

Empowering Youth Voices: Strategies for Increasing Engagement and Stablishing a Youth Action Council



CME and CE Information

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Presenters



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Youth Engagement Specialist**



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Youth Programs Manager**

Objectives

- Examine effective strategies for increasing Youth Engagement. We will discuss practical methods and best practices for fostering meaningful youth participation.
- Learn and recognize the steps to form a Youth Action Council, including recruitment, structure and governance.
- Examine ways to ensure diverse and inclusive representation within Youth Advisory Council, promoting a culture of respect and equity.



Breakout Rooms

In breakout rooms of 2-3, please share:

1. A favorite memory/experience with students or SBHC
2. Reasons why you are passionate about this work
3. A challenge that you experience in youth engagement interactions



Take mental notes because you'll be sharing your partner's answers with the group when we come back. 😊

Oregon School-Based Health Alliance (OSBHA)

- Our mission is to center youth through the expansion of school health services that shatter health and education disparities, honor youth identities and voices, and prioritize their wellness and joy.
- OSBHA pillars are advocacy, technical assistance and youth engagement



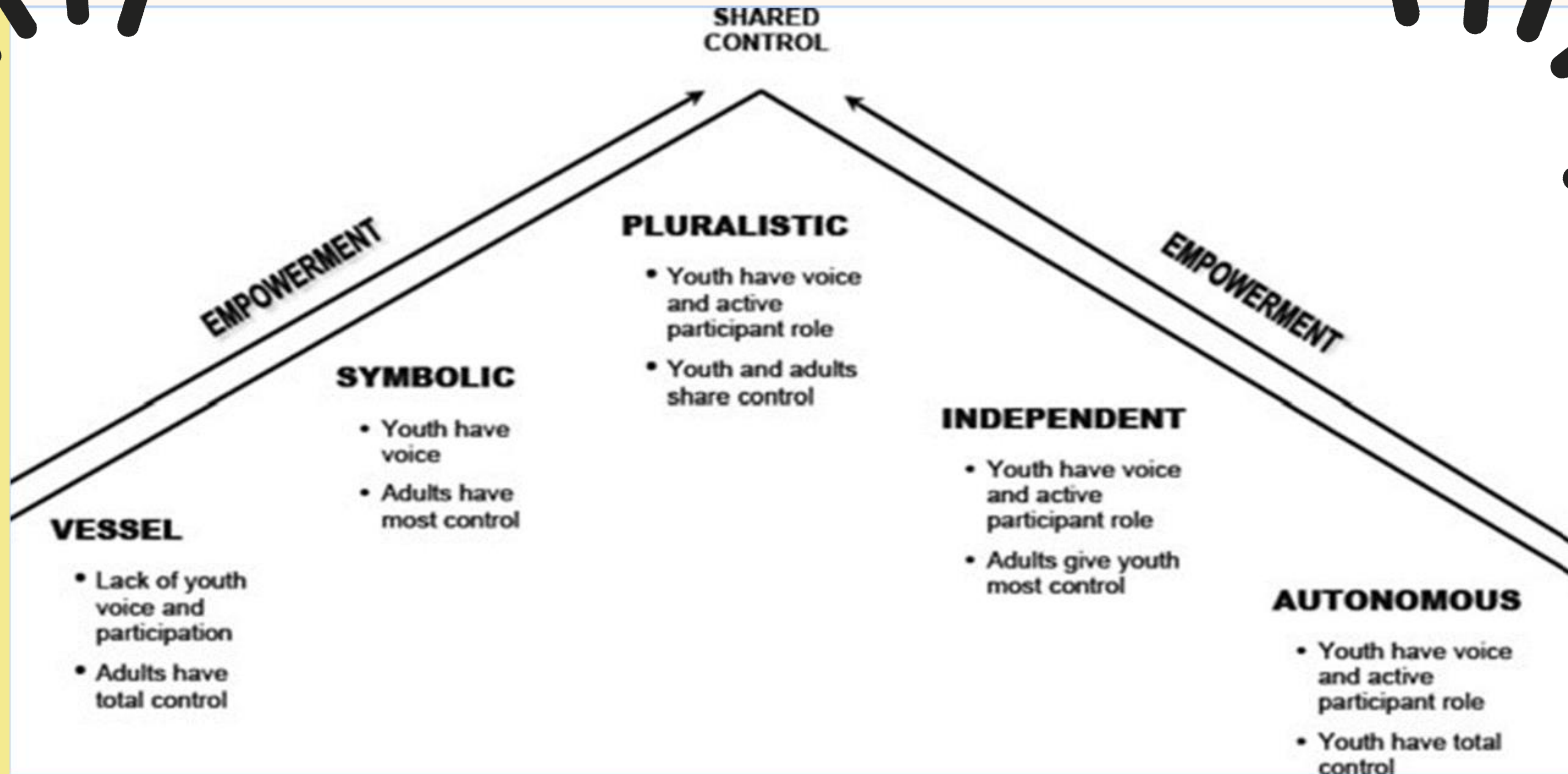
Why are we here?

