativity to express the impact of your solution through videos, poems, drawings, and photos. Don't forget about your creations from the extension activity on page 9. Then share your story with the world using #ChallengeForChange!

Yen Lai
@YenLai

I wanted to understand the impact of racial injustice in my community, so I spoke to some members of my community. Take a look at my video.

How do you think we can end the silence on racial injustice?

09/16/20, 9:41

28 SHARE

Alberto Escobedo
@AlbertoEscobedo

I'd like to know your thoughts on this question.

What are some ways that you've opened up a conversation with a person of another race who you didn't know personally? What did you say?

09/16/20

28

Jessica Barbierif
@JessicaBarbierif

You're invited

Please come to my art exhibit at the Center for Cultural Studies, where I'll unveil my journey toward having courageous conversations about race with others.

RSVP

09/16/20, 9:41

28 SHARE

Taking Action on Racial Equity and Justice
Learning Challenge Series—Discussion Guide and Workbook

Make a Positive Impact in Your Community

Click or tap here to watch a special message from Rev. Dr. Bernice King, CEO of The Martin Luther King, Jr. Center for Nonviolent Social Change in Atlanta, Georgia, and the youngest daughter of Dr. Martin Luther King, Jr.

Make an impact in your community

How will you make a positive impact in your
community through service?

Making an impact in your community through service is a great way
to connect with your community, make it a better place, and
improve people's everyday lives.

Educational institutions around the world reflect the communities
they serve. And today, learning happens everywhere—not just in
classrooms. Through service to their communities, individuals can
build valuable skills that lead to creative solutions.

To begin the journey of making lasting social change,
we've created this guide that helps you explore ways to
improve your community through service and learning.

As you take on this second challenge in the series,
Make a Positive Impact in Your Community, be prepared to be
reflective and inspired to make a difference wherever you are.
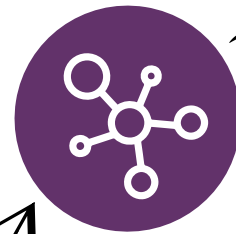
Framework

Use the Challenge Based Learning framework to help organize your thoughts, ask questions, and conduct and synthesize research in order to design your solution.

1. Engage

Connect with the big idea, consider the impact on you personally, consider new viewpoints, and focus on the challenge's call to action.

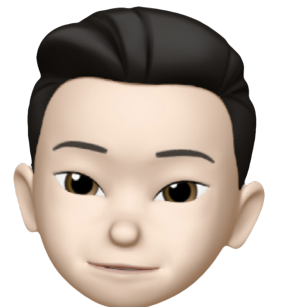> Why is this something I should care about? Why does it matter to me, or my community?

2. Investigate

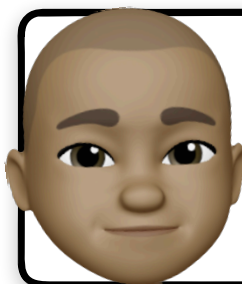Find ways to research these questions, and analyze your findings to help define your solution.

> What do I need to know to help me (or us) better understand this so I can evaluate what I can do?

3. Act

Your investigation will help you define your solution. It may be personal or something that impacts your broader community. Don't stop at defining your solution—make sure to put it into action!

> Based on what I've learned, what specific actions can I (or we) take to make a difference?

Engage

For Step 1, you'll identify and connect to the big idea, personalize it by creating key questions known as *Essential Questions,* and then formulate your challenge, which is a call to action. Explore the detailed descriptions below to better understand this step.

Big Idea: The universal theme or concept that can be explored in multiple ways and is important to you and your community.

Essential Questions: These questions help guide your thinking to inform possible solutions. Choose one question that you connect with the most.

Challenge: The essential question that becomes the call to action.

Applying Engage: Let's apply Step 1 to our second challenge, Make a Positive Impact in Your Community. The remainder of this workbook will guide you through the framework so that you can design and implement your own unique solutions to this challenge.
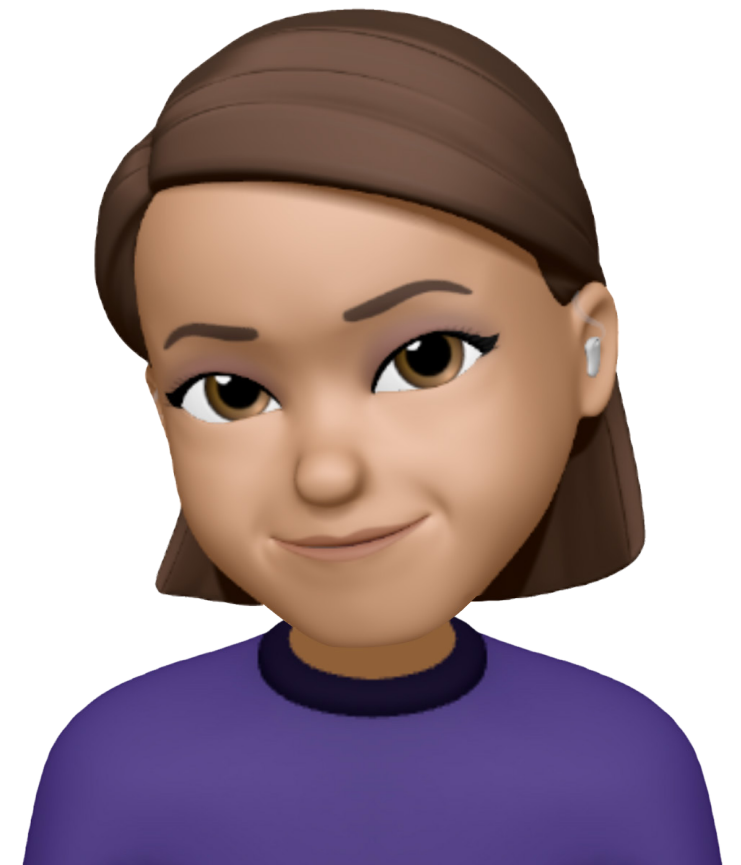
Big Idea: Community Impact

Essential Question: How can you create opportunities to make an impact in your community?
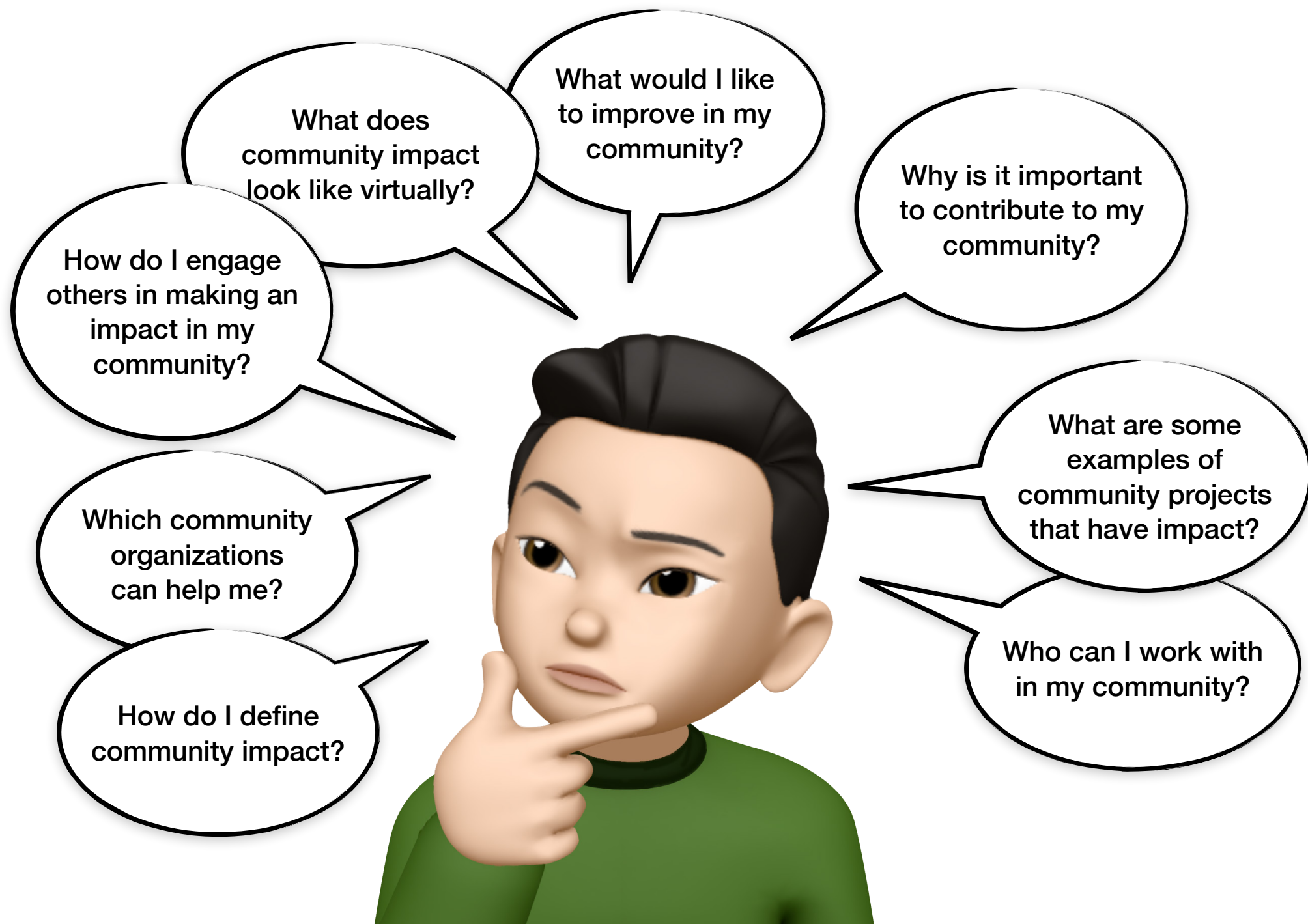
Challenge: Make a positive impact in your community, and share it with the world.

Investigate

Step 2 will lead you to identify questions known as *guiding questions.* Guiding questions are what you need to know to begin to create a solution to the challenge. Explore the sample guiding questions below.

What does community impact look like virtually?

What would I like to improve in my community?

Why is it important to contribute to my community?

How do I engage others in making an impact in my community?

What are some examples of community projects that have impact?

Which community organizations can help me?

Who can I work with in my community?

How do I define community impact?

Determine Your Questions: Now it's time to think of as many guiding questions as you can and add them to the space below. What do you need to know before you can begin designing a solution?
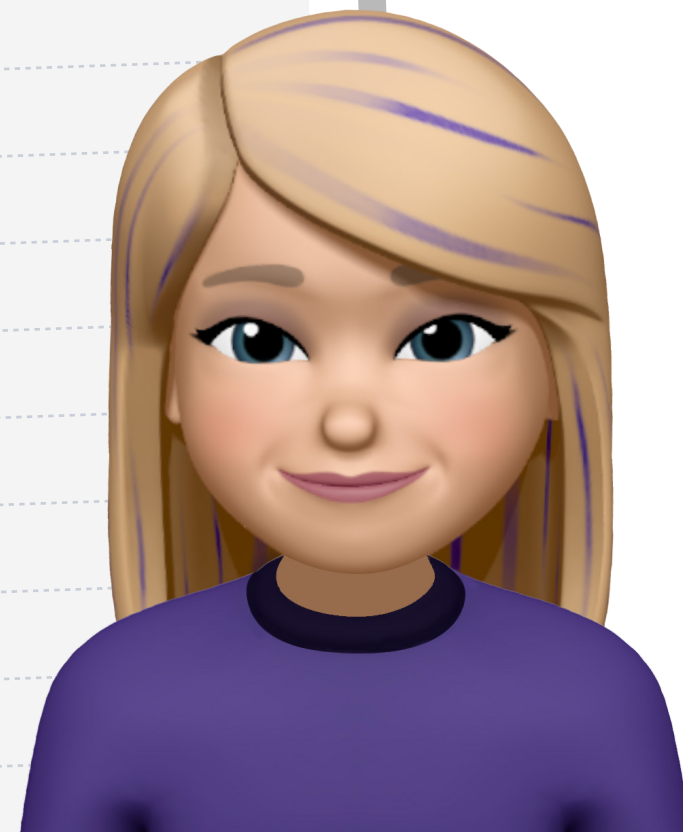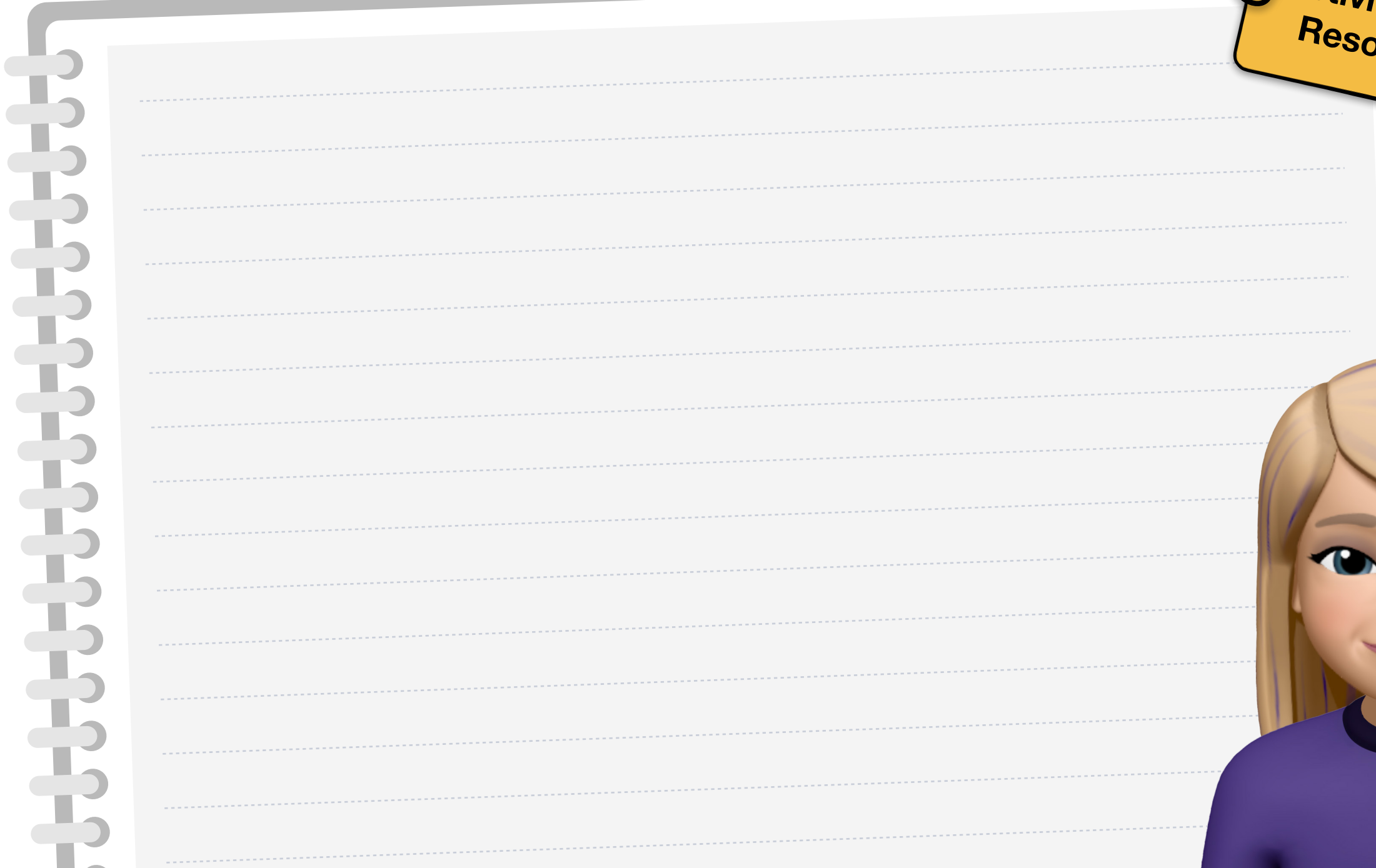
Guiding Questions

Extension Activity: Get creative with drawing, photography, video, or music as a way to ask your guiding questions in a short video, a collage, a poster, or another creative expression.

