

# Centering Youth Voice + Engagement

An overview of youth engagement principles  
and health programming resources



**CALIFORNIA**  
**SCHOOL-BASED**  
**HEALTH ALLIANCE**

Putting Health Care Where Kids Are



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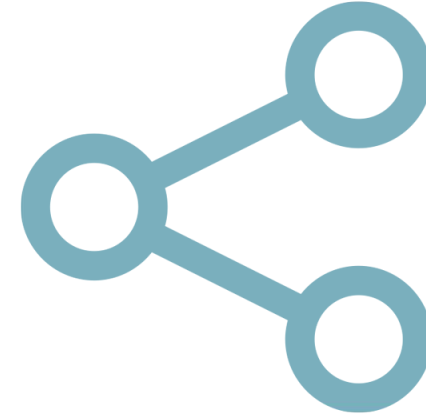
Youth Engagement Coordinator  
California School-Based Health Alliance



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**The meeting is  
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materials will be  
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# Putting Health Care in Schools

The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success** of children & youth by **advancing health services in schools.**

Learn more:

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





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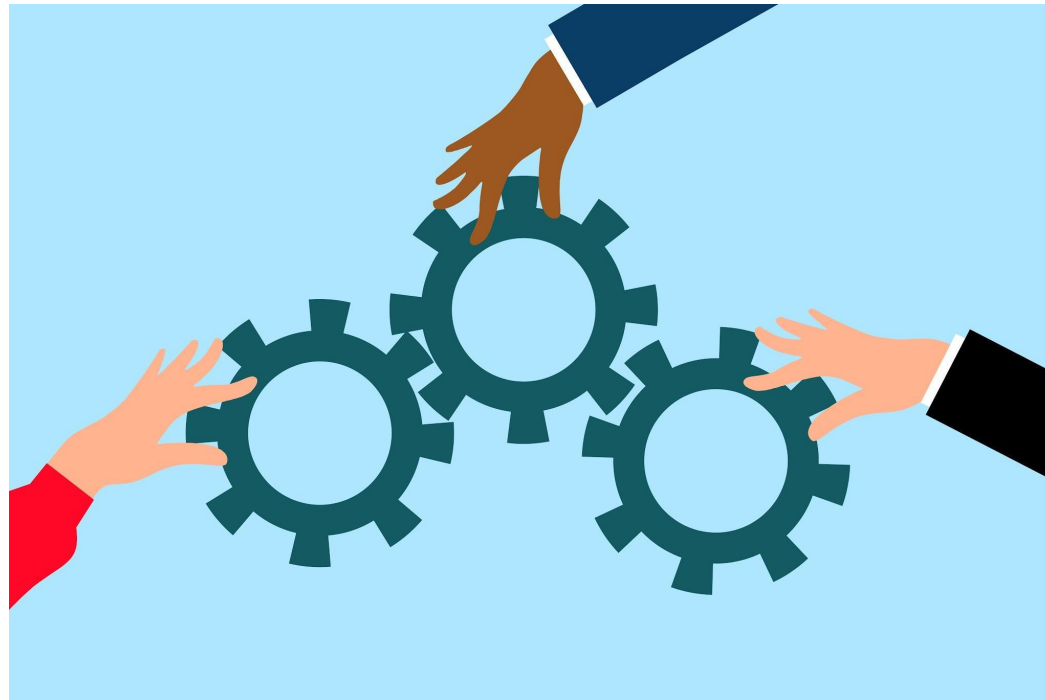
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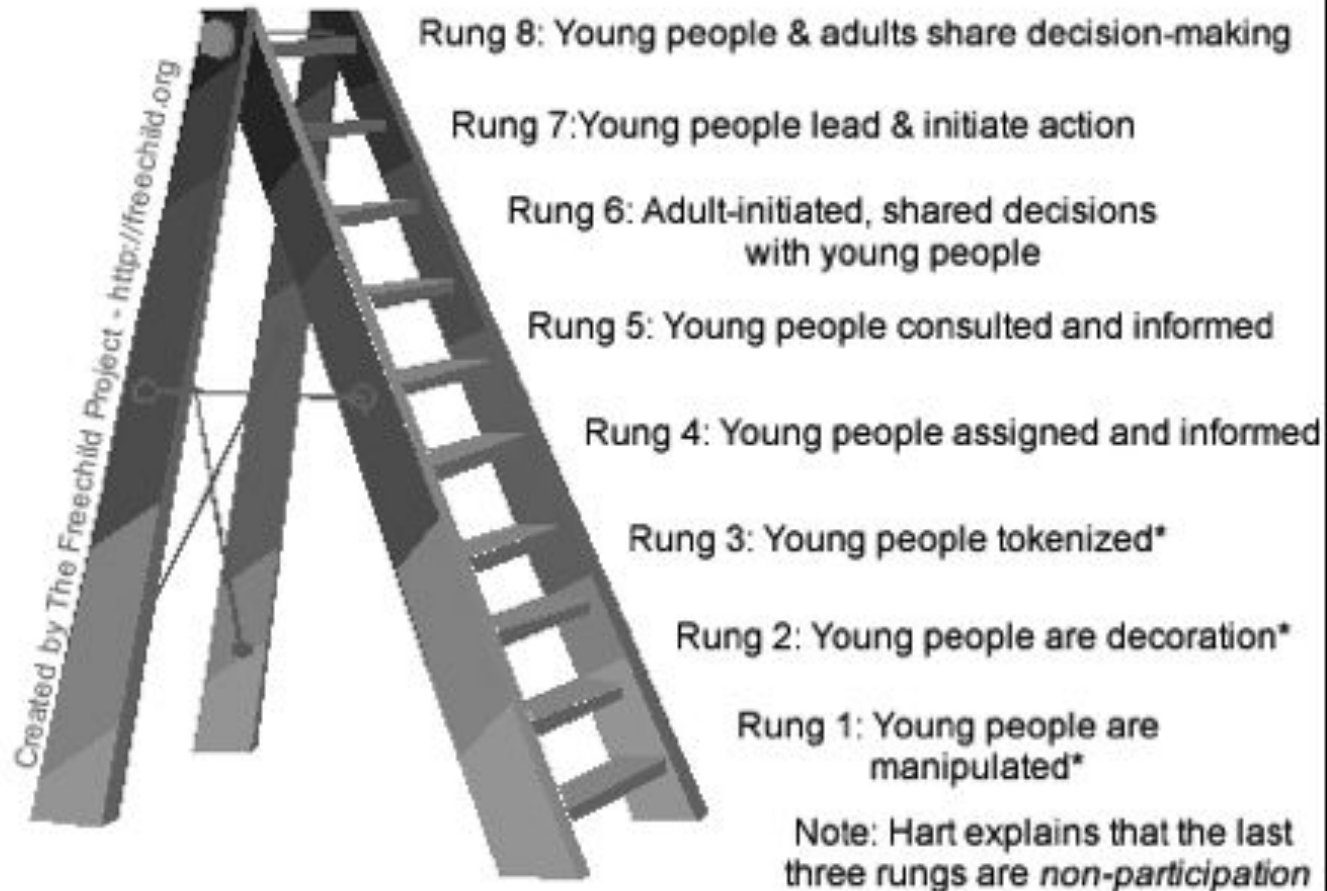
# Agenda