What value does peer-to-peer education bring to school health services?

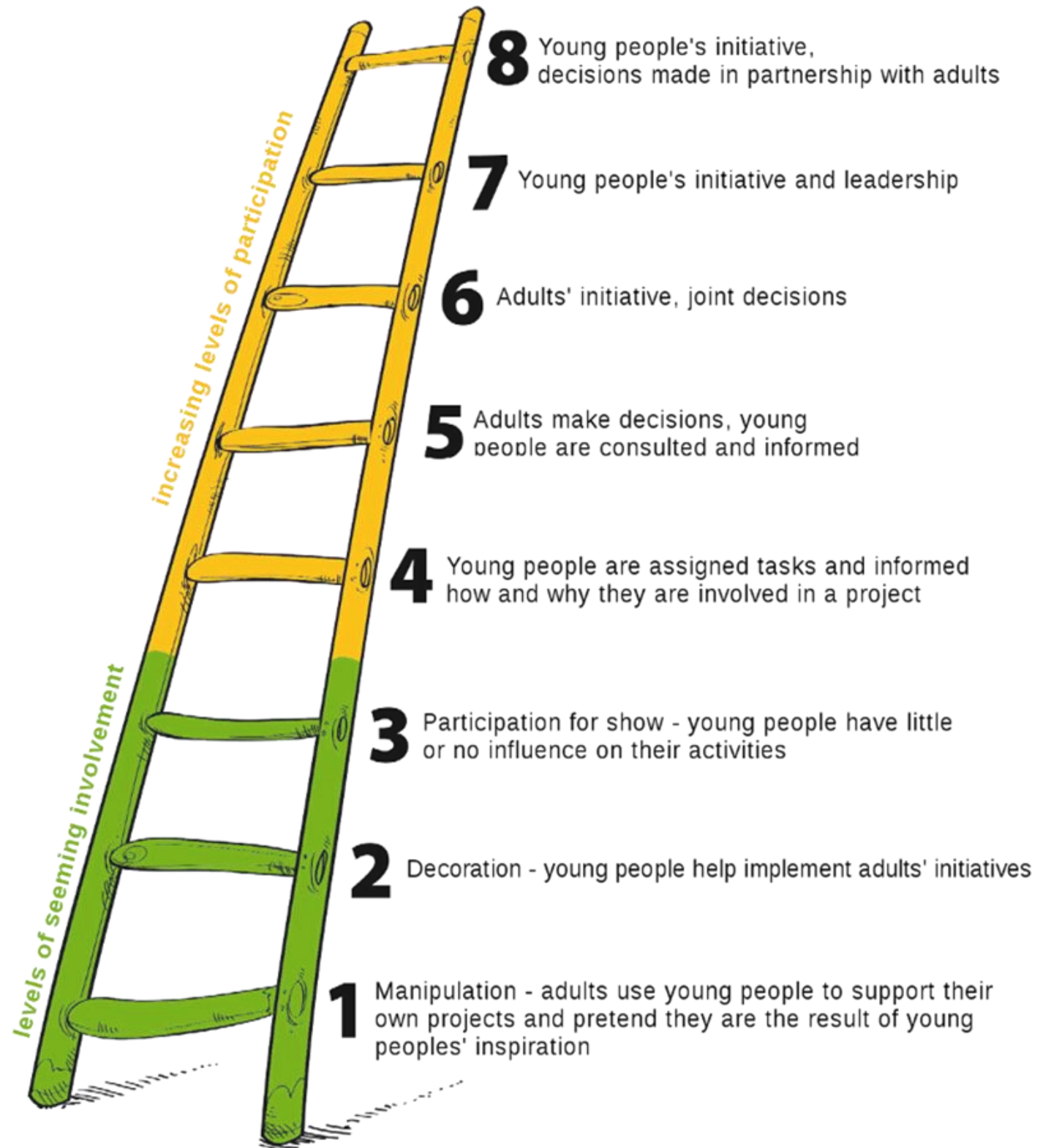
Are YACS effective?



