



Engaging Youth as Leaders for School Health Programs

An overview of youth engagement principles and health programming resources.





Agenda

1. Icebreaker
2. Types of Youth Engagement
3. Addressing Common Challenges
4. The Details: Effectively Engaging Young People
5. Additional Resources
6. Close-out

Presentation Objectives

Upon completion of this webinar, participants will be able to:

- **Identify** types of youth engagement programming
- **Address** challenges to creating and sustaining youth programming.
- **Describe** effective techniques for youth engagement.

Introductory Activity: 16 Candles

Think of yourself at 16 years old – the setting, the times, and the feelings you had. Take 5 minutes to answer the questions about yourself at 16.

Discussion:

- How did that make you feel?
- What stood out for you?
- Anything to share with the group?

Types of Youth Engagement





Types of Youth Engagement

- Peer Health Educators
- Peer Health Coaching
- Youth Advocacy
- Research Teams (CBPR)
- Youth Advisory Boards



What is a youth advisory board?

- Feedback and recommendations for a youth friendly health center
- Outreach and promotion of SBHC services
- Peer education and adolescent health campaigns
- School-wide wellness promotion
- Health career pipeline for students

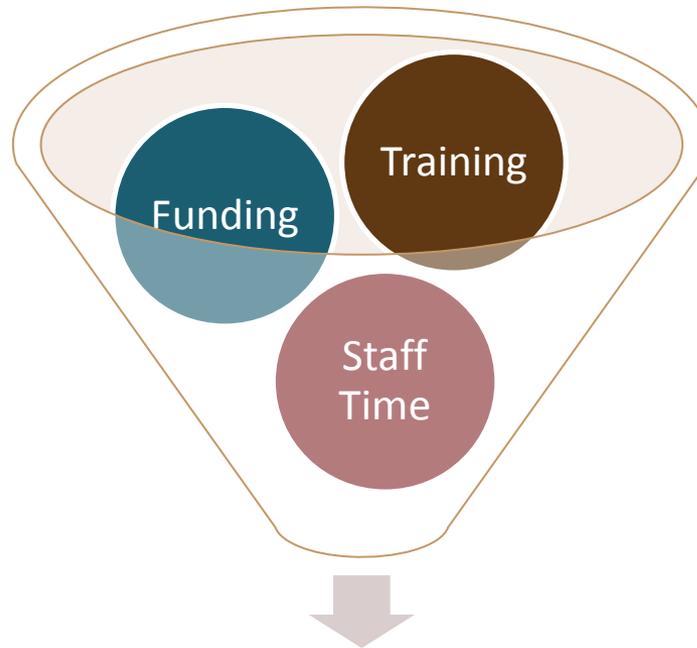
The Youth Engagement Process



Part 1: Are you and your organization ready for Youth Engagement?

We want to start a program!

We are thinking about starting a program!



We have a program already!

We have been doing this for years!

Youth Engagement!

