



Saratoga High School's 2021-2022 Speak Up for Change theme is Stepping Forward. This year, we want to emphasize the importance of starting the conversation about mental health in order to break stigma. In a high pressure school with emphasis on academics, there is a taboo surrounding depression, anxiety, eating disorders, etc. Students' mental health should be prioritized above all. Speak Up for Change will be happening January 31-February 4, ending with the assembly February 4th. If you are interested in speaking at the assembly, sharing your experiences pertaining to mental health, please fill out [this](#) Google form by **November 30th**

Thank you,

~ SHS Outreach Commission