Youth-Adult Partnership



Avoid Tokenism When Working with Young People



- Give youth the right to define their own engagement
- Involve youth in planning, implementing, and evaluating of work
- Trust youth to rise to the occasion rather than underestimating their potential
- Listen more than you speak

Examples

- **Nationally:**

- Ferrara et al (2012), found support for peer-delivered HPV education
- Massini et al (2010), noted peer education could be more efficient than standard approaches
- Rotz et al (2018), described support for peer-led strategies to reduce teen sexual behavior

- **Locally: OSBHA HPV Project**

HOW MIGHT YOUTH AND ADULTS WORK IN PARTNERSHIP TO IMPROVE THE HEALTH OF YOUTH IN SCHOOLS WITH SCHOOL-BASED HEALTH CENTERS?

PROBLEM

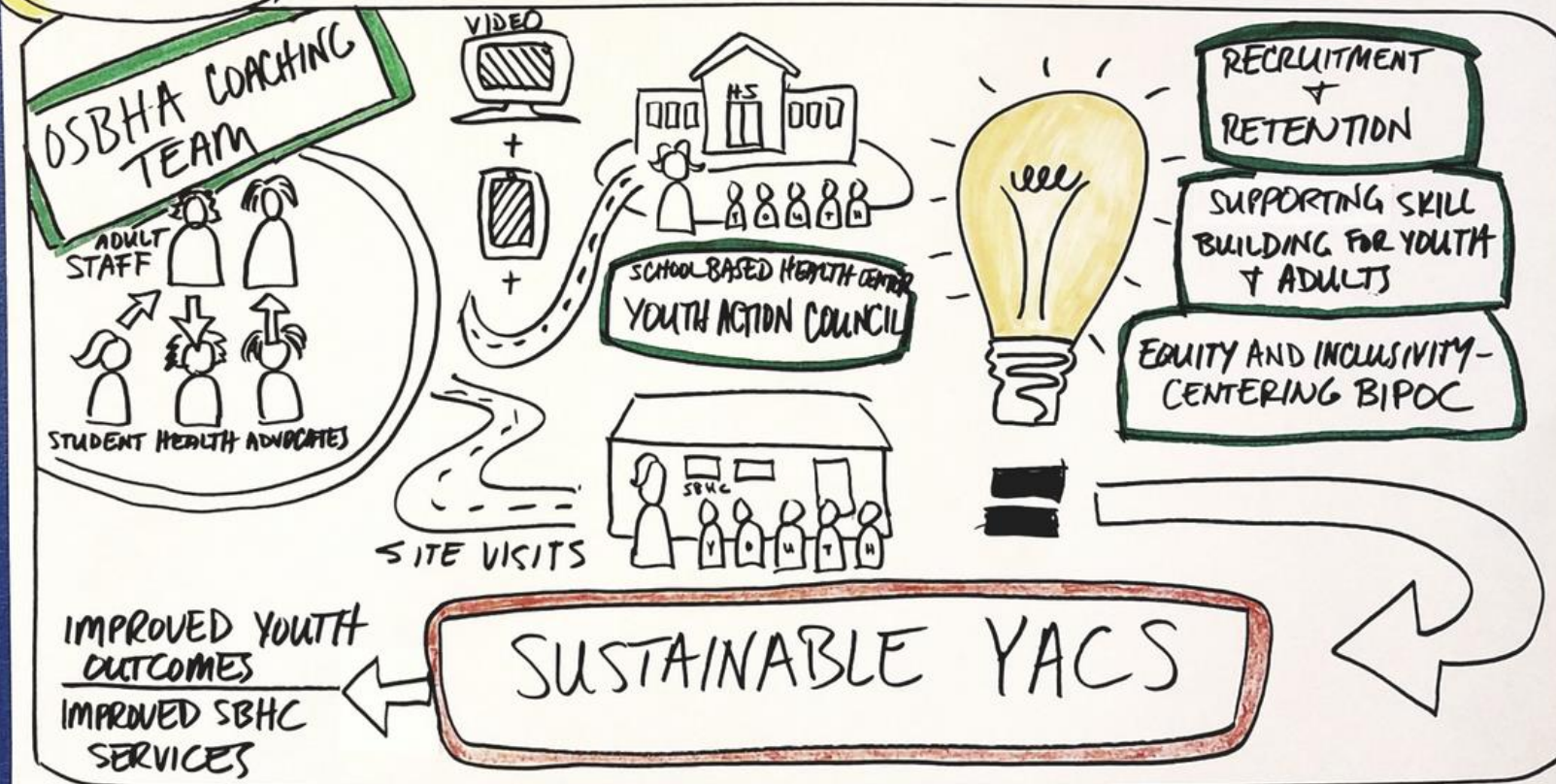
ADULTS DON'T ADEQUATELY ENGAGE OR PARTNER WITH YOUTH WHEN DEVELOPING SBHC SERVICES FOR YOUTH, RESULTING IN SERVICES THAT DO NOT FEEL YOUTH FRIENDLY, SAFE, INCLUSIVE, AND EMPOWERING. THIS LIMITS SBHC UTILIZATION + EFFECTIVENESS.