Part 2: Build Capacity for Youth Engagement & Create an Action Plan

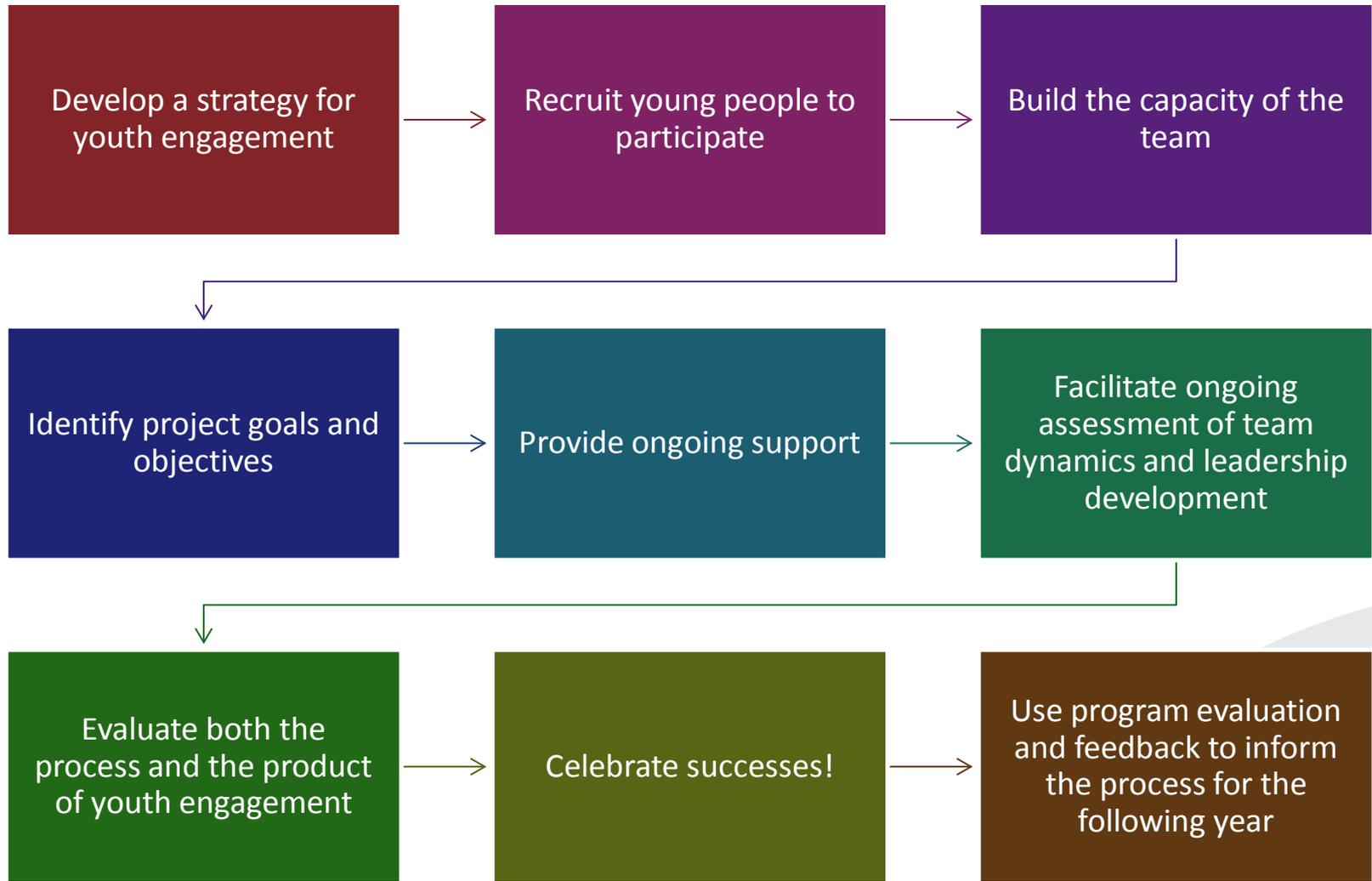
Key Questions:

- How can we get **funding** to support youth engagement?
- How do we allocate appropriate **staff/adult ally time**?
- Where can we receive adult ally **training** on youth development principles and youth facilitation?





