YOUTH ARE THE FUTURE: LESSONS LEARNED FROM YOUTH LEADERSHIP TRAINING TO IMPROVE SCHOOL CULTURE & CLIMATE

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- Be able to share 3 strategies to foster youth leadership in your school or community

- Explain why it's important to recruit a diverse group of youth

- State 3 ways to create safe, welcoming environments for youth to share

- Define shared leadership

- Introductions
- Small group discussion
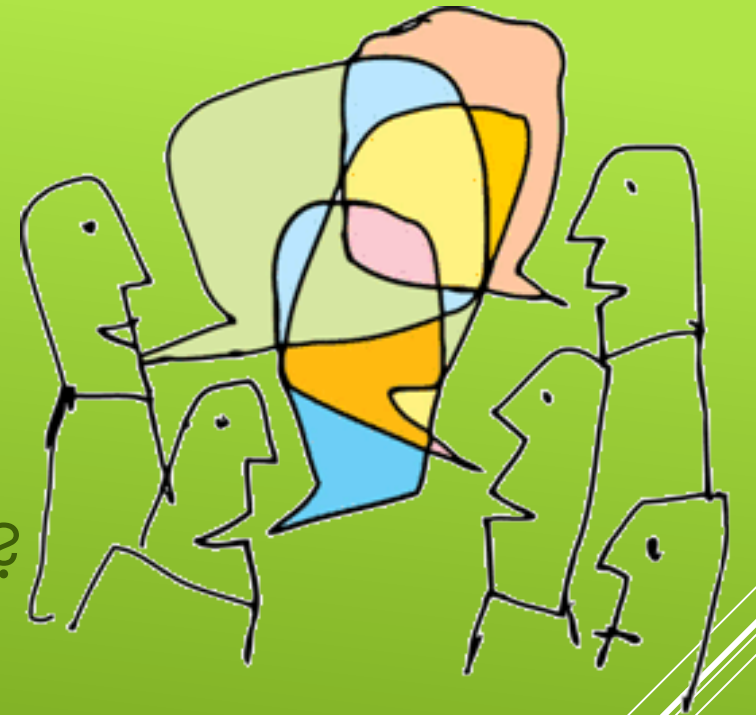- Youth Leadership Quiz
- Lessons learned
- Resources
- Questions

AGENDA

- Educators?

- Mental Health Professional?

- Youth or Family Member?

- Private Providers?

- Higher Education/ Research?

- Other?

WHO'S HERE?

- Within your school or organization;

- Personally;

- How do you prepare youth to participate?

WHAT ARE YOU DOING NOW OR COULD DO TO FOSTER YOUTH LEADERSHIP AND VOICE ?

POP QUIZ

-POINT TO THE RIGHT SIDE OF THE ROOM IF THE ANSWER IS TRUE, POINT LEFT IF FALSE

Research on youth development found positive

outcomes for youth involved in youth development

activities in the following areas:

- Social acceptance and popularity
- Safety
- Health decisions
- Decreased loneliness/ shyness

- ✓ Self esteem,
- ✓ Moral reasoning,
- ✓ Attitudes towards community service and involvement ,
- ✓ Problem solving
- ✓ Motivation and assertiveness,
- ✓ self control,
- ✓ A sense of personal control and enhanced identity development
- ✓ Communication with their family and parental trust,
- ✓ Self efficacy,
- ✓ Development of life skills such as leadership, speaking in public, decision making, dependability and job responsibility,
- ✓ Decreased Juvenile justice involvement
- ✓ Fewer psychosocial problems such as hopelessness, depression
- ✓ Decreased involvement in risky behaviors such as drug, alcohol and tobacco use[1]

- Not all leadership experiences are created equal in effectiveness. Research consistently points to two characteristics of effective Youth Leadership Programs:

  - Youth groups which are homogenous; and

  - Offer opportunities to discuss their feelings and

  - ✓ Opportunities which offer a variety of challenging situations to solve and choices to make under risky conditions; and

  - ✓ Offer a supportive environment with positive role models who can mentor and provide support to youth.

(²Lambrecht, Hopkins, Moss, Finch, Crane & Bruce 1997)

Youth who participate in voluntary youth organizations are more likely to:

- ✓ Be employed
- ✓ Report higher incomes
- ✓ Attain higher education levels;
- ✓ Be involved in civic and communit

BENSON AND SAITO (2001)

- Leadership skills for many youth are developed through participation in structured extra curricular activities such as

- Sports;

- Clubs;

- Fine arts, &

- Service organizations.

HOWEVER few youth with disabilities participate in these activities

- NH Annual conference on Positive School Culture and Climate

- Year 1 = token youth, individual opportunities to meet with state Leaders

- Took a few years to learn what shared leadership is

- Co develop, Co-present Leadership curricula

- Moving towards Youth led, Adult supported

Youth Participants

Year	Youth Participants
2007	~1
2008	~13
2009	~41
2010	~35
2011	~34
2012	~11
2013	~18
2014	~20
2015	~31