VISION

YOUTH AND ADULTS WORKING IN PARTNERSHIP TO IMPROVE THE HEALTH OF STUDENTS IN SCHOOLS WITH SCHOOL-BASED HEALTH CENTERS

BIG IDEA

A COLLABORATIVE YOUTH-ADULT COACHING MODEL TO CREATE MORE POWERFUL AND EFFECTIVE YOUTH ACTION COUNCILS.



VALUE

- ADDING VALUE - A YOUTH PERSPECTIVE TO TRADITIONAL ADULT COACHING PROCESS
- 1.) INSIGHT ABOUT WHAT'S NOT WORKING.
 - 2.) CREATIVE, YOUTH CENTERED IDEAS.
 - 3.) PRO EXPERIENCE AND SKILL BUILDING FOR YOUTH AND ADULTS
 - 4.) RELATIONSHIP DEVELOPMENT BETWEEN YOUTH AND ADULTS.

YAC Recruitment Overview

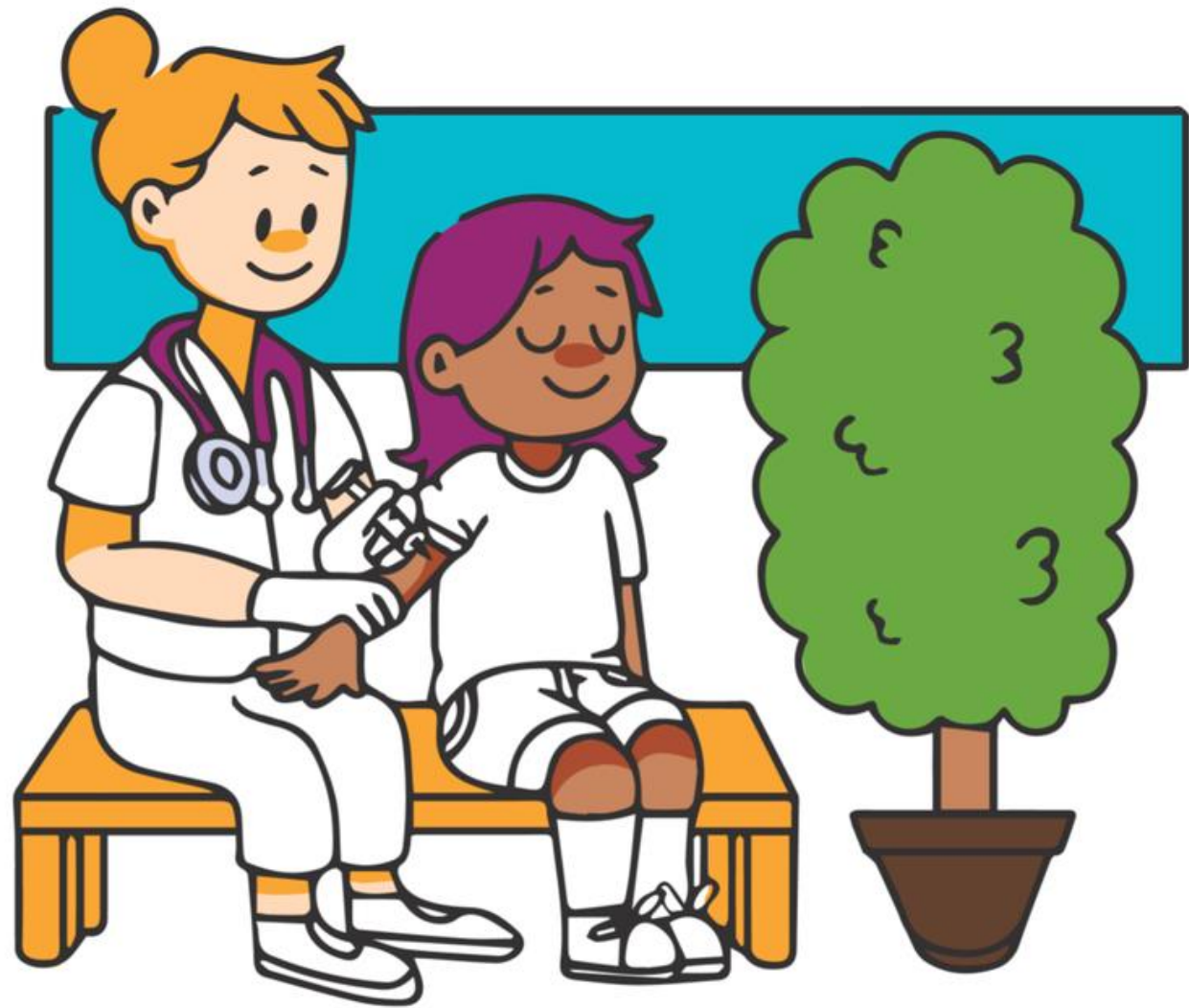
- Think about targeted audience and school population
- Attend orientation, school events, lunch
 - Club Fair
- Collaborate with other school groups
- Flyers at SBHC and throughout school



YAC Recruitment Overview