1. Types of Youth Engagement
2. The Youth Engagement Process
3. The Details: Effectively Engaging Young People



# Youth Engagement vs. Tokenization

## Roger Hart's Ladder of Young People's Participation



Adapted from Hart, R. (1992). *Children's Participation from Tokenism to Citizenship*.  
Florence: UNICEF Innocenti Research Centre.



# Types of Youth Engagement

- Peer to Peer Support
- Youth Advocacy
- Youth Advisory Boards





# Peer to Peer Support

- Youth providing one-on-one support and/or group health education
- Can be on a variety of health topics (e.g., mental health, sexual reproductive health, substance use, etc.)
- Done with the proper training and support from adult allies
- Examples of peer to peer support programs: Health Educators, Counseling, Mentoring



# Youth Advocacy

- Adults work in partnership with youth to build their advocacy skills
- Offer youth opportunities to change and influence the systems that impact them
- Acknowledge the wisdom and experience young people have
- Build power through youth leadership





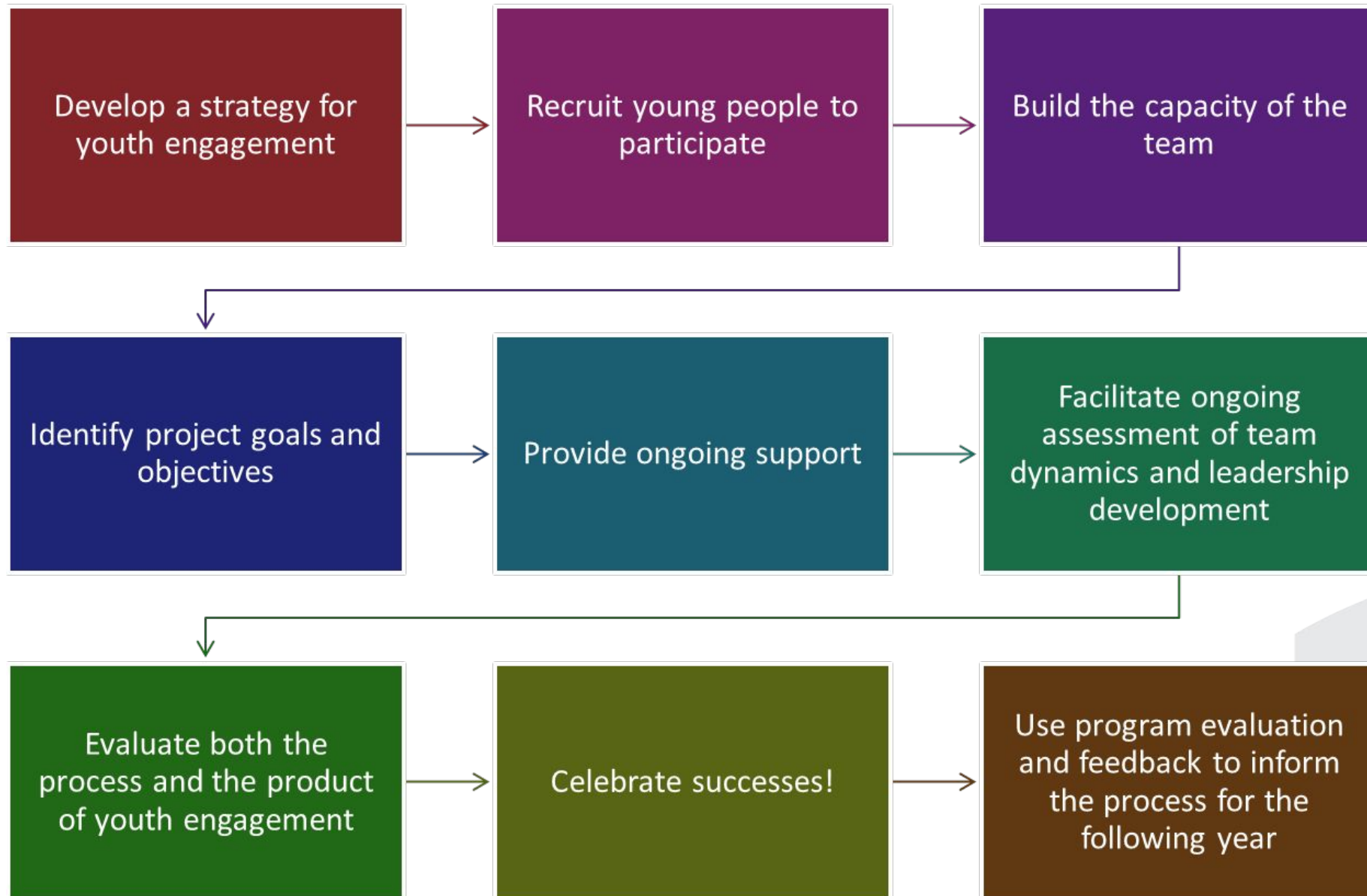
# Youth Advisory Board (YAB)

- 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



# 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
  - Make space and take space, One diva one mic, Don't Yuck My Yum, BYOB
- 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
  - Cultural Competence vs. Cultural Humility
- Schedule



