

Friday, November 4, 2022

# California School-Based Health Alliance Youth2Youth Conference

## *No Revol-U-tion*

## *without U*



CALIFORNIA  
SCHOOL-BASED  
HEALTH ALLIANCE

Putting Health Care Where Kids Are

[www.schoolhealthcenters.org](http://www.schoolhealthcenters.org)

 [sbh4ca](https://www.instagram.com/sbh4ca)

***WELCOME! Thank you for wearing your mask!***

**Get Connected! Wireless Network Instructions:**

1. Connect to the "Oakland Center" wireless network
2. Once status is "Connected", open internet browser
3. Internet browser should automatically redirect to secure login website
4. Enter the password: shopreal04nestcoil

***Today's Schedule***

**8:30-9:30 am: Registration & Breakfast**

**9:30-10:30 am: Welcome + Community builder/energizer**

**10:30-10:45 am: Transition time**

**10:45-11:45 am: Breakout 1**

**11:45 am-12:45 pm: Lunch**

**12:45-1:00 pm: Brain break**

**1:00-1:15 pm: Transition time**

**1:15-2:15 pm: Breakout 2**

**2:15-2:45 pm: Transition time & Snacks**

**2:45-3:30 pm: Youth listening session & Closing**

Location: CSU East Bay Oakland Center, 1000 Broadway, Oakland, CA 94607

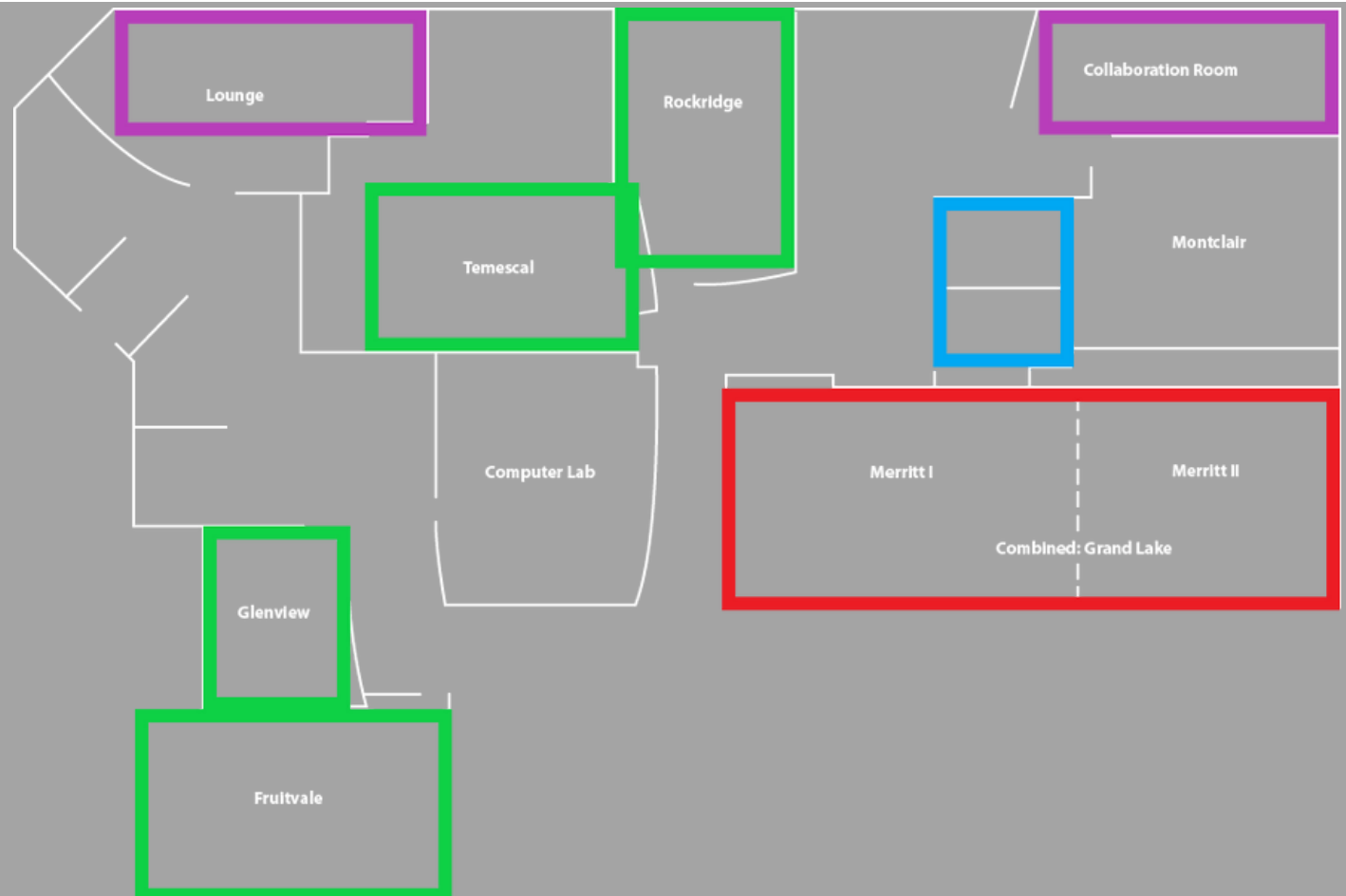
# ROOM MAP & RESTROOMS

Blue = Closest bathrooms (directions to more bathrooms below)

Red = Main room

Green = Breakout rooms

Purple = Lounge rooms



The Trans Pacific Centre Lobby restrooms:

1. Exit the Oakland Center through the exit connected to the Trans Pacific Centre Lobby
2. Walk towards the Lobby Security Desk
3. Turn left at the Lobby Desk walk straight past the rear lobby elevator area
4. Pass through the double door
5. Continue walking straight past the mailboxes

Men's Restroom is on the right at the end of the hallway. Passcode: 3577

Women's Restroom is on the left at the end of the hallway. Passcode: 3576

## ***Breakout 1 (10:45 am - 11:45 am)***

### **Motivating Youth To Manage Mental Health Through Mindfulness (Breakout room: Fruitvale)**

This workshop will begin by creating an open discussion to seek to understand the complexity of mental health. Additionally youth will receive management strategies and have a space to voice our concerns and questions regarding mental health.