- Social media presence
- Food and other incentives
- Advertise extra credit opportunities
 - Resume building
- Bubble machine!





**Does your child
need a C19 or
school vaccine?**



The [NAME] Health Center is Open!



STOP BY BETWEEN CLASSES OR MAKE AN APPOINTMENT

There's a health center, right in your school. It's a safe and private space where you can get care for your body and mind. No insurance is required. Even if you have a regular doctor you can get help here. No student will be turned away.

We provide everything from sports physicals to mental health care, and lots in between! Stop by to find out how we can help you.

For more information:

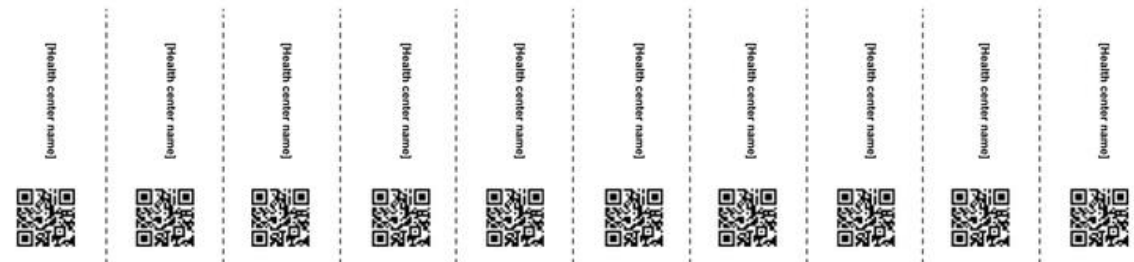
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Add SBHC logo
here or delete box

