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Authentically Integrating Youth Voice In Prevention Programming

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2024WARD: Building Brighter Futures with Today's Youth Leaders
June 25-27, 2024

"U.S. Department of Health and Human Services Administration on Children, Youth and Families (ACYF) Family and Youth Services Bureau (FYSB)
Adolescent Pregnancy Prevention Program Grantee Conference"

This Presentation was made possible by Funding Opportunity Number HHS-2021-ACF-ACYF-SR-1849 from the Department of Health and Human Services, Administration for Children and Families. Its contents are solely the responsibility of PRO Youth & Families and do not necessarily represent the official views of the Department of Health and Human Services, Administration for Children and Families.



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Objectives



WHAT IS A
VOICE?



WHY IS IT
IMPORTANT?



HOW CAN
WE HELP?

What is a “voice”?

A voice is a tool that transports us into the future.

A future that has more possibilities and more solutions.

A tool that can be used for standing up for what is right rather than what is easy.

A voice gives your opinions a platform, and gifts you with the opportunity to have perspective and knowledge on things that matter.

No two voices are the same, each voice has something different to say.

Why is it important?

In a world that needs to represent freedom and democracy, a voice is a powerful symbol of this.

It is what has allowed people to protest injustice, to sing for freedom, or simply speak the truth.

A voice can be a source of hope in difficult times.



Youth Recognizing Their Voice

Benefits

- They are our future leaders and advocates
- Increases decision-making skills
- Learn to speak up for themselves and their peers
- Helps build their confidence

Drawbacks

- Feeling unheard and invaluable
- They cannot advocate for themselves
- Difficulty saying no to negative influences
- Decision making

How can WE help youth exercise using their voice?

- By allowing youth to reflect and form opinions

- Help them practice advocating for themselves and the community

- Giving them opportunities to be a part of projects

My advice is to give us room to grow and listen to our needs. As youth we see what's going on in the world and we want to do our part to make it better." – Khloe Thompson, Youth Council Member

How can WE help youth exercise using their voice?

- Opportunity to take on leadership roles

- Encourage them to challenge themselves

- Remind them of the power behind using their voice

“Sometimes the best way to get youth involved...is to show them the ultimate impact. If they know what they’re working towards, they are more motivated to make a difference.

- Adom Appiah, Youth Council member



Some PRO Tips



- Facilitators implement various curriculums that teach communication skills and discuss their challenges

- Hold space for open and safe discussions

- Let them help define the rules and norms of the learning environment

- Ask them their thoughts and opinions

Some PRO Examples

Youth City Council

Mural Projects

Service Learning Projects

MOHSAC (Sacramento, Fresno, San Bernardino, Eureka Convenings)

Community Garden

Sacramento County Behavioral Health Youth Advisory Board



Instagram:
[@proyouthandfamilies](https://www.instagram.com/proyouthandfamilies)



Prospect Community Day School
December 2023



Youth at City Council
May 2024

How do we do that with still following Fidelity?



Love Notes

Encourage youth to add their feedback and experiences

Lesson 9
What's Communication Got To Do With It

Lesson 10
Communication Challenges & More

Power of Time Outs
Speaker/Listener Technique

Complain and Raise Issues Effectively
WWA

Trusted Adult Activities

Resources

Exchange Resources

Elevate Youth Programming Podcast
Spotify, Apple Podcast, Stitcher, YouTube

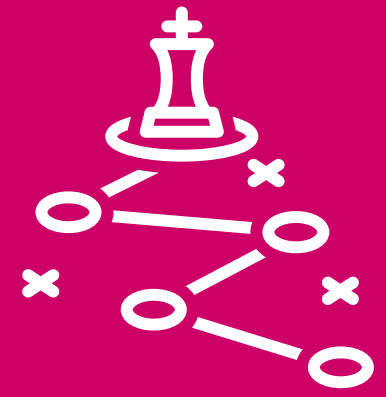
BUILDING ON STRENGTHS:
THE ROLE OF POSITIVE YOUTH DEVELOPMENT

nylc.org
National Youth Leadership Council

Key Take-Aways



EMPOWER



BE STRATEGIC



SMALL SCALE CAN STILL HAVE BIG IMPACTS

We all have a voice. Some a whisper, some a roar. If you can roar, roar for others.
If you can only whisper, keep trying. Every roar started small.

– M.L. Shanahan



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Session Evaluation

Please complete a brief evaluation form for all workshop, forum and networking sessions by scanning the following QR code or visiting the following link:

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