Research Your Questions: Now that you have your guiding questions, you're ready to begin your research. Who can you interview? What other perspectives are out there? Capture the activities and resources you'll need to find the answers to your guiding questions.

Activities and Resources

Synthesize Your Research Findings: Once you've completed your research, you'll need to evaluate and prioritize. This will lead you toward a solution to this challenge.
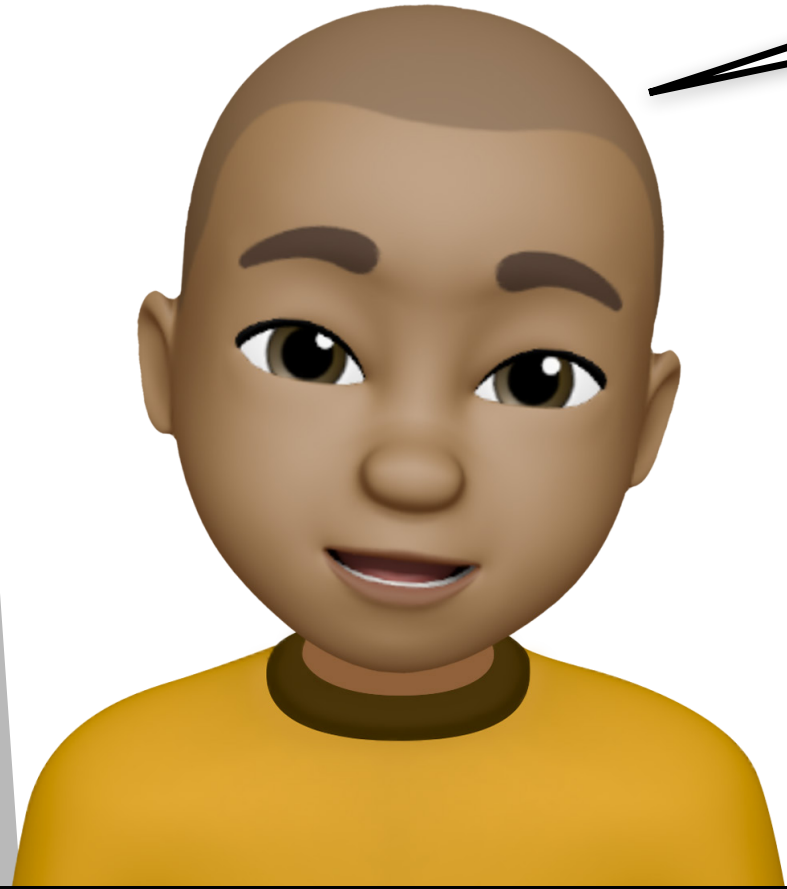
Act

With this final step, it's now time to define your solution to the challenge.

Solution

Based on what I learned from my investigation, I propose the following solution . . .

What's actionable evidence? What's measurable evidence? What's impactful evidence?

Defining success helps define progress.

How am I planning to get to the solution?

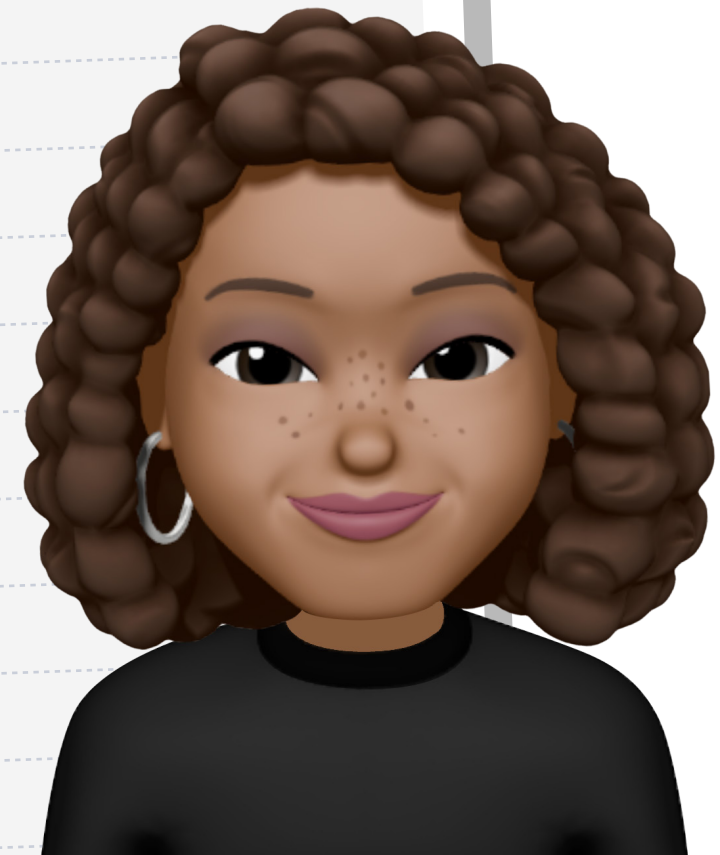**Remember:** A challenge can have many solutions. This keeps more people involved, engaged, and interested in the outcome.
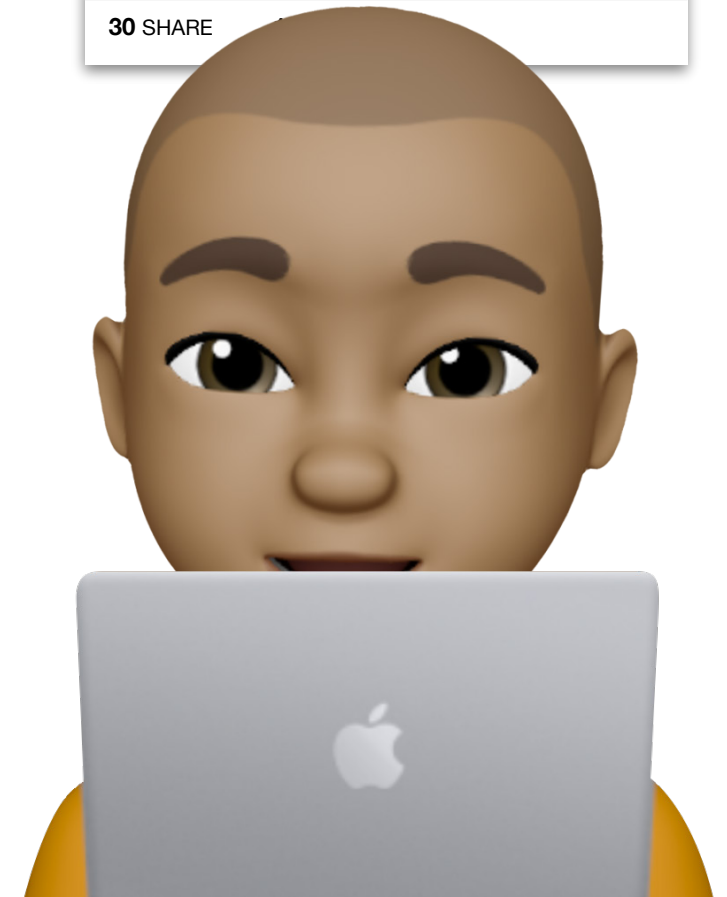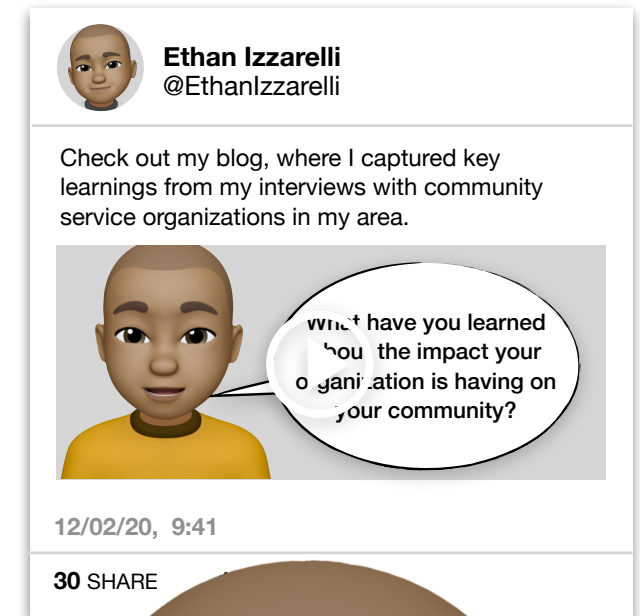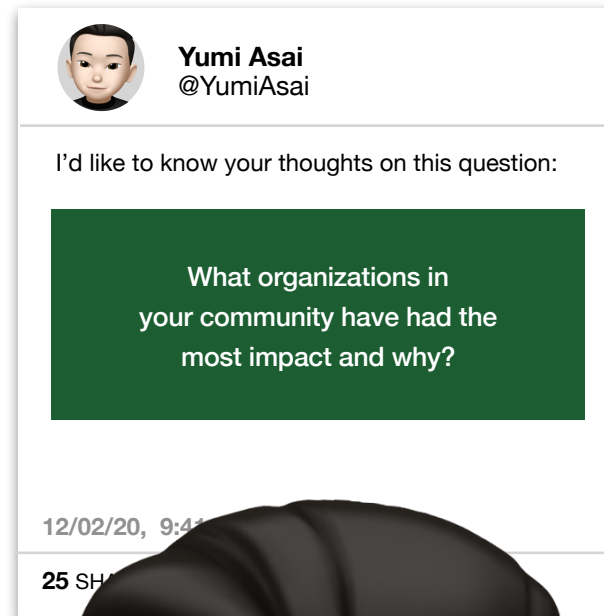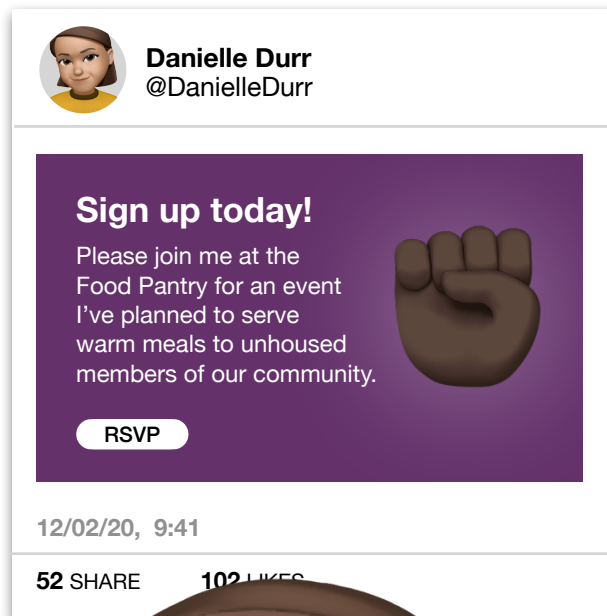
Act: Write or sketch your plan of action, including the specific steps you'll take to implement your solution and to share your results with others. This can include a list of people you want to reach out to or even the hashtags you'll use to get others involved.

Plan of Action

Act: Now it's time to share how you came to your solution and the result of putting it into action! You can use creativity to express the impact of your solution through videos, poems, drawings, and photos. Don't forget about your creations from the extension activity on page 10. Then share your story with the world using #ChallengeForChange!

Danielle Durr
@DanielleDurr

Sign up today!
Please join me at the Food Pantry for an event I've planned to serve warm meals to unhoused members of our community.

RSVP

12/02/20, 9:41

52 SHARE   102 LIKES

Yumi Asai
@YumiAsai

I'd like to know your thoughts on this question:

What organizations in your community have had the most impact and why?

12/02/20, 9:41

25 SH...

Ethan Izzarelli
@EthanIzzarelli

Check out my blog, where I captured key learnings from my interviews with community service organizations in my area.

What have you learned about the impact your organization is having on your community?

12/02/20, 9:41

30 SHARE

15

Taking Action on Racial Equity and Justice

Learning Challenge Series—Discussion Guide

Create a Better World Through Environmental Justice

Click or tap here to watch a special message from Dolores Huerta, founder of the Dolores Huerta Foundation, social justice advocate, and recipient of the Presidential Medal of Freedom for her civil rights work and leadership in the labor movement.

Create a better global environment

Environmental justice impacts millions of people around the world. How will you make sure that everyone in your community has access to a healthy environment to live, learn, and work in?

Creating a better world through environmental justice is a great way to ensure that Indigenous populations, people of color, and those living in poverty aren't disproportionately impacted by environmental issues.

Educational institutions around the world reflect the communities they serve. And today, learning happens everywhere—not just in classrooms.
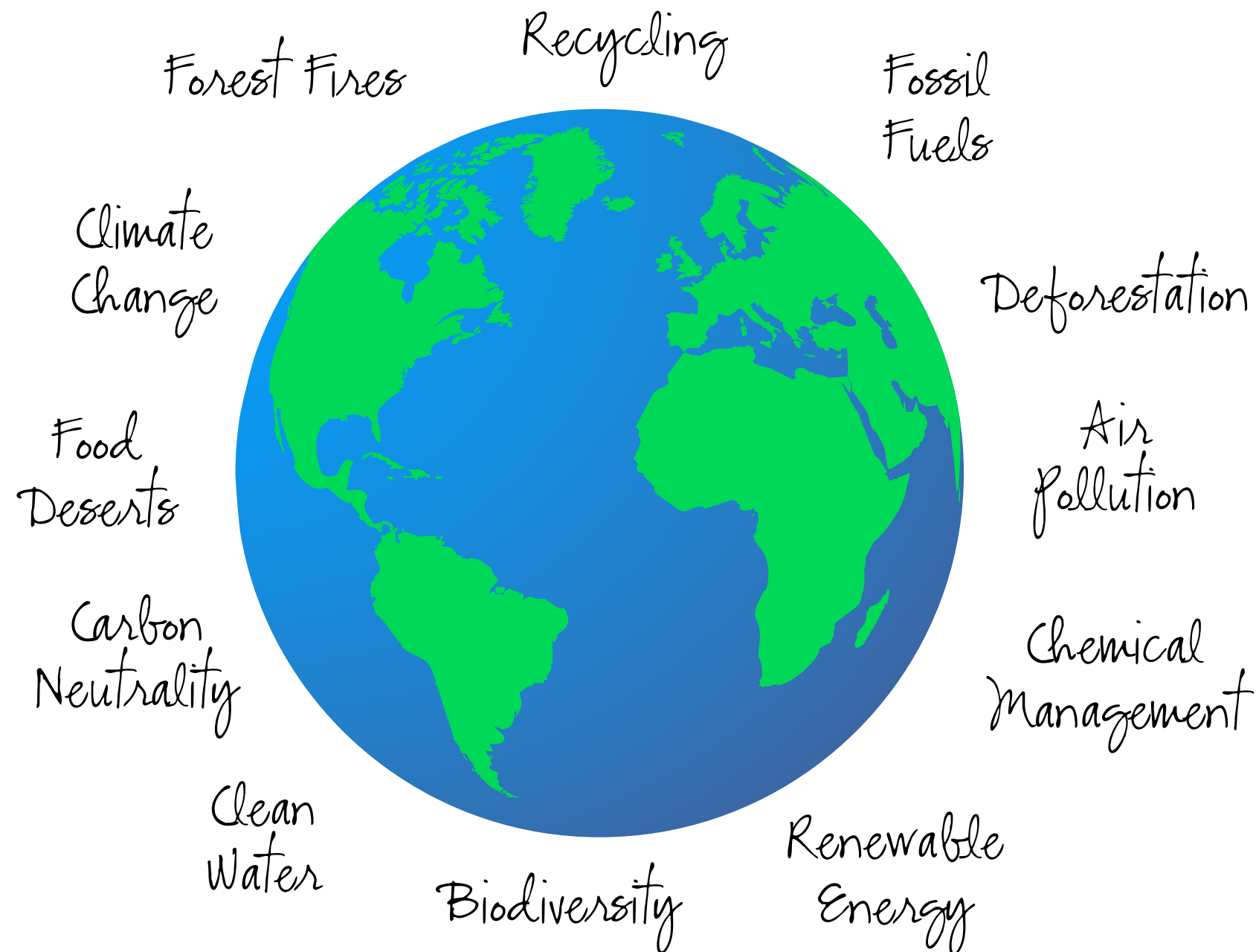
To begin the journey of making lasting social change, we've created this guide that helps you explore ways to make the world a better place by improving the environment.