Add school logo
here or delete box

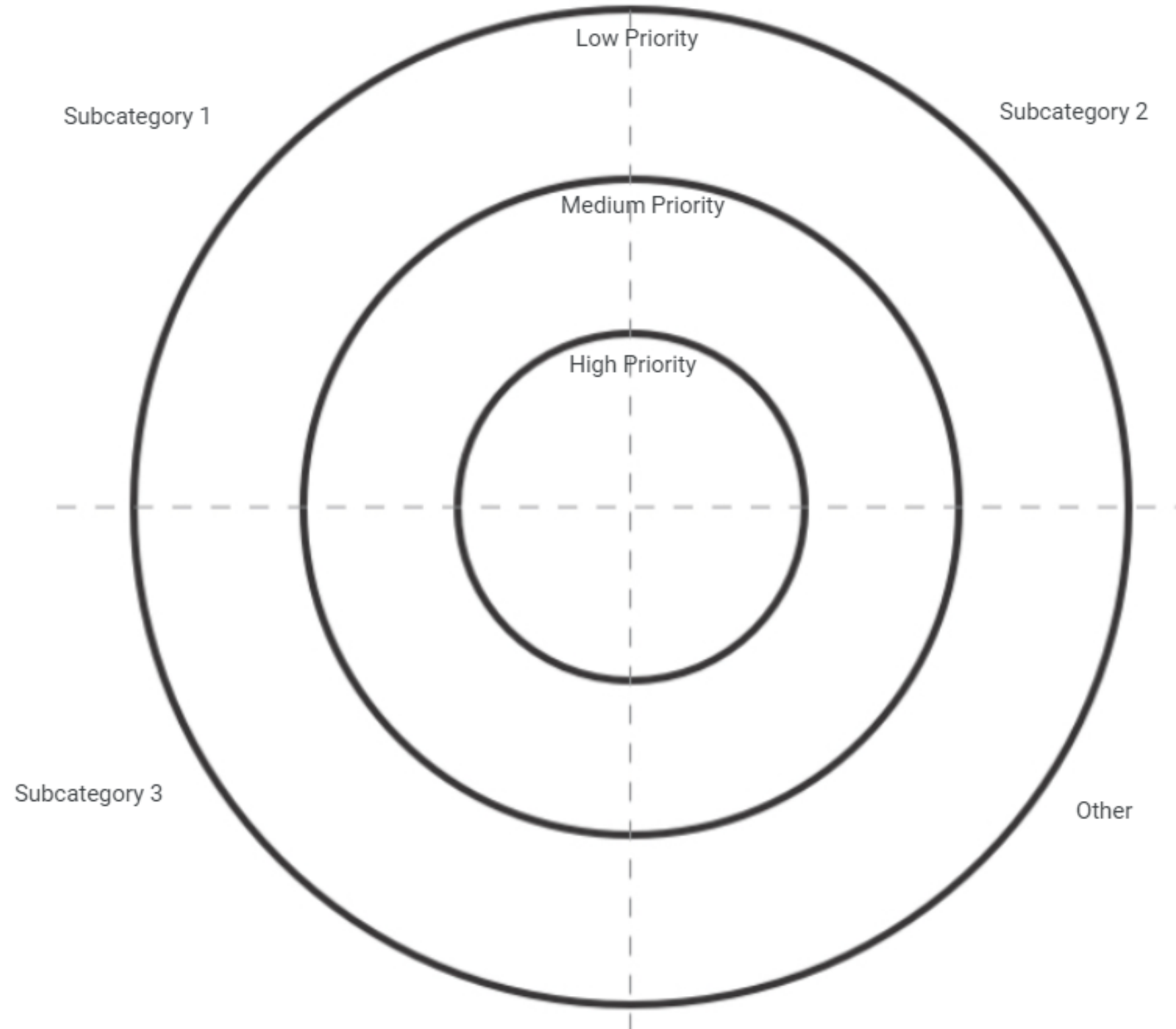
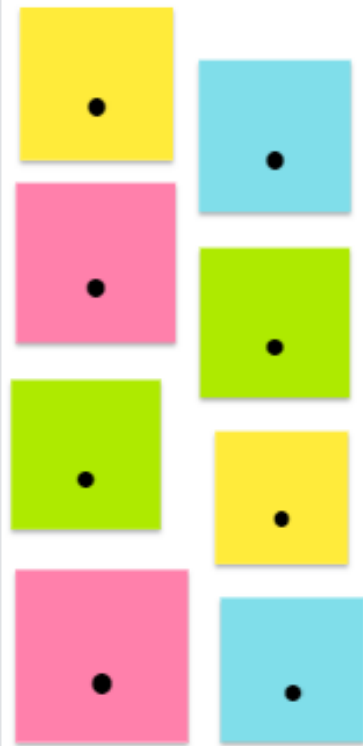


