

# EMPOWERING YOUNG PEOPLE TO CREATE CHANGE

*November 16, 2021*

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



Support  
provided by



Robert Wood Johnson  
Foundation

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County Health Rankings & Roadmaps is a program of the  
University of Wisconsin Population Health Institute.



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## YOUR FACILITATORS TODAY



**Ericka Burroughs-Girardi**  
Senior Outreach Specialist  
CHR&R



**Thomas (Tommy) Jaime**  
Communications Specialist  
CHR&R

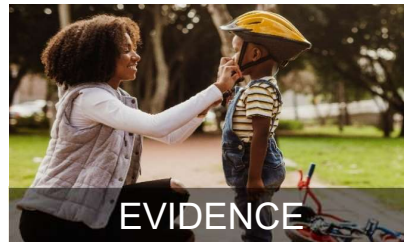


**Joanne Lee**  
Collaborative Learning Director  
Healthy Places by Design

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## GROWING COMMUNITY POWER TO IMPROVE HEALTH EQUITY



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## YOUTH LEADERSHIP & HEALTH OUTCOMES

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- Increased self-esteem
- Increased confidence
- Improved social skills
- Increased problem-solving skills
- Reduced delinquent behavior

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## MEET CHERYL GREEN

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Associate Director Aspen Young  
Leaders Fellowship  
The Aspen Institute

What does it look like to  
invest in youth leadership?

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## MEET KEVIN MARTIN

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Educator  
KIPP Delta Middle School  
Helena-West Helena, AR  
Co-Founder, Helena-West Helena's  
Racial Equity Task Force

What can happen when we foster youth leadership.

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## CELINE BERNHARDT-LANIER

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High School Senior &  
CEO  
LOG OFF Movement

What happens when you create space for youth to engage other youth in social change.

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## LET'S RE-TWEET NOW...

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## JOIN US FOR MORE DISCUSSION – TODAY!

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- ▶ **When:** Immediately following the webinar
- ▶ **What:** Interactive learning experience, opportunity to share ideas and ask questions
- ▶ **How:** Videoconference and/or phone via Zoom
- ▶ **Why:** Deepen the webinar learning, allow further exploration



Photo by Chris Montgomery on Unsplash

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## Mission & Where We Work

The Aspen Young Leaders Fellowship (AYLF) identifies, cultivates, and amplifies future generations of talent to engage in the values-based leadership essential for transforming their lives and society for the better.

AYLF is a place-based, multi-site program that nurtures a cadre of diverse youth to:

- (1) support degree completion;
- (2) prepare for workforce success; and
- (3) address the most compelling social, political, and scientific issues facing their communities.



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# What AYLF does.

## IN TEN SIVE 1-YEAR FELLOWSHIP



150 SEMINAR HOURS WITH ANNUAL COHORTS OF 30 YOUTH PER CITY

PAID INTERSHIP BUILDS JOBS SKILLS & LAUNCHES COMMUNITY IMPACT PROJECTS



IMPACT 500+ COMMUNITY MEMBERS PER CITY PER YEAR

4-YEARS OF SUPPORT FOR DEGREE COMPLETION AND/OR WORKFORCE READINESS

TRANSLATION OF FELLOWSHIP LEARNING TO PRACTICE VIA:  
 YOUTH FACILITATOR TRAINING \* ADVISORY COUNCILS \* PROGRAM AMBASSADORSHIPS \* PEER MENTORING \* ADDITIONAL INTERNSHIPS



- INCREASE GRADUATION & JOB PLACEMENT RATES
- ACCELERATE WORKFORCE READINESS
- DIVERSIFY LOCAL TALENT POOLS
- FOSTER CIVIC ENGAGEMENT & COMMUNITY IMPACT

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## WORKING WITH YOUTH - Resisting Adulthood


**LIKE THEM**

**BE CURIOUS - Stand in inquiry**

**LISTEN TO THE SILENCE - Sarah Lawrence-Lightfoot**

**FORM YOUTH-ADULT PARTNERSHIPS**

**TEACH AND LEARN IN EVERY SITUATION**

**SEE EVERYTHING AS LEGITIMATE**

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## KEVIN'S TIPS FOR ENGAGING YOUTH

- ▶ Allow space for their voices to be heard.
- ▶ Involve them, ensuring you accommodate their availability.
- ▶ Use social media to connect with youth.
- ▶ Link with organizations that foster youth leadership.
- ▶ Create space for youth to create solutions with limited adult facilitation.
- ▶ Listen to youth.
- ▶ Create learning opportunities.

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# LOG OFF's mission

1. Promoting balanced use of technology
2. Supporting authentic human connection
3. Advocating for humanized tech

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## 1. Awareness

- *Why* should I decrease my screen time?
- *What* is my intention?
- *Where* is my energy going off-screen?