As you take on this third challenge in the series, **Create a Better World Through Environmental Justice**, be prepared to use your voice and be inspired to make a difference wherever you are.

What Is Environmental Justice?

Environmental justice is the fair treatment and meaningful involvement of all people, regardless of race, color, national origin, or income, with respect to the development, implementation, and enforcement of environmental laws, regulations, and policies.* Around the world, there are common environmental challenges.

Recycling

Forest Fires

Fossil Fuels

Climate Change

Deforestation

Food Deserts

Air Pollution

Carbon Neutrality

Chemical Management

Clean Water

Biodiversity

Renewable Energy

Framework

Use the Challenge Based Learning framework to help organize your thoughts, ask questions, and conduct and synthesize research in order to design your solution. Capture your ideas in the companion workbook, which you can download from page 17.

1. Engage

Connect with the big idea, consider the impact on you personally, consider new viewpoints, and focus on the challenge's call to action.

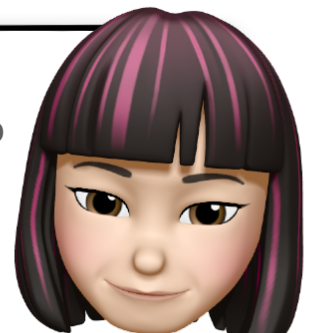Why is this something I should care about? Why does it matter to me or my community?
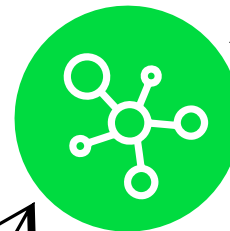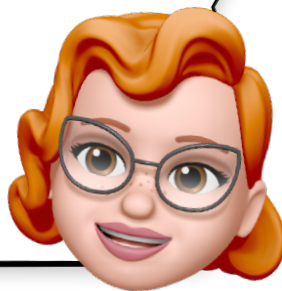
2. Investigate

Find ways to research these questions, and analyze your findings to help define your solution.

What do I need to know in order to help me (or us) better understand so that I (or we) can create a compelling solution?

3. Act

Based on what I've learned, what specific actions can I (or we) take to make a difference?

Your investigation will help you define your solution. It may be personal or something that impacts your broader community. Don't stop at defining your solution—make sure to put it into action!

Engage

For Step 1, you'll identify and connect to the big idea, personalize it by coming up with questions, and narrow your questions down to one Essential Question. Then you'll formulate your challenge, which is a call to action. Explore the detailed descriptions below to better understand this step.

Big Idea: The universal theme or concept that can be explored in multiple ways and is important to you and your community.

Essential Question: This question helps guide your thinking to inform possible solutions.

Challenge: The essential question that becomes the call to action.

Applying Engage: Let's apply Step 1 to this challenge, Create a Better World Through Environmental Justice. The remainder of this guide will walk you through the framework so that you can design and implement your own unique solutions to this challenge.
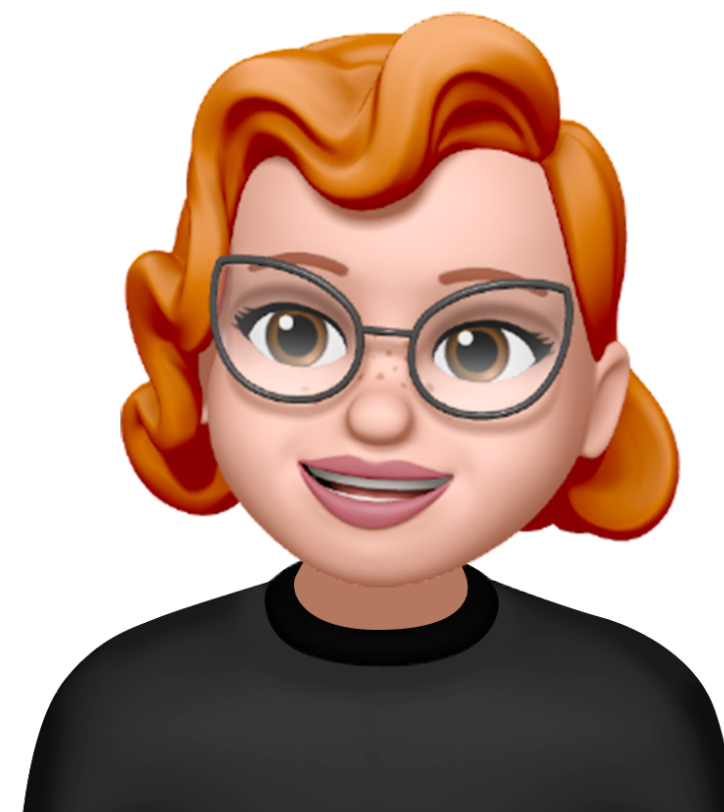
Big Idea: Environmental Justice

Essential Question: How can we ensure that everyone has access to a healthy environment to live, learn, and work in?

Challenge: Create a better world through environmental justice, and share it with the world.

Investigate

Step 2 will lead you to identify questions known as *guiding questions*. Guiding questions are what you need to know to begin creating a solution to the challenge. Explore the sample guiding questions below.

How are my actions connected with environmental justice?

How do environmental issues disproportionately impact communities with high poverty?

Why is environmental justice important to my community?

What is environmental justice?

What environmental injustices exist in my community?

How does environmental justice improve the world?

Are there organizations I can work with in my community?

How do we ensure everyone has a voice in the conversation?

Is there a difference between environmental justice and social justice?

Determine Your Questions: Now it's time to think of as many guiding questions as you can and add them to the space below. What do you need to know before you can begin designing a solution?

Guiding Questions

– What are some examples of environmental justice projects that have impact?

– How does environmental justice impact me and others in my community?

– What are the most pressing environmental issues in my community?

Extension Activity: Get creative with drawing, photography, video, or music as a way to ask your guiding questions in a short video, a collage, a poster, or another creative expression.

Research Your Questions: Now that you have your guiding questions, you're ready to begin your research. Who can you interview? What other perspectives are out there? Capture the activities and resources you'll need in order to find the answers to your guiding questions.
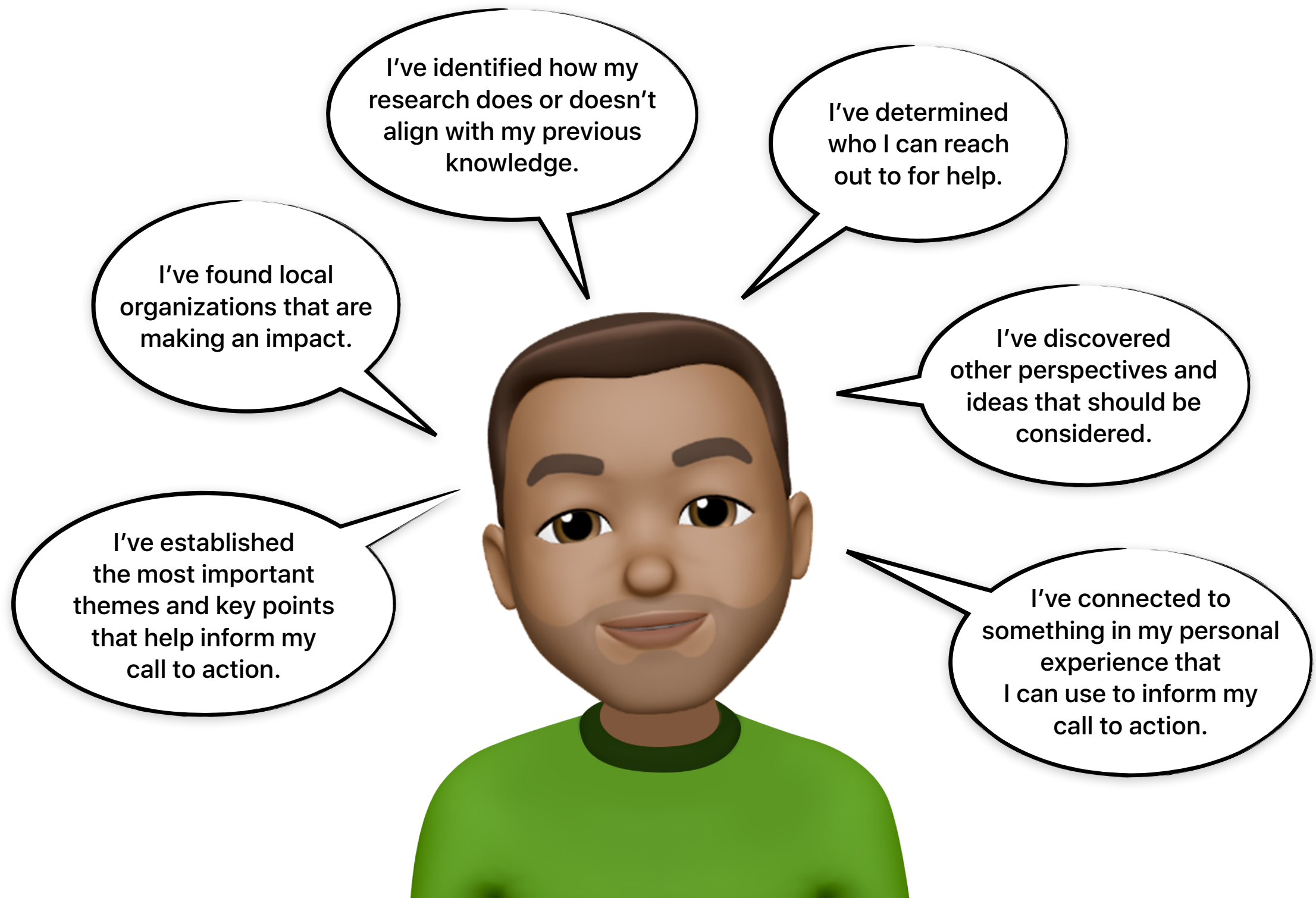
Activities and Resources

- Attend an environmental conference to learn more about the sustainability efforts happening globally.

- Meet with a local conservationist to learn more about what they do to protect and preserve the environment.

- Read articles that help me understand key environmental organizations in my community.

Synthesize Your Research Findings: Once you've completed your research, you'll evaluate the ideas and identify any new perspectives based on the findings. This will lead you toward a solution to this challenge.

I've identified how my research does or doesn't align with my previous knowledge.

I've determined who I can reach out to for help.

I've found local organizations that are making an impact.

I've discovered other perspectives and ideas that should be considered.

I've established the most important themes and key points that help inform my call to action.

I've connected to something in my personal experience that I can use to inform my call to action.

Act

With this final step, it's now time to define your solution to the challenge.

Solution

Launch a local "Clean Beaches" campaign.

Based on what I learned from my investigation, I propose the following solution . . .

What's actionable evidence? What's measurable evidence? What's impactful evidence?

Defining success helps define progress.

How am I planning to get to the solution?

Remember: A challenge can have many solutions when there are diverse perspectives, which helps keep people more involved, engaged, and interested in the outcome.

Act: Write or sketch your plan of action, including the specific steps you'll take to implement your solution and to share your results with others. You can add a list of people you want to reach out to or even the hashtags you'll use to get others involved.

Plan of
Action

Plan of Action:

– Create the "Clean Beaches" campaign.

– Develop a marketing plan to promote the ABC Beach cleanup event.

– Capture images of the beach cleanup process in action.

– Collect feedback and quotes from participants to measure the impact.

Act: Now it's time to share how you came to your solution and the result of putting it into action. You can use creativity to express the impact of your solution through videos, poems, drawings, and photos. Don't forget about your creations from the extension activity on page 11. Then share your story with the world using #ChallengeForChange!

Danielle Durr
@DanielleDurr

Take a look at this article I was featured in, where I talked about the recent beach cleanup activity in our community.

Each year on April 22, more than a billion people celebrate Earth Day to protect the planet from things like water and air pollution. "That's why I like taking part in activities like beach cleanups. I'm helping make our world a healthier place to live," said Danielle Durr from San Jose, CA. 🐟

04/22/21, 9:41

52 SHARE   **102** LIKES

Yumi Asai
@YumiAsai

Join me!

Please join me at ABC Beach for an afternoon of cleaning up plastic waste. Help beautify our beaches and nourish our environment.

