



## Healing through Movement

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Eighth Grade

High Tech Middle

Raid Skateboards (Raid SB) is a veteran-owned brand that goes beyond skate culture—it's a movement dedicated to promoting positive mental health through the transformative power of "skateboard therapy." Founded with a mission to improve the lives of individuals impacted by PTSD, Raid SB harnesses the unique benefits of skateboarding and other board sports to build resilience, mental strength, and emotional well-being.

With this project, we aimed to dive into the powerful intersection of skateboarding and mental health, connecting both veterans and teens through a shared journey of self-discovery and support. Skateboarding has long been a healthy outlet for youth, teaching invaluable life skills like discipline, motivation, resilience, and self-care. Through this collaboration with Raid SB, students explored how skateboarding can serve as a coping mechanism for people of all ages, creating a ripple effect of positivity, connection, and mental wellness. Through the collaboration with Raid, students designed deck graphics that were for sale on the organization's site.

### Teacher Reflection

Taking this leap in my teaching career was a huge risk, but I couldn't be happier that I did. Our young professionals at High Tech Middle tackled the challenging task of designing for two vastly different audiences—veterans and teens. While these groups may seem worlds apart, our talented designers have skillfully found the intersections between them through the shared lens of mental health. Next up, I'm aiming to showcase this powerful work in an exhibition at a local San Diego skatepark, bringing these ideas to the heart of the community.

—Carl Landegger

### Student reflection

Thank you for letting me tell my story about my grandfather. This skateboard represents his service and courage through difficult times in life.

—MJ G.



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