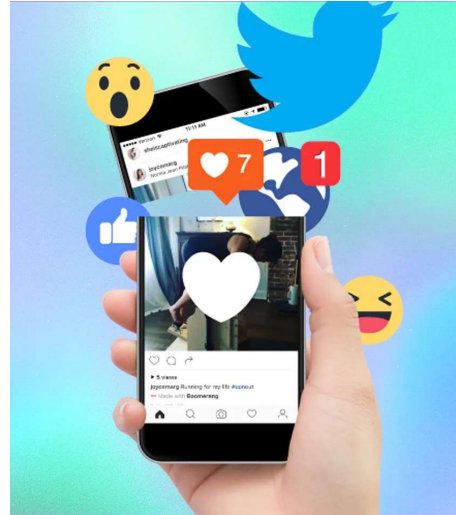
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LOG OFF

## 2. Agency

Teens are...

- Using technology with more intention
- Given a platform to share their experiences



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LOG OFF

## 3. Emotionally Healthy & Connected



 **RE@SCUE**  
**I TAKE A DIGITAL  
DETOX TO**

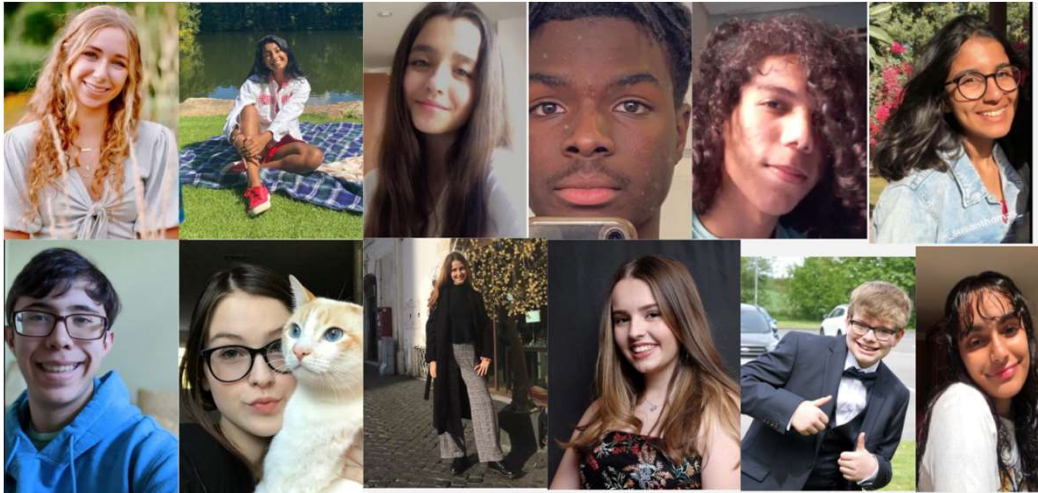
#yourRESCUEstory #RESCUEyourself



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# LOG OFF's Team

LOG OFF



# LOG OFF's Initiatives

LOG OFF

WELLBEING INITIATIVE

CHARACTER ED

PODCAST TEAM

THE FEMALE EMPOWERMENT

LGBTQ+ INITIATIVE

Five icons with green location pins pointing to various initiative images: a sunset, a classroom, a microphone, a woman holding a sign, and a rainbow fist.

## Saanvi's Story

LOG OFF



**CHARACTER ED**

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LOG OFF



- Need for connection
- Shared honesty and vulnerability
- Desire for positive impact

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## Celine's Tips for Cultivating Youth Leadership

LOG OFF

- **Change your mindset: become a mentor**
  - Believe we are part of the solution
  - Seek to understand and learn from us
  - Remember that we learn by doing



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- **In your organization:**
  - Create Teen Council and Advisory Groups
  - Enable youth-led initiatives and projects
  - Amplify youth leadership stories

LOG OFF



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## POLL

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- ▶ My understanding of how to empower youth leadership has
  - Significantly improved.
  - Moderately improved.
  - A little improved.
  - Not improved.

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**WE WANT TO HEAR FROM YOU!**

Click the link to answer a few questions about today's webinar

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## **JOIN US FOR OUR UPCOMING WEBINAR!**

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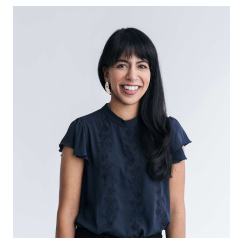
**Broadband: A Super  
Determinant of Health**

**December 14, 2021**

Register at  
[countyhealthrankings.org/webinars](https://countyhealthrankings.org/webinars)



**Christine Muganda**  
Data & Analytics  
Team Lead  
CHR&R



**Kiran Kaur Bains**  
President & CEO  
SA2020

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*Post-Webinar Discussion Group*

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**THANK YOU!**

Visit us at [www.countyhealthrankings.org](http://www.countyhealthrankings.org)