### **Part 1: Controlling But Not Relieving & Part 2: Stealth for Wealth - Impact of Tobacco (Vape) Company Marketing and Social Justice (Breakout room: Rockridge)**

Part 1 of this workshop will look at the marketing tactics of tobacco companies and how they are unethical and disproportionate in hope that youth will discuss with our peers and spread the word! Part 2 of this workshop will take a closer look at how tobacco industries entice audiences of certain demographics, through analysis of advertisements, discussions with peers, and games.

### **Healthy Checkout and How You Can Become an Effective Spokesperson (Breakout room: Temescal)**

Come listen to Oakland youth present their work in advocating for Healthy Checkout in the City of Oakland. They will share the data they have collected, their process, and how you can become a spokesperson for your cause as a youth advocate.

### **Adult workshop: Learning from One Another (Breakout room: Grand Lake)**

Adult allies will learn about each others' programs and share lessons learned and best practices.

## ***Breakout 2 (1:15 pm - 2:15 pm)***

**Yep, tobacco is still a major issue!**

**(Breakout room: Temescal)**

This workshop will look at how tobacco still plagues our society. Youth will look at products used, current devices, youth targeting, and ways we can advocate in our communities.

**The War on Drugs and Cannabis Tax Revenue**

**(Breakout room: Fruitvale)**

This workshop will highlight the War on Drugs, mass policy change, and environmental clues to address the racial disparities that youth see in our communities related to marijuana.

**Step into Power with Rising Youth**

**(Breakout room: Rockridge)**

This workshop will help develop leadership skills in youth so we can be experts and leaders in the things we want to change.

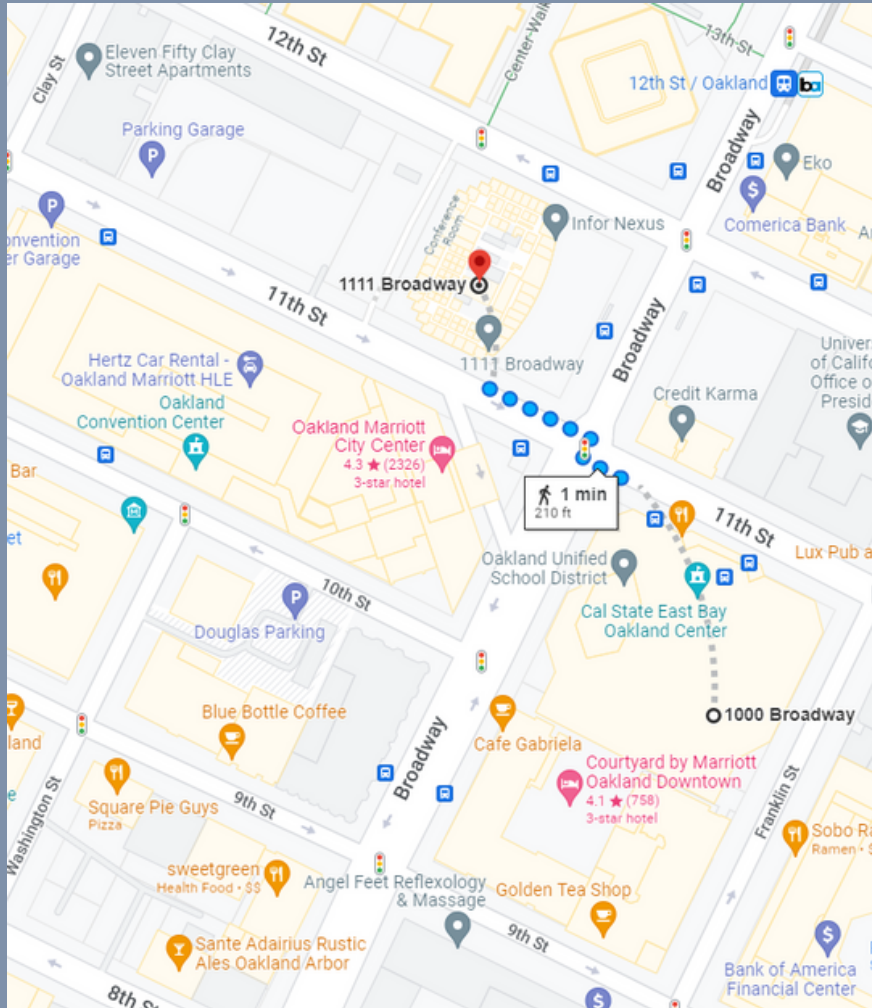
**Adult workshop: Self & Collective Care**

**(Breakout room: Grand Lake)**

Adult allies will practice some hands-on self and collective care activities.

# THANK YOU!

If you feel more comfortable eating outside for lunch, please go with an adult to the outdoor plaza located at 1111 Broadway.



Please fill out our evaluation at the end of the conference:

<https://bit.ly/CAY2Y22Eval>



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