Community Agreements

- Actively listen and respect differences in opinion
- Be open to new ideas and perspectives
- Lean into discomfort
- W.A.I.T. – Why Am I Talking? / Why Aren't I Talking?
- Don't assume everyone has the same beliefs and understandings as yourself
- Don't disclose others' information without their knowledge and consent
- Assume best intent, attend to impact
- Self care and community care – pay attention to your bladder, pay attention to your neighbors
- Replace judgement with curiosity

Example: Using What's On Your Radar with YACs

Question goes here



Example: Using What's On Your Radar with YACs

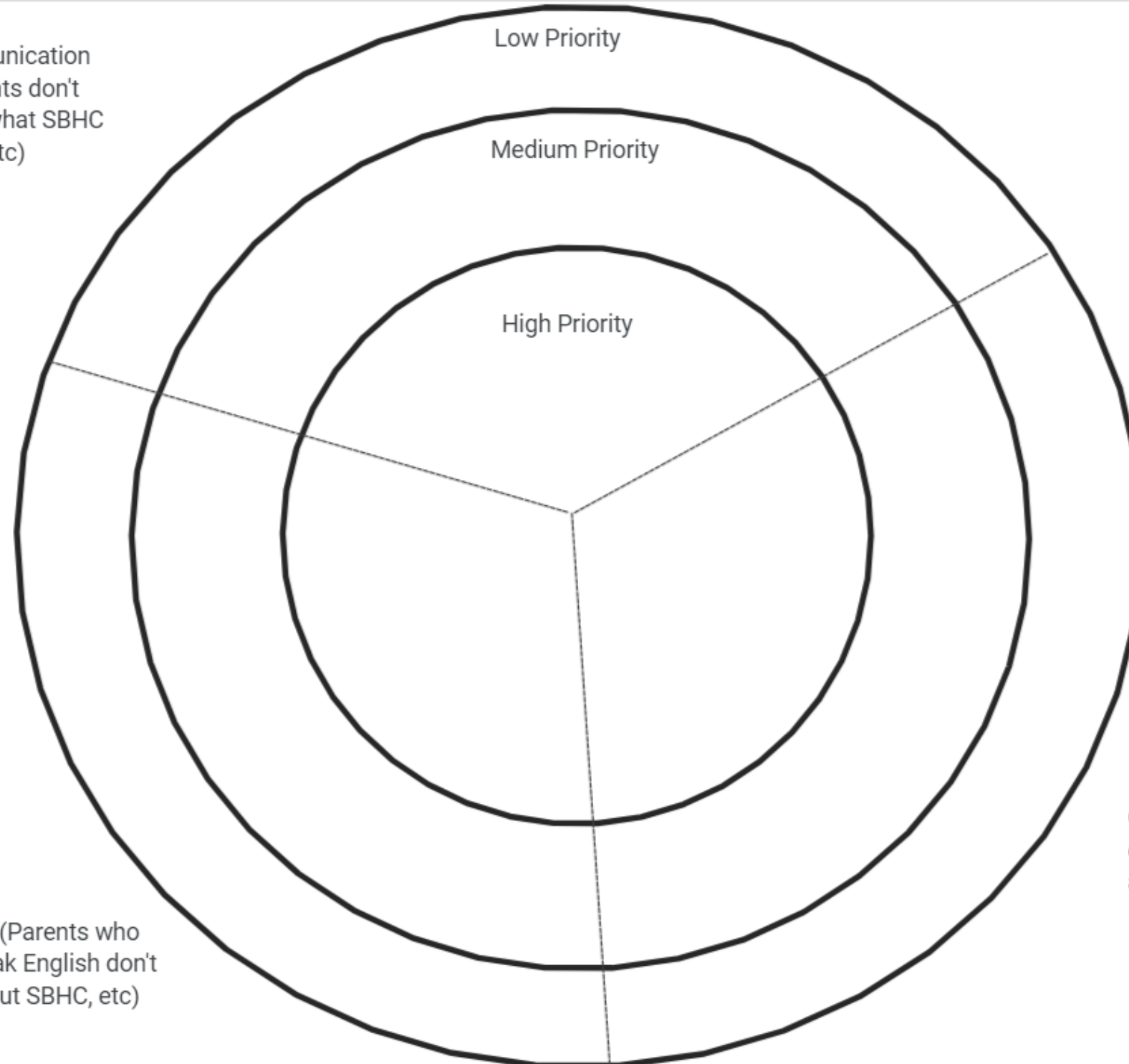
What communication, outreach, and coordination issues are keeping youth from getting physical or mental health care at the SBHC?