RSVP

04/01/21, 9:41

32 SHARE   102 LIKES

Ethan Izzarelli
@EthanIzzarelli

I'd like to understand more about your experience cleaning up ABC Beach:

The ABC Beach cleanup event was amazing and impactful! How has this experience changed the way you think about the impact of plastic waste on our beaches?
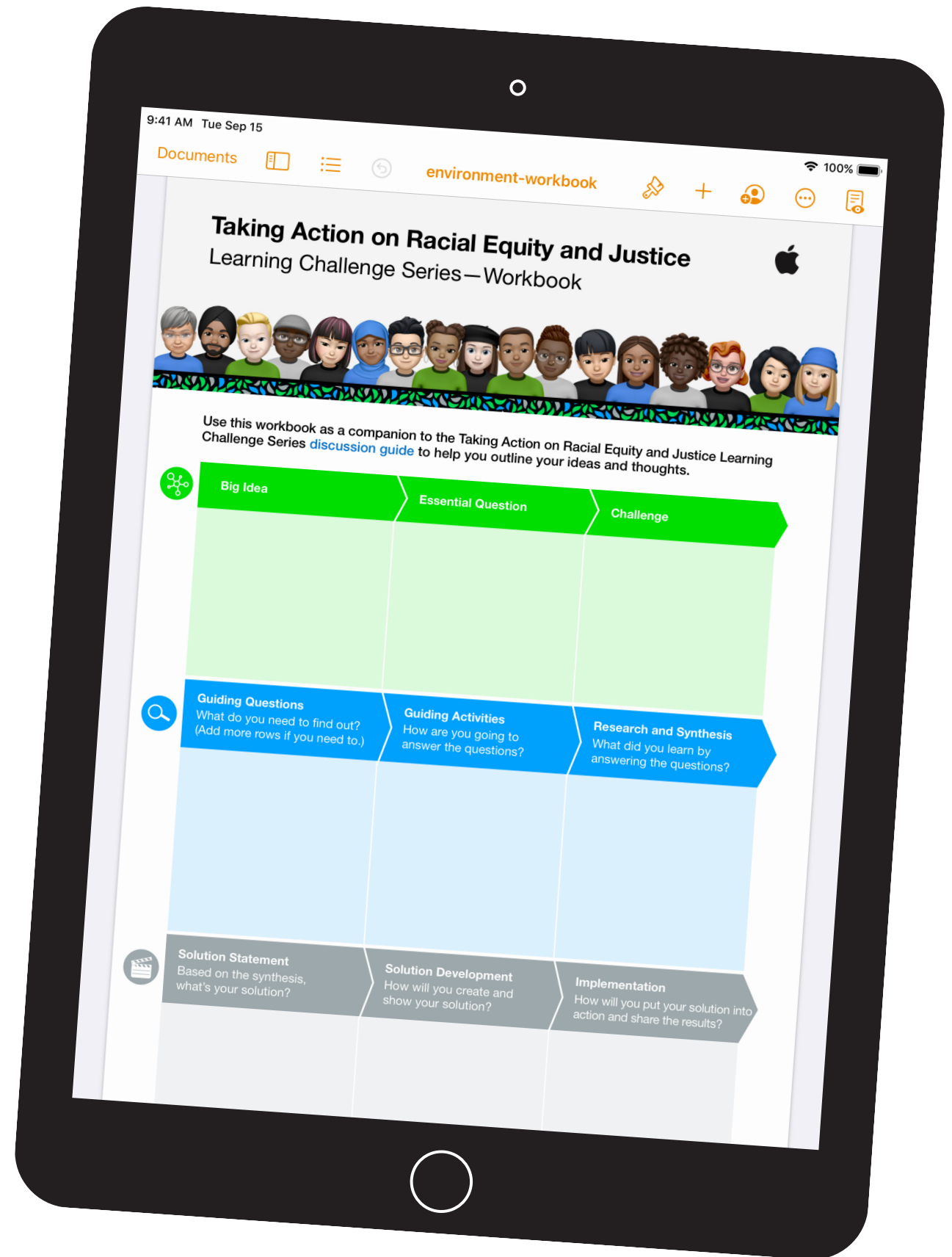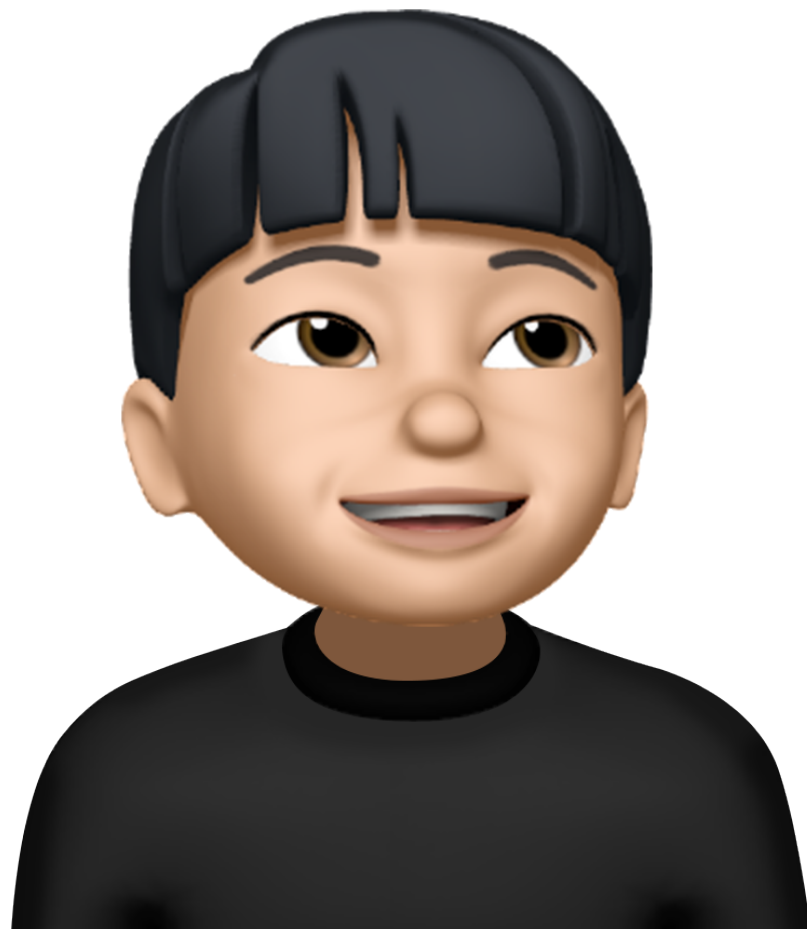
04/22/21, 9:41

24 SHARE   **102** LIKES

16

Workbook

When you're ready to implement this challenge, use the companion workbook to outline your thoughts and ideas.

Diverse teams across Apple have worked together to create these guides, including our Apple Education,
Apple Professional Learning, and Community Education Initiatives teams, with input from Apple Distinguished Educators,
Apple Distinguished Schools, and Inclusion and Diversity. This guide—and others in the series—are part of Apple's Racial
Equity and Justice Initiative, a long-term effort to help ensure more positive outcomes for communities of color.

Taking Action on Racial Equity and Justice
Learning Challenge Series — Discussion Guide

Help Shape a Healthier Society

Click or tap here to watch a special message from Dr. Sumbul Ahmad Desai, Apple's vice president of health. She's responsible for health initiatives, including clinical product development, innovative clinical partnerships, and medical research. She also leads the regulatory and quality teams at Apple.

Help shape a healthier society

Our bodies are complex anatomies that require attention physically and mentally. And our ability to make good health and preventative decisions about our bodies relies on access to important and accurate health information. How can we improve the health and wellness of ourselves and others?

For all educators, students, and individuals to thrive at school and at work, it's crucial to close the gap in health disparities that exist for underrepresented communities based on race, socioeconomic status, and access to education.

Businesses and educational institutions around the world reflect the communities they serve. And today, learning happens everywhere — not just in classrooms.

To begin the journey of making lasting social change, we've created this guide so you can help shape a healthier society by exploring mind, body, and health literacy.

As you take on the fourth challenge in this series, **Help Shape a Healthier Society**, be prepared to reflect on the impact health inequities have on our communities, and be ready to make a difference individually and globally.

Health and Wellness

Health is the state of living. *Wellness* is the state of living a healthy lifestyle. The combination of the two, *health and wellness,* has become an important approach for taking care of ourselves, lowering stress, and reducing the risk of illness for ourselves and our communities — especially those with limited access to health services and information.
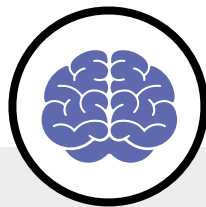
Mental Health

A state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community

Source: who.int
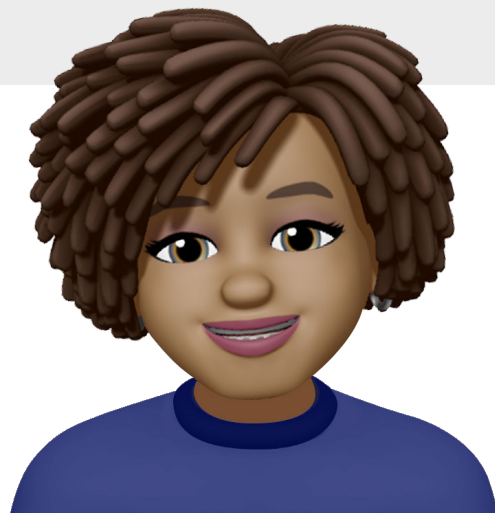
Physical Health

The well-being of the body and the proper functioning of the organism of individuals, which is a normal condition for individuals who are not suffering from any type of sickness

Source: Nayma Nishat, What Does Physical Health Mean?
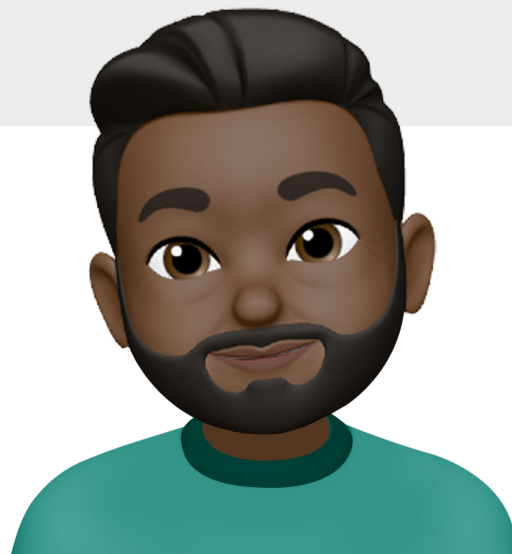
Health Literacy

The degree to which individuals have the ability — or the degree organizations equitably enable individuals — to find, understand, and use information and services to inform health-related decisions and actions for themselves and others

Source: cdc.gov/healthliteracy/learn
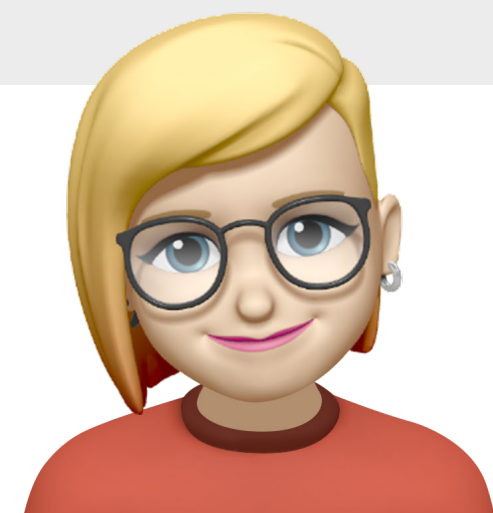
Framework

Use the Challenge Based Learning framework to help organize your thoughts, ask questions, and conduct and synthesize research to design your solution. You can download the companion workbook from page 19 to capture your ideas.

1. Engage

Connect with the big idea, think about the impact on you personally, consider new viewpoints, and focus on the challenge's call to action.

Which area do I care about the most? Why does it matter to me or my community?
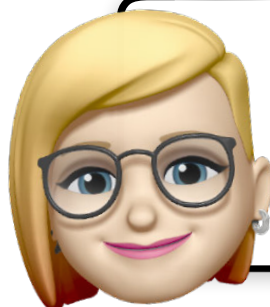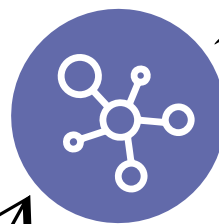
2. Investigate

Find ways to research these questions, and analyze your findings to help define your solution.

What do I need to know to help me (or us) better understand so that I (or we) can create a compelling solution?

3. Act

Your investigation will help you define your solution. It may be something personal or something that impacts your broader community. Don't stop at defining your solution — make sure to put it into action!

Based on what I've learned, what specific actions can I (or we) take to make a difference?

Engage

For Step 1, you'll identify and connect to a big idea, personalize it by coming up with questions, and narrow those questions down to one essential question. Below you'll see how we apply this step to the **Help Shape a Healthier Society** challenge.

Big Idea: Health and Wellness

Essential Question: How can I improve the health and wellness of myself and others?

Challenge: Help shape a healthier society.

Who else can I work with to begin this process?

Let's follow the journey of a group of educators as they work through the Challenge Based Learning framework, decide whether to focus on mental health, physical health, or health literacy (or more than one), then design and implement a solution that will make an impact on themselves and their community.

Applying Engage: First, the group took a deeper look at the definitions of the big idea, the essential question, and the challenge in Step 1, and applied it to the area they chose — health literacy.

Big Idea: Health Literacy

Essential Question: How can we ensure that all individuals and communities have equal access to information that helps them make good health decisions?

Challenge: Encourage others to make healthy decisions that will improve the overall health of all of our communities.

Tip: A challenge begins with a verb. It's immediate, it's actionable, and it builds excitement.
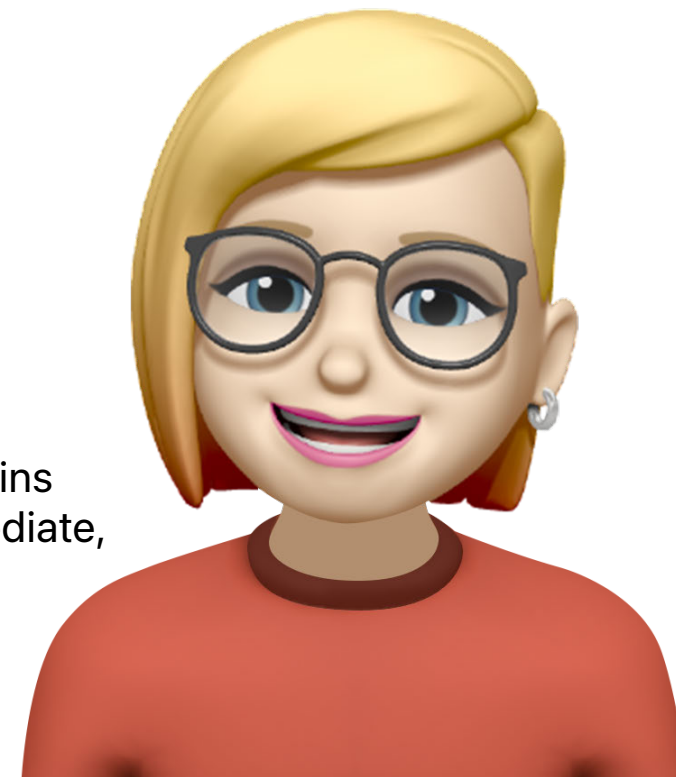
Investigate

In Step 2, the group identified questions known as *guiding questions*. Guiding questions are what the group needed to know to begin developing a solution to the challenge. They brainstormed some potential guiding questions below.

How can we ensure that health literacy is accessible to everyone?

What steps can we all take to make smarter personal health decisions?

Who in our community is suffering the most and why?

How does health literacy improve our entire society?

Are there organizations we can work with in our community?

What are the different types of data sources that support health literacy?

How do we become more attentive to how health literacy impacts our personal health decisions?

Determining Their Questions: Next the group refined the guiding questions that would help them answer the key question: What do we need to know before we can design a solution?

- What are some examples of health information campaigns – locally and globally – that have impact?

- How does health literacy impact me and others in my community?

- What are the most pressing health literacy concerns in my community today?
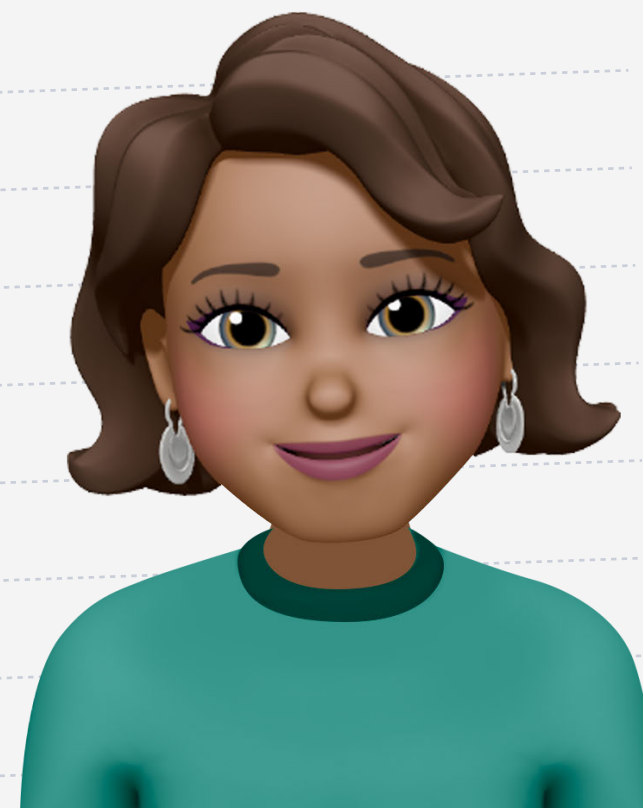
Extension Activity: Using creative expression — like drawing, photography, video, or music — became a great way to determine guiding questions. The educators created posters representing some of the ideas they discussed and researched.