The Youth Engagement Process

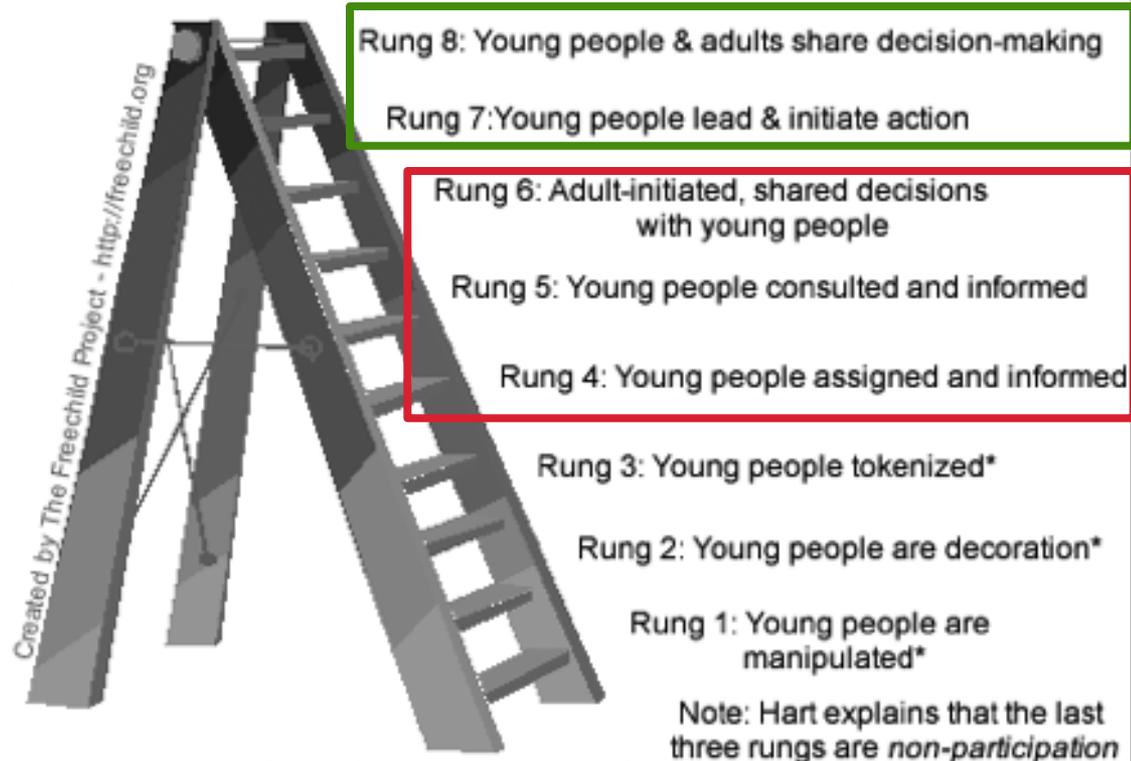


Addressing Common Challenges



Youth Engagement vs. Tokenization

Roger Hart's Ladder of Young People's Participation



Common Youth Engagement Challenges

1. Finding Youth to Participate
2. Not Enough Youth Representation
3. Underprepared Youth
4. Poor Logistics

Addressing Common Youth Engagement Challenges: #1 Finding Youth to Participate

- Utilize other health activities happening on campus, i.e. Health Academies & other health classes.
- Recruitment flyers that are fun and quickly explain the rewards of participation.
- Recruit through people who engage with youth on a daily basis.
- Recruit youth who are participating in similar programs/clubs.
- Modest stipend.

Addressing Common Youth Engagement Challenges:

#2 Not Enough Youth Representation

- Aim for having at least 3 but no more than 10 youth decision makers (support system, higher chance of participation, perspective)
- Prevent yourself from taking the youth's perspective as the ultimate youth representation

Addressing Common Youth Engagement Challenges: #3 Underprepared Youth

- Thorough orientation to bring youth up-to-speed
- Youth-Adult Partnerships
- More engagement and interactive meetings
- Ongoing training

Addressing Common Youth Engagement Challenges: #5 Poor Logistics

- Afternoons, weekends, or in the evenings
- Location is key
- Best-case Scenario: Meetings held weekly on campus right after school

The Details: Effectively Engaging Young People



Time to PARTY!

P – Provide a Safe Space

A – Accommodate

R – Retain

T – Time Management

Y – Youth First

! – Energy!



Provide a Safe Space

- Community Agreements
One Mic, Vegas Rule, Don't Yuck My Yum
- Practice by setting an example...
- Encourage a sense of community
Consider a retreat, training day, etc.



Accommodate

- What are the needs of your youth?
Survey (paper, online, focus group, one-one-one)
- Youth Culture
Culture Competency vs. Cultural Humility
- Schedule



Retain

- Incentives such as food, salary, free T-shirt, etc.
- Relate it to their daily lives/experiences
- Delegate tasks
Empower the youth through leadership roles (Facilitator, Note Taker, Time Keeper, etc.)
- Back to basics
 - Organizing/Programming/Event Planning
 - Creating effective messages, campaigns, etc.
 - Professional skills; public speaking, facilitation, etc.

Time Management

- Both for the coordinator & youth
- Keep meetings brief (90 minutes max) & engaging
 - Icebreakers/games
 - Activities
 - Media (videos, audio)
 - Tactile tools (stress balls, slinky, etc.)
- Create timelines for program and events



Youth First

- Respect their ideas and suggestions
- Student-run, be of guidance and assistance instead
Scaffolding
- They know their peers and community best
- Ask questions like, “How” instead of “Why”

Energy!

- Don't be afraid to be silly with the youth
- Bring energy, so they can feed off of your energy
- Energizers, Team builders, Icebreakers



Think of an adult that was a mentor to you
when you were a teen...

What is one quality that you remember
about them?

Adults Ally Next Steps: “Let them reach for the sky and help bring the sky to them”

- Are supportive and caring i.e. trauma-informed
- Trust youth
- Take risks, not afraid of challenges
- Are good listeners & facilitators
- Comfortable working with youth
- Help network/navigate institutions
- Are respectful of youth’s views, diversity, culture, time (don’t ask too much of youth!)





Thank you!

Questions?

Additional Resources:

- [CSHA Website: Youth Engagement Tools](#)
- [4H Adult Self-Assessment](#)
- [Advocates for Youth](#)



Close-out

Please share:

1. One rose and one thorn of your day
2. One quality of an adult ally that you had when you were 16.



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