Add more sticky notes by clicking the sticky note icon over there <---

Double click on a sticky note to edit the text or change the color

Communication (students don't know what SBHC does, etc)

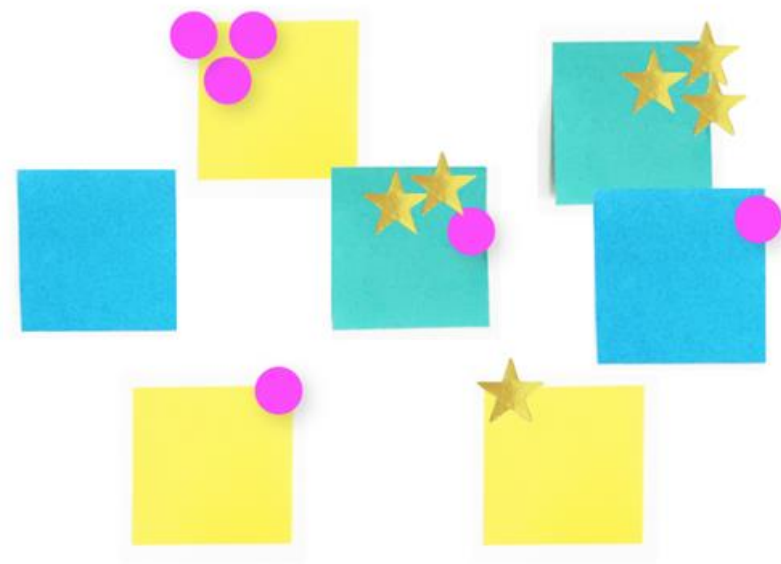
Outreach (Parents who don't speak English don't know about SBHC, etc)



Coordination (school doesn't send out info about SBHC, etc)

Visualize the Vote: Vote for a Project Theme

- A quick poll to reveal preferences and opinions.
- Visualize the Vote helps with prioritizing or selecting from several options.








REVIEWING VOTING METHODS

Fist to Five:

Use this method to quickly understand where everyone stands on an issue or idea, and/or to gain consensus before moving forward.

The Fist to Five scale:

				
FIST	ONE	TWO	THREE	FOUR
No way! I'll block this.	I see major issues to resolve.	I see minor issues to resolve.	Meh. I'll support it.	Yes! I'll help.

Activities Overview & Tools

- Consider multiple ways students can be involved
 - Different roles
 - Art campaigns
 - Blogs
 - Grant assistance / Participatory Budgeting
 - Speak at school or community events
 - Data collection / presentations



Activities Overview & Tools

- Consider multiple ways students can be involved
 - Tabling
 - Youth Participatory Action Research (YPAR)
 - Advocacy
 - Plan school events or fundraisers
 - Cooking classes
 - Field trips



Youth Involvement



Other Strategies

- Be flexible and available
- Follow through
- Trust and transparency
- Immerse yourself in school culture
- Plan accordingly
- Treat adolescents as people, not kids or adults
- Remember every youth is important
- Equity and inclusion



Where are you on the spectrum?



Questions



Final Jamboard

Resources:

- [SBHC Communication Toolkit](#)
- [SBHC YAC Toolkit](#)
- [Training for Change](#)
 - [Online facilitation tools](#)
- [Creative Reaction Lab](#)



Wrap Up



What's Next:

- CME or CE Credits
- If you'd like more TA or resources on this topic, please email: asia@osbha.org or patti@osbha.org
- OSBHA's socials: [IG](#) @oregonshba, [FB](#) @OregonSBHA, [X](#) @OregonSBHA, Oregon School-Based Health Alliance's [LinkedIn](#) page and monthly [newsletter](#)