Researching the Questions: Once they had their guiding questions, the group began their research. They asked themselves, Who can we interview? What other perspectives can we consider? They captured all the activities and resources they'd need to find answers to these questions.

Activities and Resources

- Attend a town hall meeting to understand the current health discussions impacting the community.

- Interview leaders of a local community health organization to learn how they're sharing important health practices with those most impacted in the community.

- Visit a local library to learn more about primary sources and how to find reliable information about health that impacts all populations.

Synthesizing the Research Findings: After completing their research, they evaluated the ideas and identified new perspectives based on the findings. This led them toward their solution.

We learned that our most underserved communities have fewer options when it comes to health and wellness.

We determined who we can reach out to for help.

We identified how our research does or doesn't align with our previous knowledge.

We discovered other perspectives and ideas that should be considered.

We found local organizations that are making an impact.

We connected to something in our collective personal experiences that we can use to inform our solution.

We established the most important themes and key points.

Act

With this final step, the group is now ready to define their solution.

Solution

Host a series of "Improve the Health of Our Community" events that focus on good health practices and preventative health measures for the most underserved communities in our region.

Based on what we learned from our investigation, we propose the following solution . . .

What is actionable evidence? What is measurable evidence? What is impactful evidence?

Defining success helps define progress.

How are we planning to get to the solution?
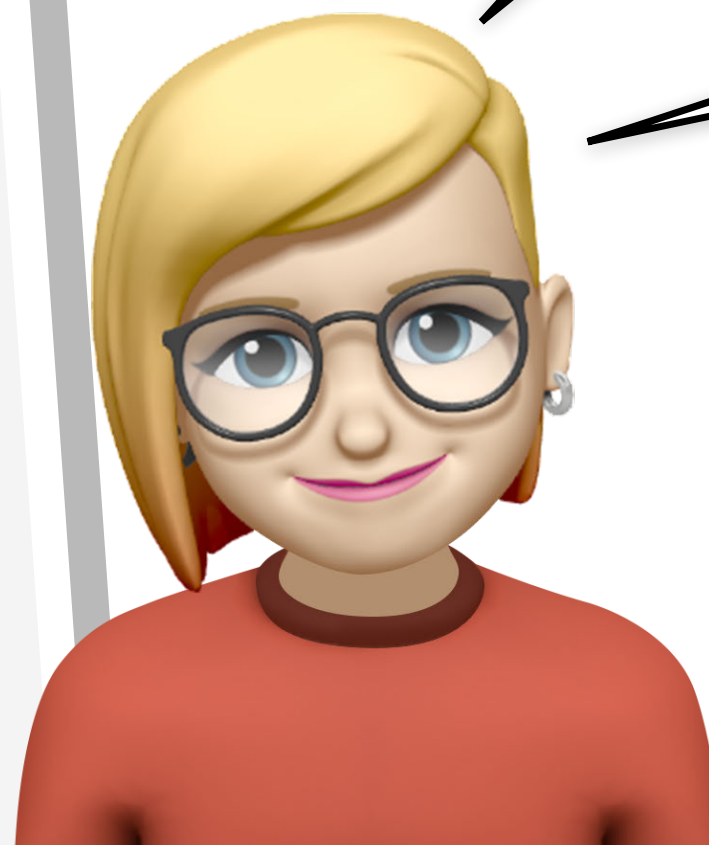
Remember: A challenge can have many solutions when there are diverse perspectives, which helps keep people more involved, engaged, and interested in the outcome.

Act: The teachers wrote their plan of action, including the specific steps they would take to implement their solution and how they'd share results with others.

Plan of Action:

- Develop a project plan for the "Improve the Health of Our Community" events.

- Do one small activity to improve my personal health so that I can impact the greater community.

- Develop a marketing plan to promote the events.

- Capture images and video interviews during the events to share what we learned and how others can get involved.
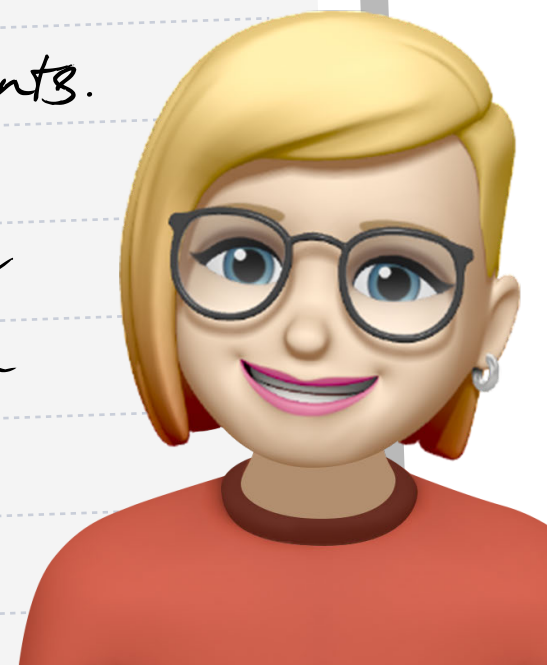
Act: After their successful execution, they shared how they came up with their solution and the results of putting it into action. They expressed their solution's impact creatively through videos, poems, drawings, and photos, and even used their creation from the extension activity on page 11. They then shared their story with the world using #ChallengeForChange.

Edwina Greenway
@EdwinaGreenway
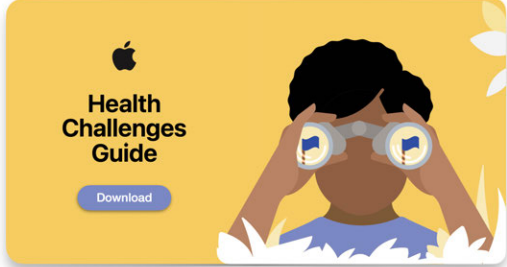
Sign up today!
Attend one of the "Improve the Health of Our Community" events to help our community learn about our local health information sources and organizations.

RSVP

10/06/22, 9:41

32 SHARES   **102** LIKES

Ethan Izzarelli
@EthanIzzarelli

Want to participate in more health challenges? Download Apple's Health Challenges Guide!

Health Challenges Guide

Download

10/06/22, 9:41

24 SHARES   1...

Jocelyn Engstrom
@JocelynEngstrom

Look at this amazing photo of people lining up to be screened at our community event!

10/06/22, 9:41

52 SHARES   **102** LIKES
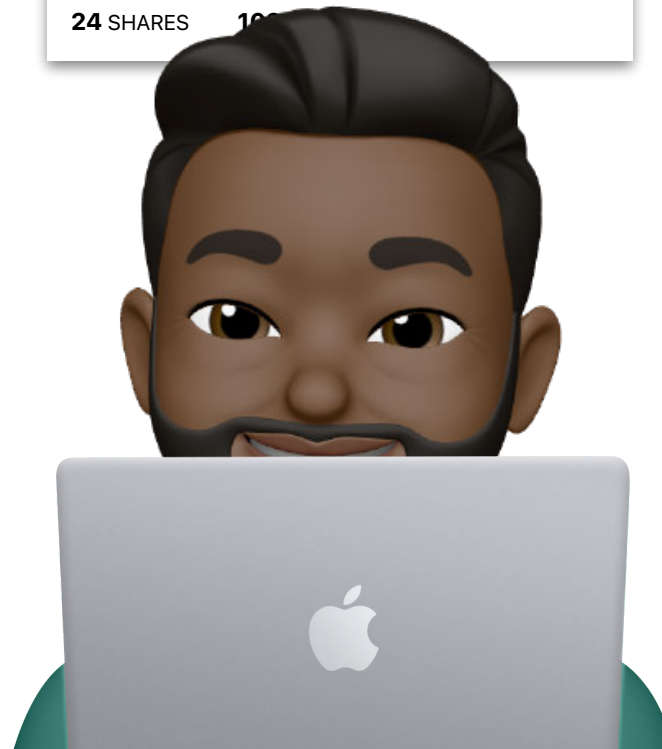
Reflections: It's important that the group took time to reflect on their process. They thought about what they learned and considered the impact they made on themselves and others. Then the educators visited the Apple Education Community to share their reflections and inspire others. The journey we took with these educators is a great example of how you'll approach your process.

How did our solution impact our community?

What impact did I make on my personal health?

What will we keep doing based on what we learned personally and collectively?

The organizations that participated in our "Improve the Health of Our Community" events reported an increase in sign-ups to receive ongoing health information.

Hundreds of people attended the community events. Many people put comments in the suggestion box telling us how much they learned and what new things they were going to try to be healthier.

I've learned that it's important to eat healthy foods, exercise, get plenty of rest, and express how I'm feeling to my family and friends.

I know how important it is to find primary sources of information and how to determine what's relevant and accurate. Because of this, I can help others in my community do the same.

This will become an annual community event series. It has also made us aware that we need to do more throughout the year to ensure that all communities have access to health information.

We'll look for ways we can support a diverse set of local health information organizations, whether through volunteering or fundraising.

Health Challenges Guide

As we consider solutions to this global challenge, it's important to acknowledge that healthier societies start with healthier individuals. The small steps you take to improve your personal health have an impact on the community and world. Apple has also created "mini challenges" that will inspire you to get active, eat well, and support your personal health.

Each mini challenge applies the Challenge Based Learning framework, including guiding questions to help you uncover the best health solution. The duration and frequency of time you spend on a challenge is up to you — it could be 5 or 30 minutes, a day, or a week.

Each mini challenge includes:

- **Guiding Activities:** What you can do to take on the challenge

- **How It Works:** Description of the guiding activity

- **Why It's Helpful:** Benefits of the guiding activity

- **Guiding Questions:** Ways to think about how to approach the activity and what your solution could be

Taking Action on Racial Equity and Justice
Learning Challenge Series — Health Challenges Guide

Help Shape a Healthier Society

Help Shape a Healthier Society
Health Challenges Guide ›

Workbook

Now it's your turn! Whether you take on the Help Shape a Healthier Society challenge or one of the "mini challenges" from the Health Challenges Guide, use the companion workbook to begin outlining your thoughts and ideas.
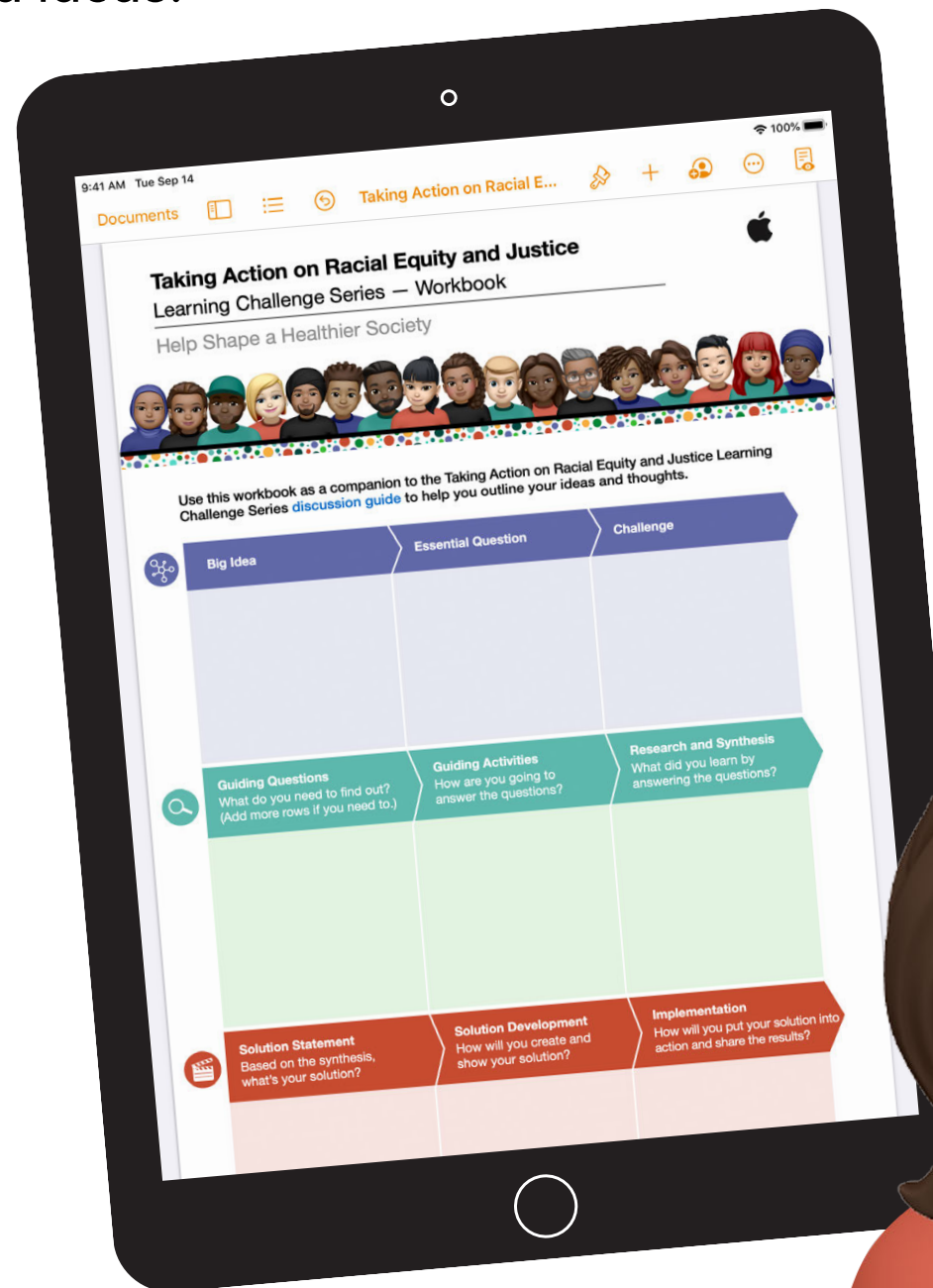
Help Shape a Healthier
Society Workbook ›

Resources

Health and Wellness

Many important resources about health and wellness are available that can help you generate thoughts, inspire questions, and provide a good foundational knowledge for this challenge. You can return to these resources anytime to further explore concepts and ideas.

