



Dear Colleague:

We are excited to announce the *Emotion Revolution*, a joint initiative between the Yale Center for Emotional Intelligence and Born This Way Foundation. Our goal is to drive the national conversation that encourages schools to integrate social and emotional learning (SEL) and build more positive school climates.

But before we begin, we need to **listen**. That's why, we've just launched an anonymous online survey that asks high school students from around the country to take 7 minutes to tell us how they currently feel in school, how they want to feel, and what they believe needs to happen to bridge the gap between the two. *The survey was approved by Yale University's Human Subjects Committee and does not require parental consent.* If you would like to see the survey, there is a link to the PDF on the bottom of the website (see below).

In October 2015 we will host a summit that will feature youth participants, Lady Gaga and Yale President, Peter Salovey. The summit will serve as a platform to unveil the findings and offer youth the opportunity to share their ideas for creating improved learning environments with educators, academics, and policy makers.

How You Can Help

We want and need to hear from as many young people around the country as possible and we need you to spread the word. The more data we collect, the stronger the research will be and the more effective the SEL tools that we have to offer youth will be.

In your role as an educator, we're certain that you've witnessed how emotions matter in schools. For this reason, we would like to partner with you in this national movement. Please share the survey with students in your district, school, or students and encourage them to participate. Here is everything you need to get started:

Emotion Revolution website: www.ei.yale.edu/what-we-do/emotion-revolution/

You can access the BTWF emotion evolution website with videos of Lady Gaga, her mom, Cynthia, and me from www.emotionrevolution.org. Some schools had trouble opening this page so we created access through Yale.

A toolkit (logos, social messages) for your outreach efforts can be found here:

https://docs.google.com/document/d/17vV6A60WC4du5ewSFYWWP1fWPkMGhS0O_entl-jT-s8/edit?pli=1

The direct link to the survey is here until June 1st: www.tinyurl.com/emorev2015

The need for an Emotion Revolution has never been greater. For the first time in history, high school-age youth are feeling more stressed than adults. Left unchecked, such emotions impair their health, interfere with learning, and hinder prospects for future success. We are committed to reversing these trends.

You can connect with us at emotionrevolution@yale.edu. Please let us know once you've administered the survey so we can highlight your school/district through our social media channels.

Thank you again,

Marc Brackett
Director, Yale Center for Emotional Intelligence

Cynthia Germanotta
President, Born This Way Foundation

High School Students

How do you feel in school? How do you want to feel?



We want to hear from you!

Take the anonymous Emotion Revolution [survey](#) so your voice is heard!

Your responses will help to:

- Build a national emotion climate map
- Inform the nation that emotions matter in school
- Ensure your school is part of the change



Take the survey at: <http://tinyurl.com/emorev2015>



Yale Center for
Emotional Intelligence

To learn more:
emotionrevolution.org

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