

Monthly Newsletter

March 2021

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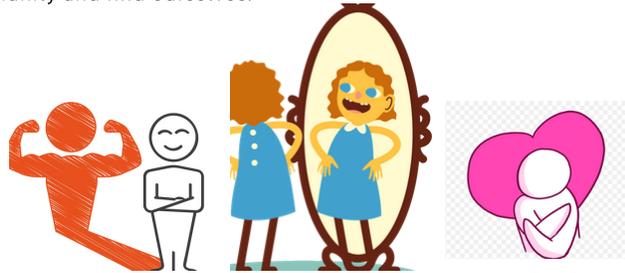
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Dear Saint Peter Community,

This month we will explore **Self-Identity - Who Am I?**

Our identity is the way we define ourselves. This includes our values, our beliefs, and our personality. It also encompasses the roles we play in our society and family. Our past memories, our hopes for the future, as well as our hobbies and interests. Our sense of self refers to our perception of what defines us such as, our personality traits, abilities, likes and dislikes, our belief system (moral code), and the things that motivate us-these all contribute to self-image or our unique identity as a person.

Also, we will focus on the **IMPACT OF SOCIAL MEDIA** on a student's self-identity. When encouraging students to develop a self-identity, we must take into account that social media doesn't make things easier. We live in a society that rewards having digital friends, and we would go through great lengths to get more and more and more. Having Instagram followers and Facebook likes nowadays directly aligns with being popular or not. And yes, students value that more than they value themselves. So it's hard to develop a self-identity in a world with identities you think you know or that are "filtered". However, social media can also give us the opportunity to empower ourselves! We can use social media to promote self-awareness, healthy self-esteem, and engage in certain apps that can help us form a community and find ourselves.



March is the celebration of International Women's Month

The theme for 2021 National Women's History Month captures the spirit of these challenging times. Since most 2020 women's suffrage centennial celebrations were curtailed, the National Women's History Alliance is extending the annual theme for 2021 to "Valiant Women of the Vote: Refusing to Be Silenced." Here are a few creative ways to celebrate the women of your company this month:

- 1) Celebrate Women on Social Media.
- 2) Buy a Coffee for a Woman that Inspires You.
- 3) Get Involved with Organizations that Support Women and Girls.
- 4) Interview a woman you know that inspires you.



Beyoncé

Used her voice and art to produce women empowering music for young girls and women.



Angela Davis

Advocated for women of color reproductive rights and fought for gender equality.



Melinda Gates

Helped tons of women in developing countries gain access to contraceptives; leader of an international campaign