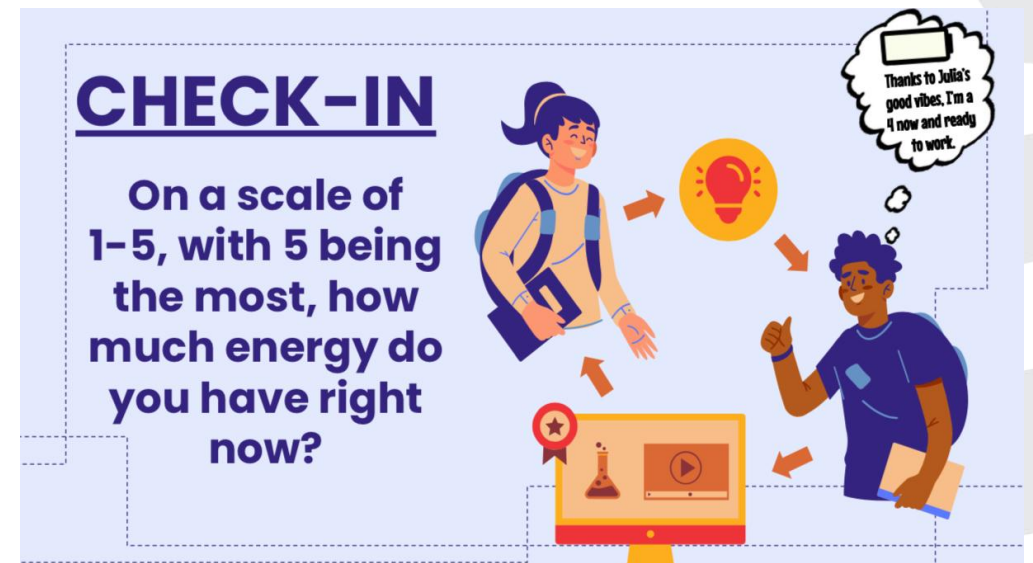
# Retain

- 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 PANEL AGENDA	
Monday, April 29, 2024 3:30 - 4:45 PM	
Attendees: SCCOE, CSHA, & Eureka High School,	
	time
Welcome & Introduction	3:30 - 3:40 pm
Group Introductions Intro by each group (5-7 minutes each)	3:40 - 4:00 pm
Panelist Q&A 3-5 questions for panelists	4:00 - 4:30 pm
Audience Q&A + Close-out	4:30 - 4:45 pm
Notes :	





# Youth First



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



# Energy!

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



# Adults Ally Takeaways:

- 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
- Advocate with and for youth

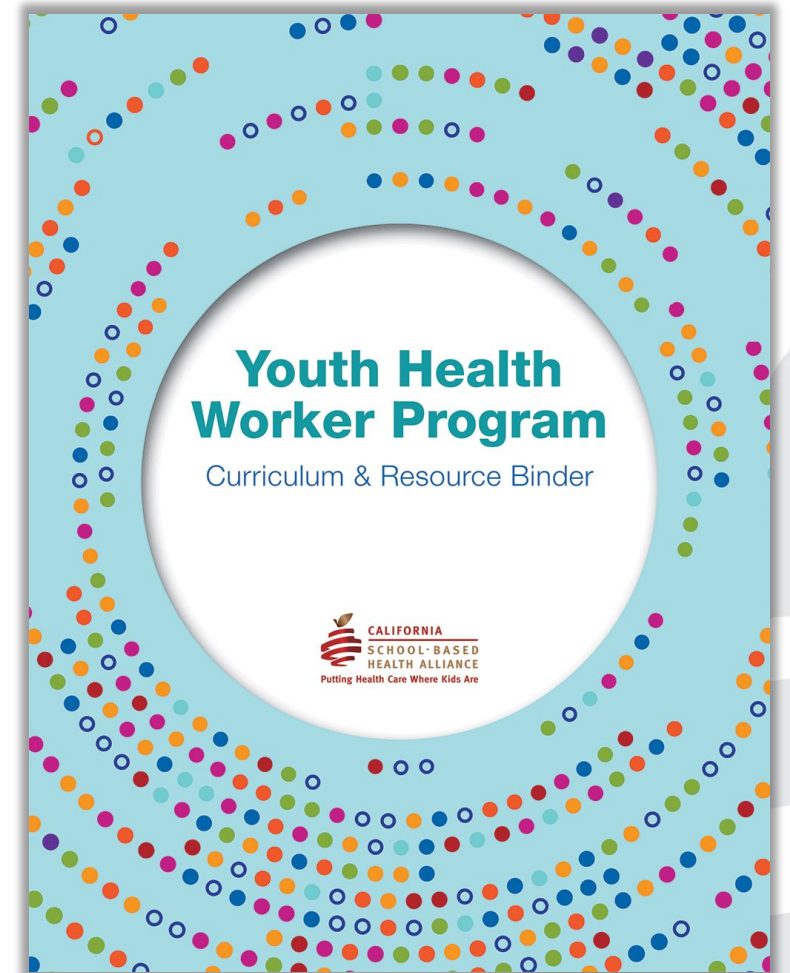


“Nothing about us, without us”



# Additional Resources

- CSHA Website: [Youth Engagement Tools](#)
- [Advocates for Youth](#)
- [Essential Access Health](#)
- Youth Health Worker [Curriculum](#)
- Youth Engagement [Webinars](#)
- Peer Mentoring [Webinar](#)



# *Building Transformational School Health for California's Future*



**Presenting Education Partner**



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**CALIFORNIA**  
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**SANTA CLARA CONVENTION CENTER APRIL 29-30**

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Gracias

謝謝

Thank you

Cảm ơn

Salamat

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