■ Youth Participants

LESSONS LEARNED FROM TRAINING 203 YOUTH LEADERS IN NH OVER 8 YEARS

- Create a safe welcoming environment for youth to share

- Recruit a diverse group of youth

- Shared leadership

- Have a plan

- Plan strategies for managing stress

- Breaks/ downtime

- Paper evaluations
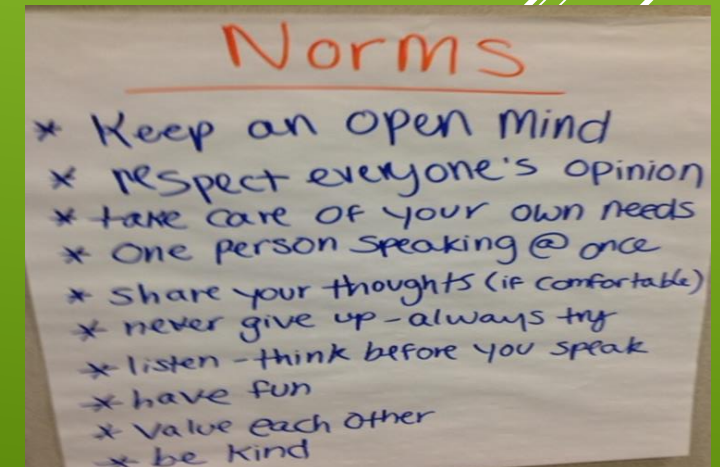
- Supplies are critical

LESSONS LEARNED FROM 7 YEARS OF YOUTH LEADERSHIP IN NH

- Greeting youth/ having lunch/ breaktime with them
- Ice Breakers/ experiential activities
- Reward participation
- Breaking up cliques- challenge by choice
- Giving options
- Setting and enforcing ground rules with youth

CREATING A SAFE WELCOMING ENVIRONMENT FOR YOUTH TO SHARE

Norms
* Keep an open mind
* respect everyone's opinion
* take care of your own needs
* one person speaking @ once
* share your thoughts (if comfortable)
* never give up - always try
* listen - think before you speak
* have fun
* value each other
* be kind

RECRUIT A DIVERSE GROUP OF YOUTH

SHARED LEADERSHIP

ALL MEANS ALL :
UNDERSTANDING DIVERSITY
CREATE

What Works

What Doesn't Work

DREAM SCHOOL

* Trampoline Room
* Escalators?
* Buffet for Lunch
* Personal MacBooks
* Division I sports
* Many windows
* Indoor Pools
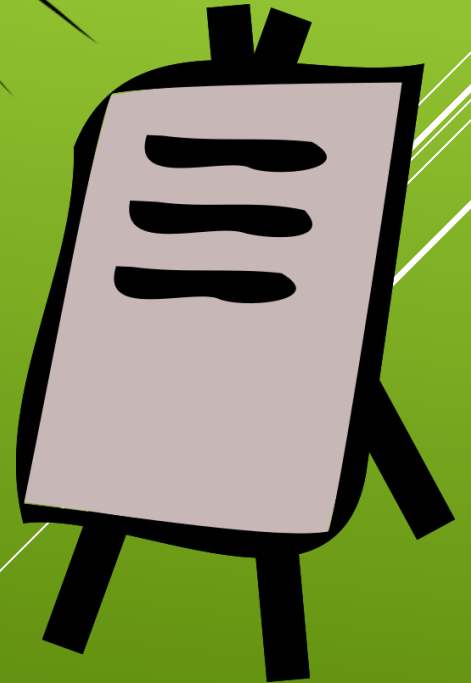* Elevators
* Nap Time

$$ Funding

PLAN STRATEGIES FOR MANAGING STRESS

BREAKS/ DOWNTIME

EVALUATIONS AND FOLLOW UP

SUPPLIES ARE CRITICAL

QUESTIONS

- YOUTH in YOUR School/ Community

- RENEW.unh.edu

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National Collaborative on Workforce and Disability
NCWD For Youth
Navigating the Road to Work
Making the Connection between Youth with Disabilities & Employment

-
YOUTH MOVE NATIONAL™
WE ARE CHANGE AGENTS "MOTIVATING OTHERS THROUGH VOICES OF EXPERIENCE"
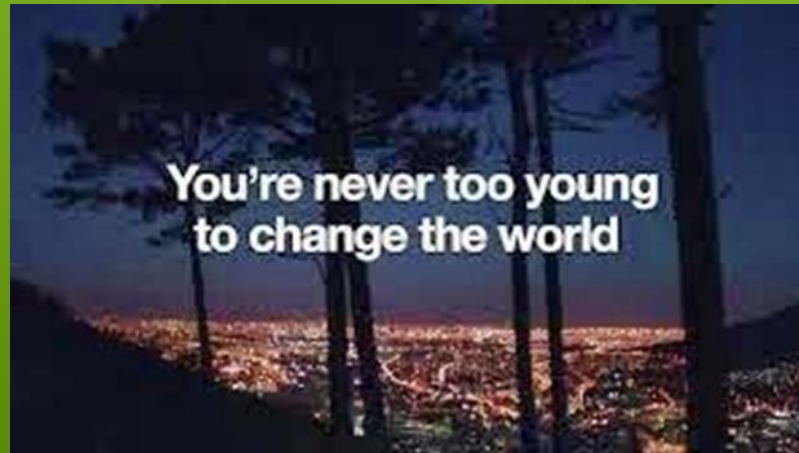
- National Alliance for Secondary Transition

The Wilderdom Store   Gear for Adventurous Learning

RESOURCES

Google

- Like us on Facebook: https://www.facebook.com/IOD.RENEW

- Follow us on Twitter: https://twitter.com/RENEW_IOD

- RENEW website: www.renew.unh.edu

- For further questions please contact us at iod.renew@unh.edu

THANKS!

You're never too young to change the world

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