- World Health Organization (WHO)
- United Nations Educational, Scientific, and Cultural Organization (UNESCO)
- Global Wellness Institute
- Global Health Council

Mental Health

- National Alliance on Mental Illness (NAMI)
- Crisis Text Line
- Build School Communities, and Support Students' Social, Emotional, and Mental Health
- Healthy Schools Start with Healthy Adults
- The Trevor Project
- Supporting Child and Student Social, Emotional, Behavioral, and Mental Health Needs
- Identity and Cultural Dimensions
- BIPOC Mental Health
- Infographic: BIPOC and LGTBQ+ Mental Health

Health Literacy

- Centers for Disease Control and Prevention (CDC)
- Prioritize the Health and Safety of Students, School Personnel, and Families
- Safer Schools and Campuses Best Practices Clearinghouse
- What is Health Equity?
- Immigration, Health Care and Health
- Bystander CPR on kids differs by race and ethnicity

Physical Health

- American Heart Association (AHA)
- American Diabetes Association
- American Cancer Society
- Aerobic, Muscle, and Bone Strengthening: What Counts for School-Aged Children and Adolescents?
- Physical Activity for Different Groups
- Race and Ethnic Disparities in Heart Disease
- Healthy People 2020: Physical Activity
- Healthy People 2020: Nutrition and Weight Status

# Resources

Mental Health and Wellness Apps

Mental health apps

- Headspace: Mindful Meditation
- Moshi Kids: Sleep & Meditation
- Shine: Calm Anxiety & Stress
- Breethe: Meditation & Sleep
- Calm: Sleep & Meditation
- Loóna: calm, relax and sleep
- Rootd - Panic Attack Relief

Sound apps to help you sleep

- White Noise Deep Sleep Sounds
- BetterSleep: Relax and Sleep

Nutrition and water-tracking apps

- My Food - Nutrition for Kids
- Drink water: Drinking reminder
- Water tracker - Waterful

Wellness journal apps

- CBT Thought Diary
- Tangerine: Self-care & Goals

Exercise and yoga apps

- Yoga Studio: Classes & Poses
- Seven: 7 Minute HIIT Workout
- Exercise: At Home Workout App
- Wakeout: Stretch & Move Daily
- Yoga Time: For Beginners & All

Resources

Mental Health and Wellness Podcasts and Books

Podcasts

- Teenager Therapy
- Therapy for Black Girls
- The Happiness Lab with Dr. Laurie Santos
- Ten Percent Happier with Dan Harris
- Mental Illness Happy Hour
- Life Kit: Health
- You Are MORE Than A Body. How To Heal Your Relationship With Yourself - Doctors Lindsay and Lexie Kite
- Ep. 150 - Body Image Resilience with Lexie & Lindsay Kite PhD
- EP72 - Body Image Resilience with Lexie Kite
- Food Heaven Podcast
- The Morgan Harper Nichols Show
- Thrive Parenting

Books

- The Body Keeps the Score by Bessel van der Kolk, MD
- Every Body Yoga by Jessamyn Stanley
- Braiding Sweetgrass by Robin Wall Kimmerer
- You Belong by Sebene Selassie
- What Happened to You? by Oprah Winfrey and Bruce D. Perry
- Breath by James Nestor
- The Body by Bill Bryson
- Are u ok? by Kati Morton
- Genius Foods by Max Lugavere and Paul Grewal, MD
- How to Be Well by Frank Lipman, MD
- Why We Sleep by Matthew Walker
- 21 Days to Resilience by Dr. Zelana Montminy
- The 22 Non-Negotiable Laws of Wellness by Greg Anderson

Resources

Challenge Based Learning

Explore these curated resources to help you work through the challenge, extend your learning, and tell your story. Or take on one of the other challenges!

Challenge Based Learning

- Challenge Based Learning
- Challenge Based Learning Guide
- Challenge Based Learning in Indonesia
- Write to Change the World: Challenge Based Learning for Persuasive Writing

Apple Resources for Learning and Creativity

- Apple Teacher
- Everyone Can Create guides
- Apple Education Learning Series
- Research for Educators
- Elements of Learning

Health Resources

- Apple Health App
- Health App on Apple Watch
- Apple Fitness+

Taking Action on Racial Equity and Justice Learning Challenge Series

- Challenge 1: Create Opportunities for Meaningful Conversations About Race
- Challenge 2: Make a Positive Impact in Your Community
- Challenge 3: Create a Better World Through Environmental Justice

Resources

Racial Equity and Justice

Build your knowledge base on racial equity and supplement your curriculum with these important resources. Use them to help you present a compelling and credible challenge that makes an impact.

- Equal Justice Initiative

- Learning for Justice

- Helping Students Make Sense of News Stories about Bias and Injustice

- ADL Education Glossary Terms

- Common Sense Media Resources About Race and Racism

- Greater Good in Education Resources to Support Anti-Racist Learning

- The King Center

- NV365® Education and Training

- The King Philosophy

Diverse teams across Apple have worked together to create these guides, including our Apple Education,
Apple Professional Learning, and Community Education Initiatives teams, with input from Apple Distinguished Educators,
Apple Distinguished Schools, Inclusion and Diversity, and Apple Health. This guide — and others in the series — is part of Apple's
Racial Equity and Justice Initiative, a long-term effort to help ensure more positive outcomes for communities of color.

Taking Action on Racial Equity and Justice

Learning Challenge Series — Discussion Guide

Use the Power of Storytelling to Create Change

Click or tap here to watch a special message from Malala Yousafzai, girls' education activist, co-founder of Malala Fund, and Nobel Peace Prize laureate.

The Power of Storytelling

Stories can make us laugh, help us solve problems, and — more importantly — teach us about ourselves and the world around us. We've all heard stories about people who have faced discrimination and inequities based on their race, religion, or socioeconomic status. Sharing these stories can be a powerful tool for activating change. How can we use our stories to create change in our global community?

To thrive at school or work and to build empathy for others, it's important that educators, students, and individuals hear relevant stories that reflect the diverse experiences, backgrounds, and circumstances of the community.

Businesses and educational institutions around the world reflect the communities they serve. And today, learning happens everywhere — not just in classrooms.

To begin the journey of making lasting social change, we've created this guide so you can use the power of storytelling to create change and make our world a better place.

As you take on the fifth challenge in this series, **Use the Power of Storytelling to Create Change**, be prepared to reflect on the impact that personal stories have on our communities, and be ready to make a difference individually and globally.
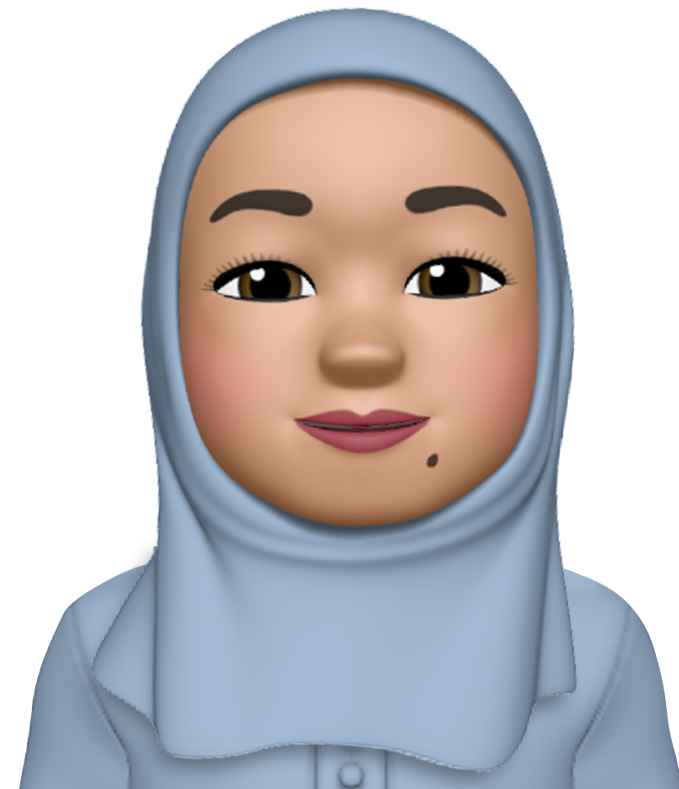
Framework

Use the Challenge Based Learning framework to help organize your thoughts, ask questions, and conduct and synthesize research to design your solution. You can download the companion workbook from page 17 to capture your ideas.

Act

Don't stop at defining your solution — make sure to put it into action!
Then evaluate its effectiveness and determine what refinements could have the most impact.

> Based on what I've learned, what specific actions can I (or we) take to make a difference?

Engage

Connect with the big idea, think about the impact on you personally, consider new viewpoints, and focus on the challenge's call to action.
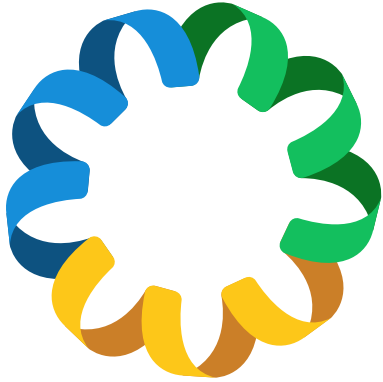
> What changes do you want to see in your community? Whose stories can show need for this change?

Investigate

Ask questions, find ways to research these questions, and analyze your findings to help define your solution.

> What do I need to know to help me (or us) better understand so that I (or we) can create a compelling solution?

Engage

During the Engage phase, you'll identify and connect to a big idea, come up with questions to personalize the idea, then narrow them down to one essential question. Below you'll see how this phase is applied to the challenge, Use the Power of Storytelling to Create Change.

Big Idea: The Power of Storytelling

Essential Question: How can we use our stories to create change in our global community?

Challenge: Use the power of storytelling to create change.

Applying Engage: During the Engage phase, Malala begins by identifying an injustice that's important to her. For Malala, the big idea is education equality. She creates an essential question to personalize her big idea, then creates her own challenge.

Big Idea: Education Equality

Essential Question: How can we support access to a free, safe, and quality education for all women and girls?

Challenge: Use storytelling to promote learning opportunities for girls around the world.

My topic is education equality. What topics are important to you and your community?

Tip: A challenge begins with a verb. It's immediate, it's actionable, and it builds excitement.
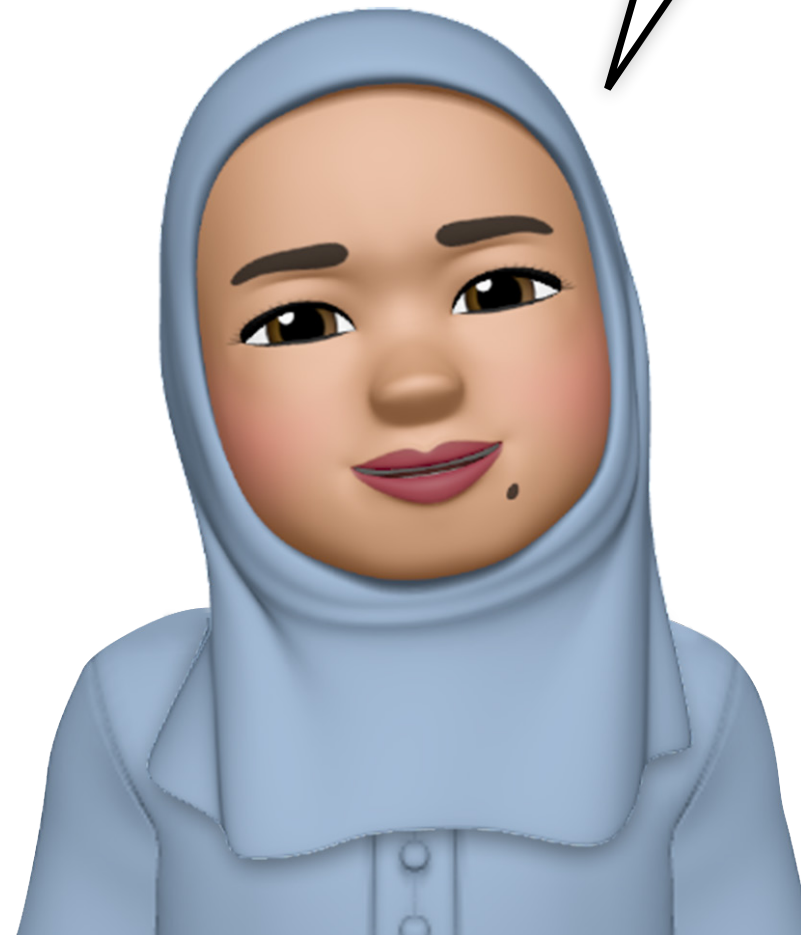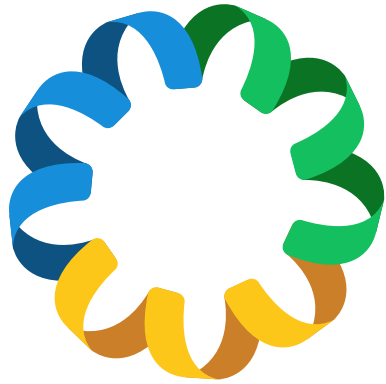
Investigate

During the Investigate phase, Malala identifies guiding questions. These are important questions she needs to ask to begin developing a solution to the challenge. Below are some of Malala's guiding questions ( ) about education equality.

Where can I share my story?

Which political entities should I connect with to share my story and create change?

How many girls around the world are receiving an education?

Who needs to hear my story?

How many countries have laws that prohibit education for girls?

What are the primary reasons girls are prevented from getting an education?

Which organizations support girls' education?

How can I use my story to get others involved?

Determining her questions: Which of Malala's guiding questions do you think she should focus on to promote learning opportunities for girls around the world through storytelling?

- Who needs to hear Malala's story?

- What mediums should she use to share her story?

- How can Malala use her story to get others involved?

Researching the questions: Once Malala has finalized her guiding questions, she begins her research. She thinks about who might best help answer her questions. Who can she interview? What other perspectives can she consider? She captures all the activities and resources (🔋) she needs to find answers to her questions.

Activities and Resources

- Write to my local government officials to learn more about girls' education access in my community.

