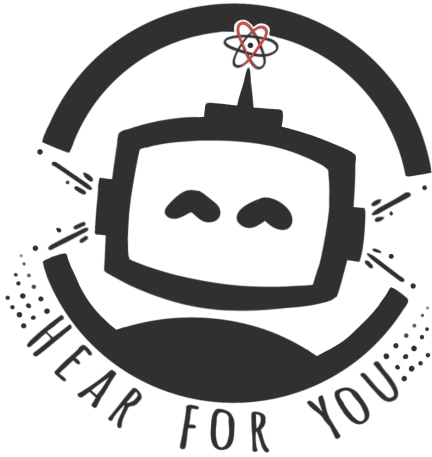


## The FRC Quiet Room Proposal : NUTRONS FRC 125



The robotics scene is an exhilarating experience dotted with the joy and satisfaction of building a robot and competing: an energetic environment that would not initially appear to induce stress or anxiety.

Unfortunately for some students, this is not the case. The pressure that they put on themselves, and their peers, can be overwhelming. Students with special needs and overreactions to sensory environments often need breaks to self regulate and re acclimate to environments like an FRC event. The anxiety of performing well, the cacophony of noise, and the energy of each match leaves some students yearning for a moment of relief.

FRC Team 125, the NUTRONS are hoping to provide a Quiet Space for people to take a moment to destress at robotics competitions. 'Hear For You' is a program that Team 125 has developed in order to provide information, guidance, and support to those who may need it in the *FRC* community.

What we are asking from *FIRST* Events is to help us provide Quiet Rooms in the hopes of alleviating some of the stress students feel at competitions. We hope that Regionals and District Events can implement this resource for teams at events this season.

The de-stress room would require the following at each event:

- A room provided by the Event Planning Committee
- A *FIRST* volunteer to monitor the room: The volunteer would not be required to have any formal mental health training, but would be asked to help enforce the following limitations in the room: a low noise level, a limit on the number of people, and a limit on the time that the students are allowed to be in the room
- A tote with various items that would be provided by the NUTRONS. The tote would contain stress balls, coloring books, Take What You Need , and various other items that can provide relaxation to overwhelmed students.

**Trial Area:** De-Stress Room at NE *FIRST* District Events and Australia Regional Events

**Trial Goals:** A quiet place for students, mentors and volunteers to take a short 15 minute decompressing break during competitions. Members may use the room up to two times a day if needed.

**Procedure:**

1. Student, Mentor and Volunteers who need a break can indicate so on a clipboard form at Pit Admin
  - a. First Name, Last Initial, Team Number, Time
2. Member would sign in at quiet room sign in sheet with a volunteer
  - a. First Name, Last Initial, Team Number, Time
3. Options for decompressing in quiet room
  - a. Coloring Sheets
  - b. Stress balls
  - c. Resources on mental health
  - d. Note: this is not a place for people to use their laptops, or cell phones
4. Up to 8 people present at a time

**Needed from the venue:**

- Classroom or quiet area away from pits and field for students, volunteers and mentors to spend time in
  - Room should include tables and chairs
- A volunteer monitoring the sign in sheet

**What we'll provide and replenish for events:**

- Sign-in sheets
- Coloring pages and coloring materials
- Stress balls
- Resources on mental health
- Anonymous student feedback form to improve the Hear For You Quiet Rooms and resources

**Benefits:**

- Allows students to have a quiet room and safe space to relax
- Provides relief from the rush of competition
- Lowers chance of student burn out by giving them an escape

**Plans To Regulate Usage of the Room:**

- Sign in sheet outside of room
- Volunteer oversight

We also propose additional rules for the room, including but not limited to: respecting others, returning items that are taken from the tote, exhibiting safe behavior and no more than 15 minutes spent inside the de-stress room. Most importantly, we would require that students entering the room write their full name and team number on a sign-in sheet. This way mentors can check in to locate where a student is, or if a student is in a state of crisis, the active volunteer can seek help from an adult on their team or another *FIRST* volunteer.

Our ultimate goal is to help people that are stressed or overwhelmed at competitions. According to the National Alliance on Mental Illness, one in five children between the ages of 13 and 18 have or will develop a mental illness - the exact age group of FRC participants.

We aim to alleviate stress and assure that students remain happy at robotics competitions, rather than sad or overwhelmed. We firmly believe in empowerment through empathy: we want other members of the *FIRST* community to know that we stand with them in triumphs and in struggles - you are not alone, we are Hear For You.

We are still working on our content and materials for competitions to include in the Quiet Rooms, and Take What You Need cards. We would appreciate any feedback and revisions to the proposed Quiet Room initiative.

Thank you for your willingness to implement these resources at your event, we look forward to hearing from you and working with you!

Sincerely,  
NUTRONS FRC Team 125  
nutrons@gmail.com