Latino youth regularly face discrimination in their daily lives—in one national survey, close to 83% of Latino youth named discrimination as a personal problem for them.\(^6\)

Latino youth have the highest rates of depression of any ethnic group.\(^7\)

For immigrant youth in particular, navigating a new environment and the fear of detention and deportation produces high levels of stress, with negative side effects on physical and mental health.\(^8\)
Sociedad Latina works in multiple areas to support positive development for Boston’s Latino youth population. Each area is critical for building young people’s resilience, growing their self-confidence, and gaining the skills to advocate for themselves and transform their communities. By working across these fields, Sociedad Latina helps support the next generation of Latino leaders.

**ARTS & CULTURE**
- High participation in the arts is linked with better academic and career outcomes, especially for students from economically disadvantaged backgrounds.
- The developmental benefits that young people receive from arts education carry into adulthood.

**EDUCATION**
- Students benefit from having teachers who share their cultural identity to serve as positive role models, forge stronger relationships, and hold high expectations for student success.
- Culturally responsive education (such as that practiced by Sociedad Latina) has been shown to raise academic achievement and engagement among Latino students.

**WORKFORCE DEVELOPMENT**
- Graduates from the BPS class of 2012 who reported that they had participated in an internship during high school were more likely than their peers to enroll in—and complete—college.

**HEALTH AND WELLNESS**
- Family-centered programming to promote nutrition, exercise, and healthy habits among Latinos can lead to decreases in obesity and reduced risk of associated diseases.

**CIVIC ENGAGEMENT**
- Participating in community programming allows youth to build democratic skills like facilitation, public speaking, and how to engage with public figures.
- Civic engagement positively impacts mental health and can reduce the likelihood of risky behavior such as violence and substance abuse.

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1. Whose culture has capital? A critical race theory discussion of community cultural wealth (Tara J. Yosso (2005), Race Ethnicity and Education)
4. Resilient Latino Youth: In Their Own Words (UNIDOS US)
5. Speaking Out: Latino Youth on Discrimination in the United States (UNIDOS US)
6. Mental Health Services for Latino Youth: Bridging Culture and Evidence (UNIDOS US)
7. Economic, Social, and Health Effects of Discrimination on Latino Immigrant Families (Migration Policy Institute)
8. Hearts and Minds: The Arts and Civic Engagement (The James Irvine Foundation)
10. The many ways teacher diversity may benefit students (Brown Center Chalkboard, Brookings)
12. College, Career and Life Readiness: A Look at High School Indicators of Post-Secondary Outcomes in Boston (The Boston Opportunity Agenda)
13. Interventions for improving metabolic risk in overweight Latino youth (Jamie N. Davis et al. (2010), International Journal of Pediatric Obesity)
15. Cultures of engagement
16. Boston Public Schools at a Glance 2018-2019 (Boston Public Schools)
17. Boston’s Latino population grew 43.9% between 2000 and 2013 and continues to grow.
18. Only 11% of BPS teachers and guidance counselors are Latino.
19. As of 2017, Latinos held only 10.5% of executive positions in the City of Boston and 5.1% of positions on Boston’s boards and commissions.
20. Latino youth often have limited access to contacts in higher education or the professional world to help them access postsecondary and workforce opportunities.