- Speak to girls in my community about challenges completing their education.
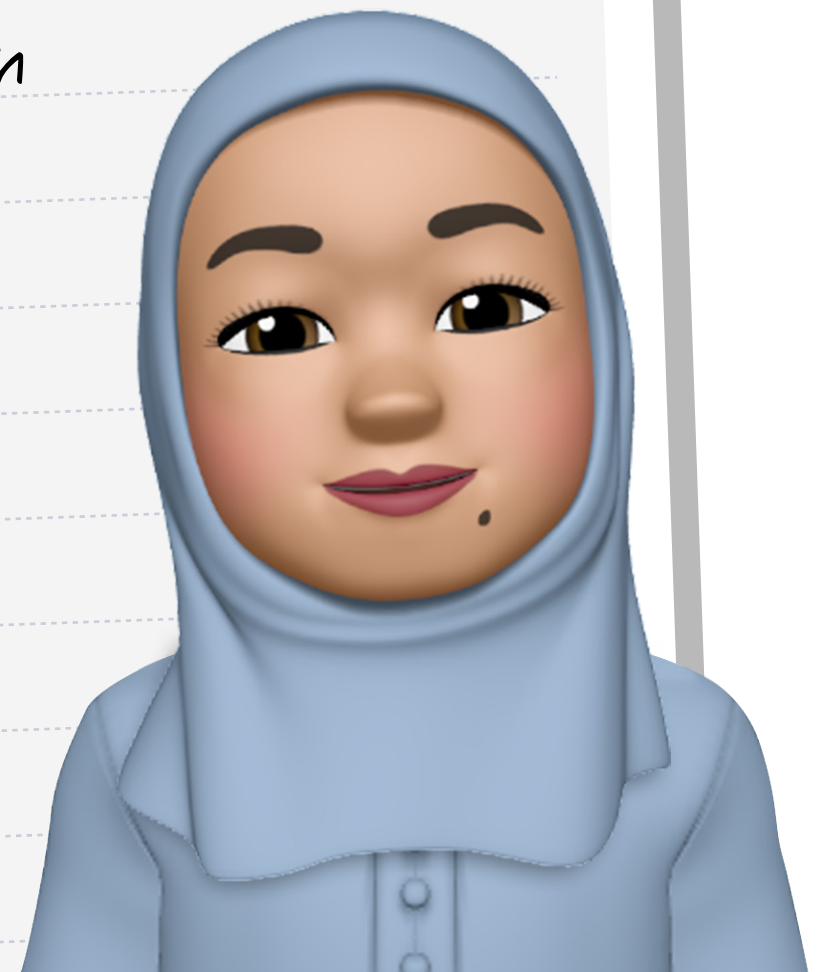
Guiding activity: Find someone in your community who's knowledgeable about the topic, and write a blog post reflecting on the interview with that person.
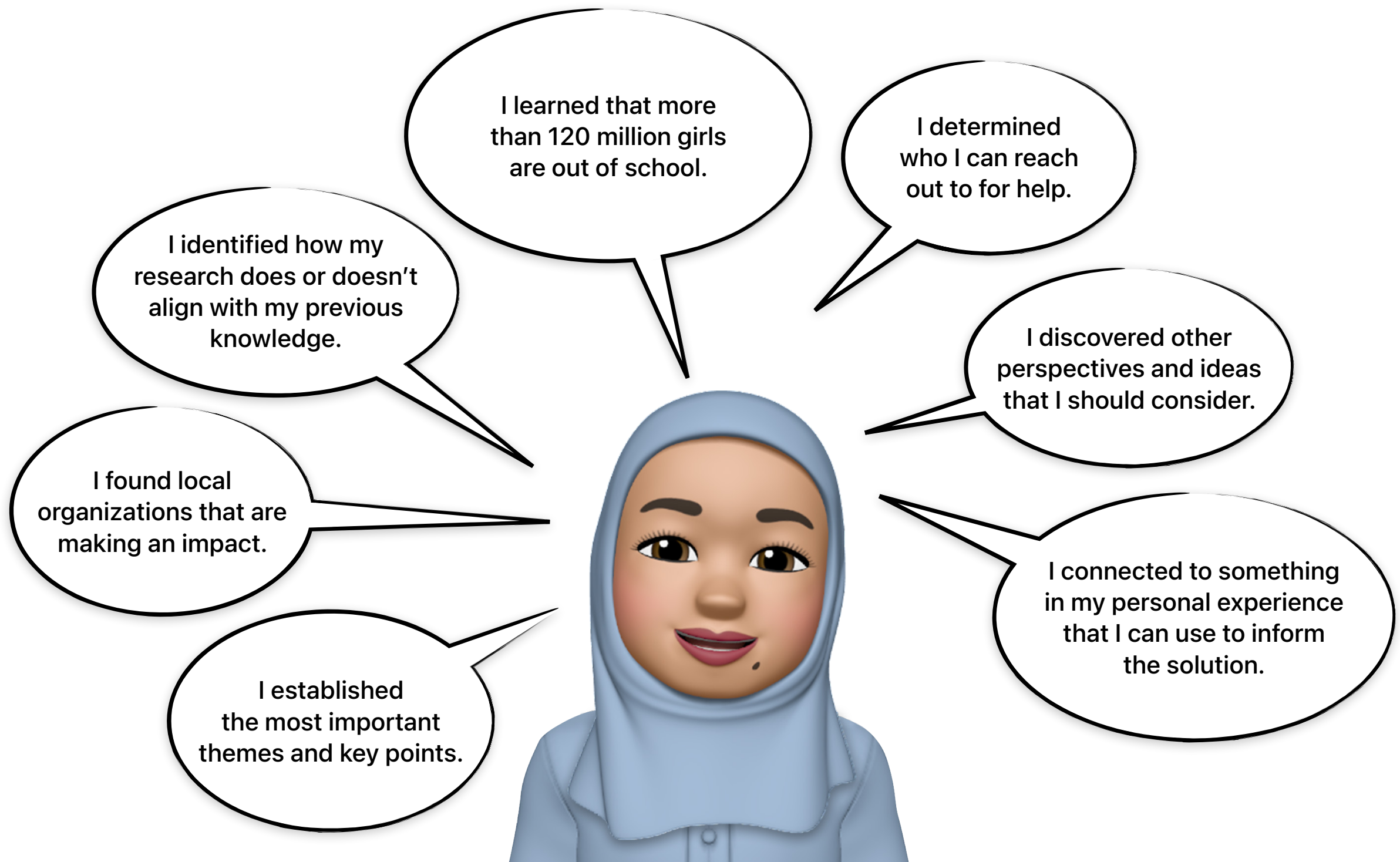
Period Poverty: Breaking the Silence

Amika George (AG): We know that when a girl has access to education, she improves not only her life prospects, but can really impact her community in the most remarkable way. Despite this, there appears to be a reluctance on the part of governments across the world to really invest in the education of girls. Why are we not seeing enough progress and why are there still so many barriers to access quality education?

Malala Yousafzai (MY): Leaders often focus their efforts on solving issues like poverty or war — pressing problems that people can see. But often leaders don't realize that sending girls to school can help solve these "bigger" issues. Educating all girls will help create jobs and boost the global economy by $30 trillion. It will help slow the effects of climate change. It will reduce poverty and cut the risk of war in half in developing countries.

Evaluate the research findings: After completing her research, Malala synthesizes (🔥) her ideas and identifies new perspectives based on her findings. This leads Malala toward her solution.

I learned that more than 120 million girls are out of school.

I determined who I can reach out to for help.

I identified how my research does or doesn't align with my previous knowledge.

I discovered other perspectives and ideas that I should consider.

I found local organizations that are making an impact.

I connected to something in my personal experience that I can use to inform the solution.

I established the most important themes and key points.

Act

During this final phase, Malala can now define a solution (📘).

Use my voice to advocate for every girl's right to learn and lead.

I created Malala Fund to help fight for a future where every girl can access a free, safe, quality education.

I speak out about my experiences to raise awareness about the challenges girls face and inspire my audience to join the movement for education equality.

I wrote a book to share my story with others.

Remember: A challenge can have many solutions when there are diverse perspectives, which helps keep people more involved, engaged, and interested in the outcome.
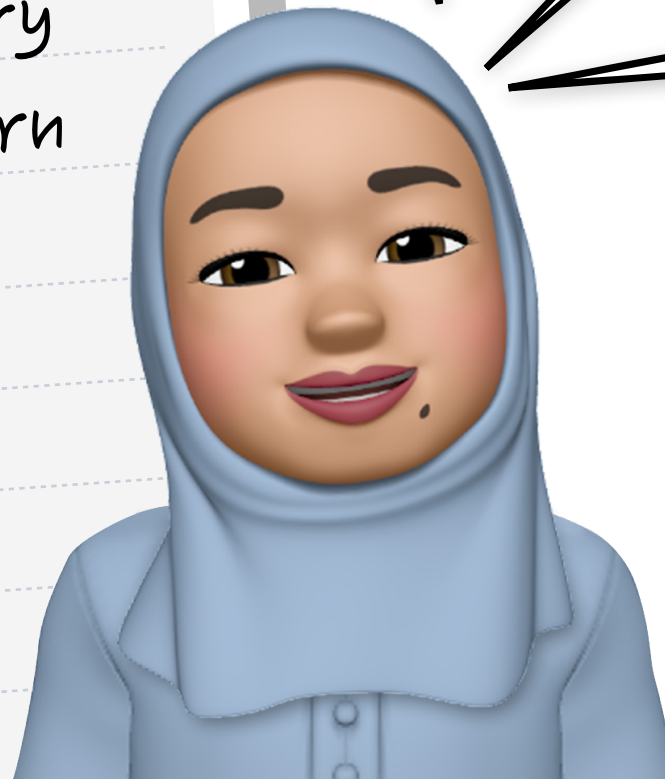
Act: As Malala creates her plan of action, she includes specific steps she'll take to implement (👢) her solution and how she'll share results with others.
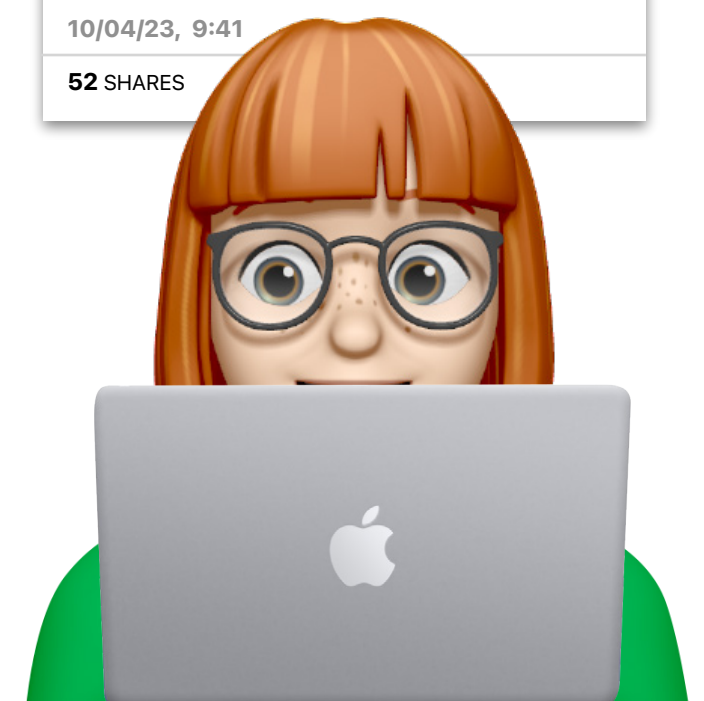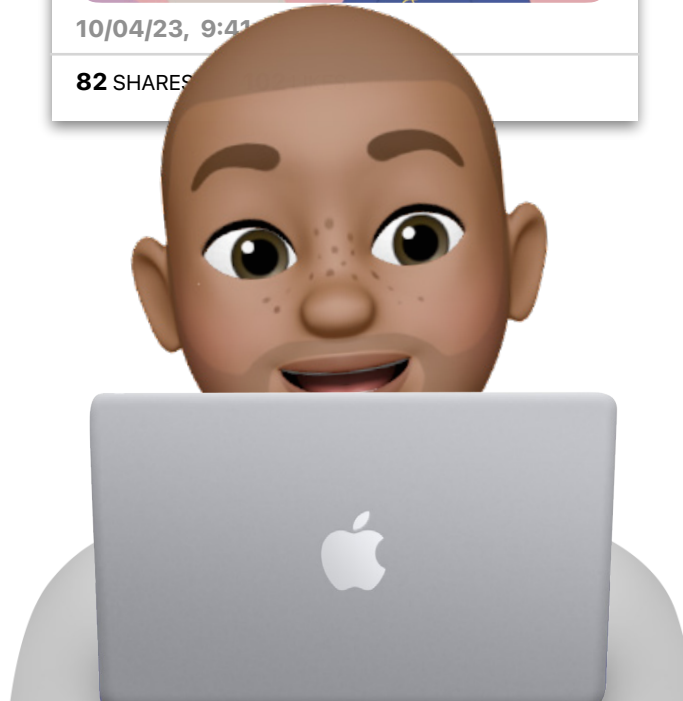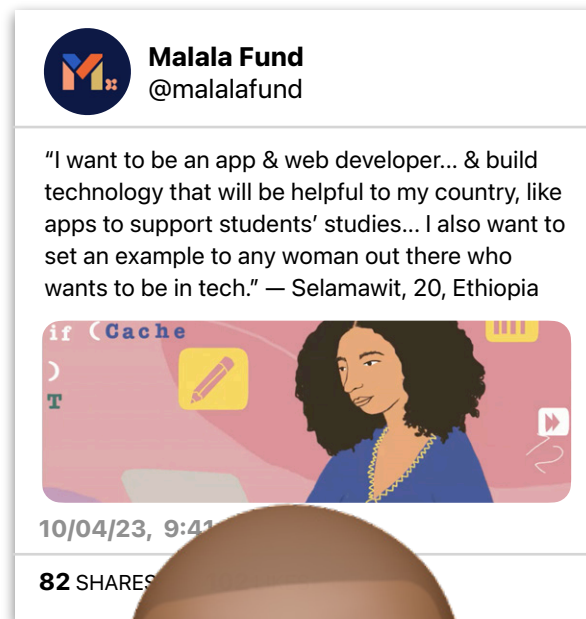
Plan of action:

- Develop a strategic plan for Malala Fund.

- Enlist a leadership team that can help me realize my ideas.

- Create a website for people to learn about Malala Fund's work and the importance of girls' education.

- Speak to leaders around the world about this important issue to get more support.
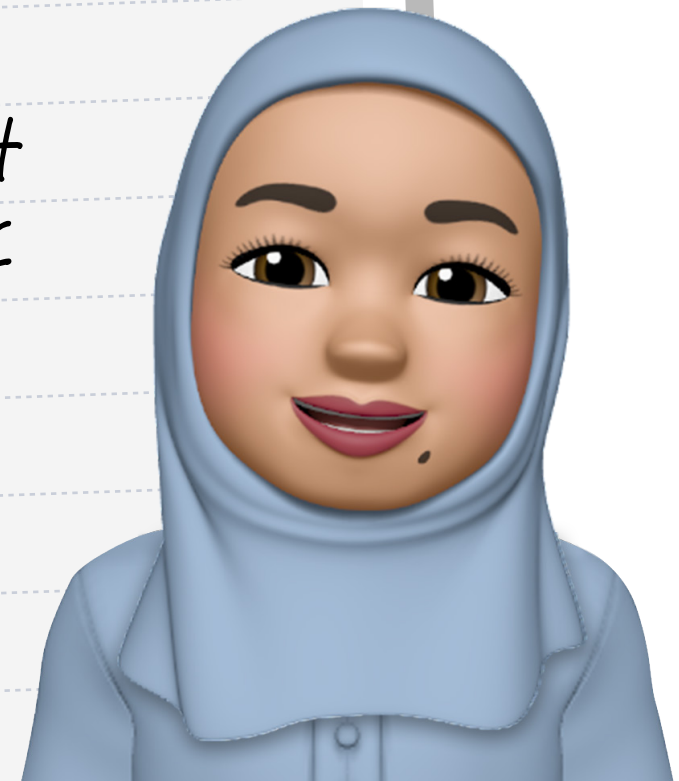
Share: Malala Fund has helped tens of millions of girls around the world access a quality education. To bring awareness to this important work, Malala travels globally, sharing her story and details about her work. Her story can motivate others to help or to identify something they care about and then do something about it.
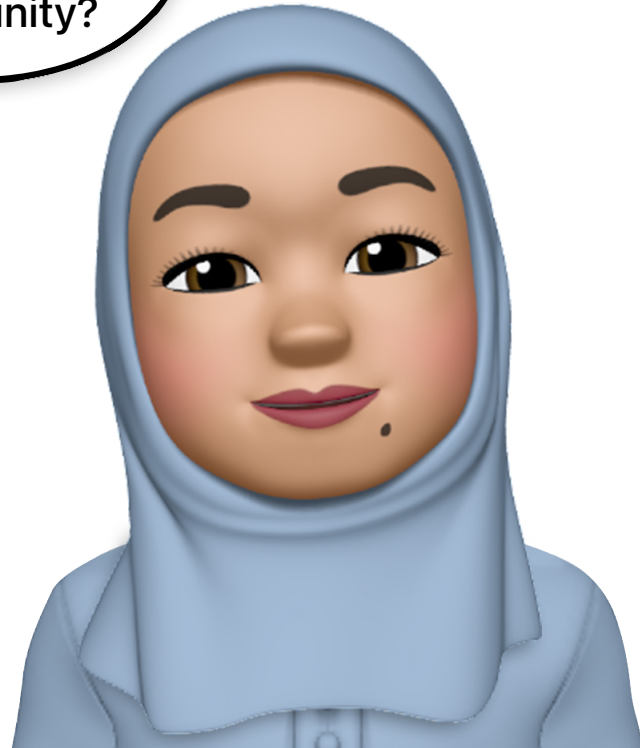
Malala Fund
@malalafund

Girls around the world tell us about teachers who have changed their lives.

"I talked to her about everything — my dreams, my goals, my insecurities and the things that I want to change in the world." — Gabriela, 18, from Mexico about her history teacher.

AROUND THE WORLD

10/04/23, 9:4

32 SHARES

Malala Fund
@malalafund

"I want to be an app & web developer... & build technology that will be helpful to my country, like apps to support students' studies... I also want to set an example to any woman out there who wants to be in tech." — Selamawit, 20, Ethiopia

if (Cache

10/04/23, 9:41

82 SHARES

Malala Fund
@malalafund

Girls in Guatemala installed lending libraries to help kids explore new worlds, develop their imaginations, and learn through books 📚✨

10/04/23, 9:41

52 SHARES

Reflect: It's important to take time to reflect on and evaluate (📘) the process. Malala thinks about what she learned along the way, and she considers the impact she can make for herself and others. The journey we took with Malala is a great example of how you'll approach your process.

Where do I need to ask more questions and make changes to my solution in action?

What will I keep doing based on what I learned personally and collectively?

How did my solution impact the global community?

Individuals and organizations that signed up to receive information from Malala Fund reported an increased interest in my story.

Millions of people listened to my story, engaged with my social channels, and attended Malala Fund events, which contributed to their interest in supporting girls' education.

I know how important it is to tell my story so I can inspire others to do the same. I also listened and amplified the stories of others so that our collective voices had even more impact.

Starting my blog was just the beginning of the many ways I shared my story. I realized that I needed to use a variety of different channels to ensure I reached more people.
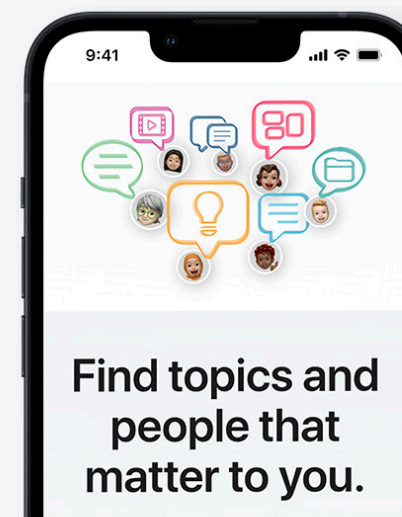
Join the conversation: As you reflect on Malala's story, try to identify an issue that's important to you and develop a solution for it. You can visit the Apple Education Community to share reflections, get new ideas, and inspire others.

Share your own success stories on social media using #ChallengeforChange.

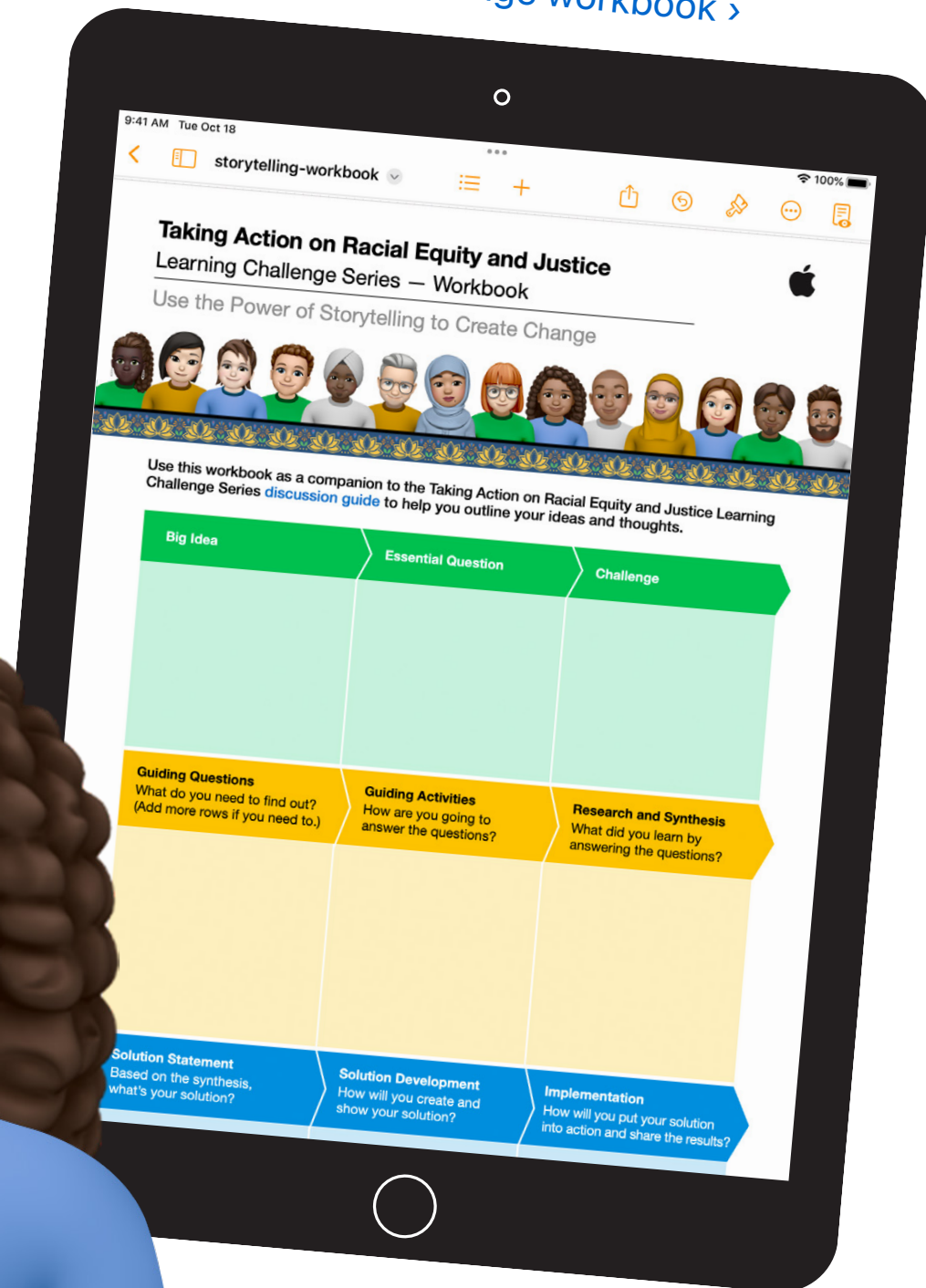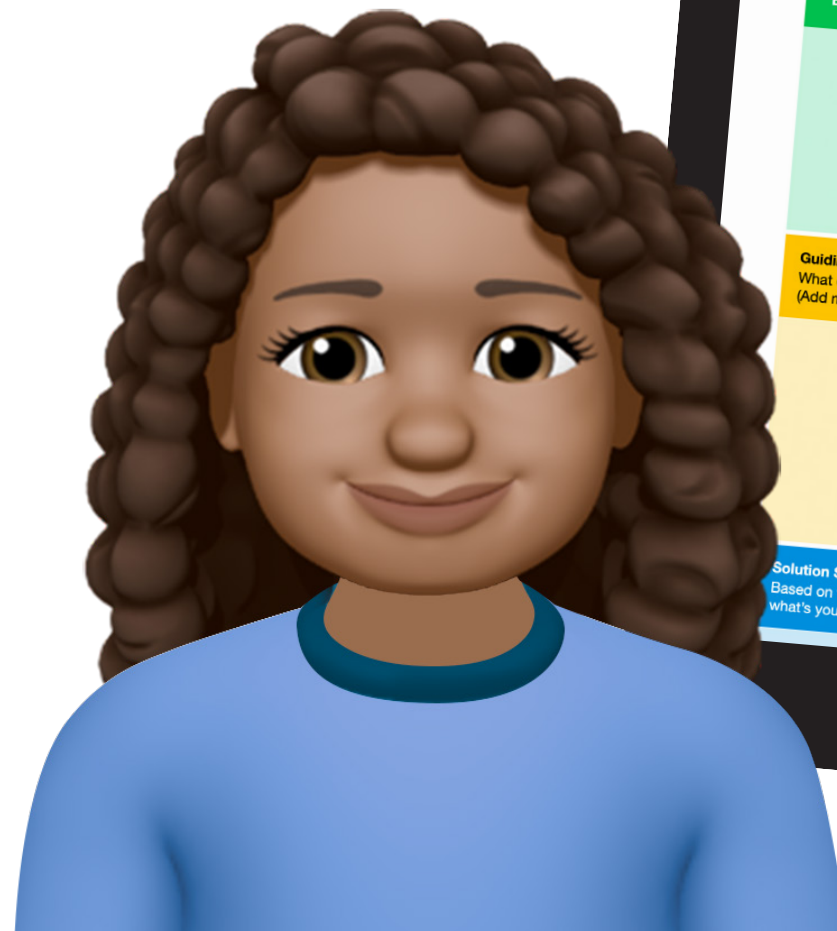
Join the conversation with other educators and share your reflections in the Forum.

Workbook

Now it's your turn! As you take on the Use the Power of Storytelling to Create Change challenge, the companion workbook is a great way to begin outlining your thoughts and ideas.

Resources

Many important resources about Malala Fund and storytelling are available that can help you generate thoughts, inspire questions, and provide a good foundational knowledge for this challenge. You can return to these resources anytime to further explore concepts and ideas.

Malala Fund

- Malala's story
- About Malala Fund
- Malala's Nobel Peace Prize speech
- Malala speaks at the United Nations in Nigeria, Malala Day 2023
- Malala Yousafzai explains why girls must be free to learn — and to lead

The Power of Story

- Assembly
- How to tell your story: A writing guide from Assembly
- Ways you can contribute to Assembly

Resources

Apps

Bear - Markdown Notes

Book Creator for iPad

bookPress - Best Book Creator

Clips

FlipaClip: Create 2D Animation

Grammarly - Keyboard & Editor

Me: A Kid's Diary by Tinybop

Microsoft Word

Minimal | Writing + Notes

Minipad

MyStory.today

Notes Writer: PDF, Words, ePub

Nebo Note-taking

Pages

Puppet Pals 2

Scrivener

Stop Motion Studio

Draw and Tell HD

Ulysses Mobile

Werdsmith: Writing App

Writing Space: Books & Scripts

Resources

Books

- Brave the Page
- Crafting Compelling Visual Narratives
- Creating Digital Books on Mac and iPad
- Dreyer's English (Adapted for Young Readers)
- Human Geography
- Interview an Expert
- My Weird Writing Tips
- Spilling Ink: A Young Writer's Handbook
- Stories Through the Lens
- Art of the Video Interview

Podcasts

- Grammar Girl Quick and Dirty Tips for Better Writing
- How to Write Better
- Write Like You Mean It
- Your Daily Writing Habit
- The Storytelling Lab
- Begin - Derbyshire Writing School Podcast, Episode: Everyday Storytellers Write Non-Fiction
- Ann Kroeker, Writing Coach, Episode: 10 Ways to Start the Writing Process When You're Staring at a Blank Page
- The Essential Guide to Writing a Novel

Resources | Challenge Based Learning

Explore these curated resources to help you work through the challenge, extend your learning, and tell your story. Or take on one of the other challenges!

Challenge Based Learning

- Challenge Based Learning
- Challenge Based Learning Guide
- Challenge Based Learning in Indonesia
- Write to Change the World: Challenge Based Learning for Persuasive Writing

Apple Resources for Learning and Creativity

- Apple Education Community
- Apple Teacher
- Everyone Can Create guides
- Apple Education Learning Series
- Research for Educators
- Elements of Learning

Health Resources

- Apple Health app
- Health app on Apple Watch
- Apple Fitness+

Taking Action on Racial Equity and Justice Learning Challenge Series

- Challenge 1: Create Opportunities for Meaningful Conversations About Race
- Challenge 2: Make a Positive Impact in Your Community
- Challenge 3: Create a Better World Through Environmental Justice
- Challenge 4: Help Shape a Healthier Society
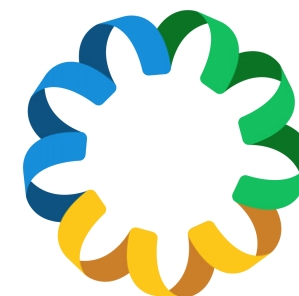
Challenge Based Learning

Resources | Racial Equity and Justice

Build your knowledge about racial equity, and supplement your curriculum with these important resources. Use them to help you present a compelling and credible challenge that makes an impact.

- Racial Equity and Justice

- Equal Justice Initiative

- Learning for Justice

- Helping Students Make Sense of News Stories about Bias and Injustice

- ADL Education Glossary Terms

- Common Sense Media Resources About Race and Racism

- Greater Good in Education Resources to Support Anti-Racist Learning

- The King Center

- Nonviolence 365® Education and Training

- The King Philosophy — Nonviolence 365®

Diverse teams across Apple have worked together to create these guides, including our Apple Education, Apple Professional Learning, and Community Education Initiatives teams, with input from Apple Distinguished Educators, Apple Distinguished Schools, Inclusion and Diversity, and Apple Health. This guide — and others in the series — is part of Apple's Racial Equity and Justice Initiative, a long-term effort to help ensure more positive outcomes for communities of color.
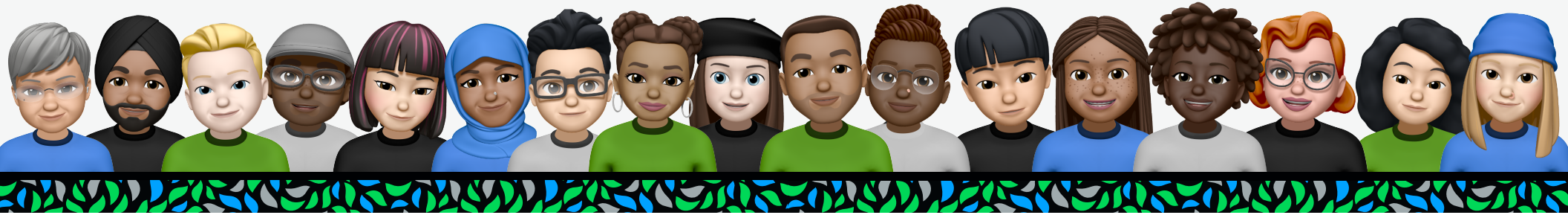
Taking Action on Racial Equity and Justice
Learning Challenge Series—Workbook

Use this workbook as a companion to the Taking Action on Racial Equity and Justice Learning Challenge Series discussion guide to help you outline your ideas and thoughts.

Big Idea	Essential Question	Challenge

Guiding Questions What do you need to find out? (Add more rows if you need to.)	Guiding Activities How are you going to answer the questions?	Research and Synthesis What did you learn by answering the questions?

Solution Statement Based on the synthesis, what's your solution?	Solution Development How will you create and show your solution?	Implementation How will you put your solution into action and share the results?