

**WEBINAR**

**Personal Responsibility Education Program**



**FYCSB** Family & Youth  
Services Bureau

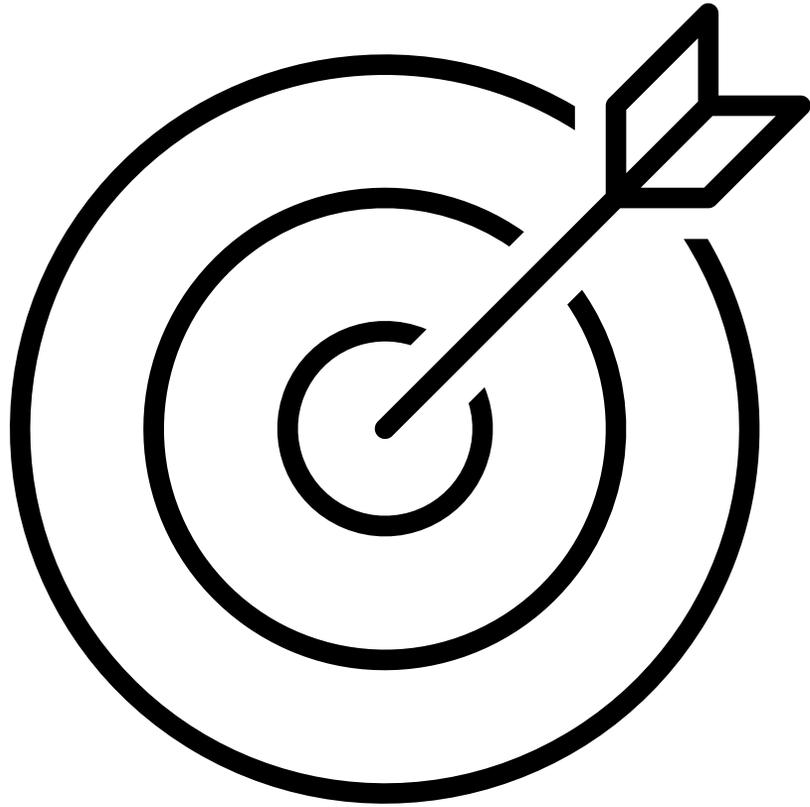
Adolescent Pregnancy  
Prevention Program



# Using PREP Programs to Develop Youth Leadership Skills

**November 2, 2023**

Michele Dorsainvil, RTI International  
Kelsey Olson, Healthy Futures of Texas  
Jessica Shields and Sabih Hasan, New Jersey  
Department of Health  
Ashley Funes, Latin American Youth Center



# Objectives

By the end of this this webinar, participants will be able to:

- Describe the components of youth leadership opportunities;
- Understand how three PREP programs integrate youth leadership skill development into programming; and
- Review resources to support continued learning about youth leadership skill development

# Agenda

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Overview of Principles for Youth Engagement and Youth Development

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Youth Leadership Standards and Indicators

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Experience from the Field: Healthy Futures of Texas

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Experience from the Field: NJ Department of Health

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Experience from the Field: Latin American Youth Center

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Q&A

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Reflection and Closing Remarks





What words come to  
mind when you think of  
youth leadership  
opportunities?

*Enter your ideas in the chat.*

# Why Engage Youth in Leadership Opportunities?

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- Youth engagement can change the direction of a young person's life;
- Youth engagement will prepare young people to become future leaders;
- Youth engagement is a young person's civil right; and
- Youth engagement allows youth to make a difference in improving their school and community.



# Youth Development and Leadership

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**Youth leadership is part of the youth development process and supports the young person in developing:**

- the ability to analyze their own strengths and weaknesses, set personal and vocational goals, and have the self-esteem, confidence, motivation, and abilities to carry them out (including the ability to establish support networks in order to fully participate in community life and effect positive social change); and
- the ability to guide or direct others on a course of action, influence the opinions and behaviors of others, and serve as a role model

Wehmeyer, Agran, & Hughes, 1998

# Youth Development and Leadership

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To control and direct their own lives based on informed decisions, all youth need the following:

- Mentoring activities designed to establish strong relationships with adults through formal and informal settings
- Peer-to-peer mentoring opportunities
- Exposure to role models in a variety of contexts
- Training in skills such as self-advocacy and conflict resolution
- Exposure to personal leadership and youth development activities, including community service, and
- Opportunities to exercise leadership and build self-esteem.

Youth Development and leadership. DOL. (n.d.).  
<https://www.dol.gov/agencies/odep/program-areas/individuals/youth/leadership>



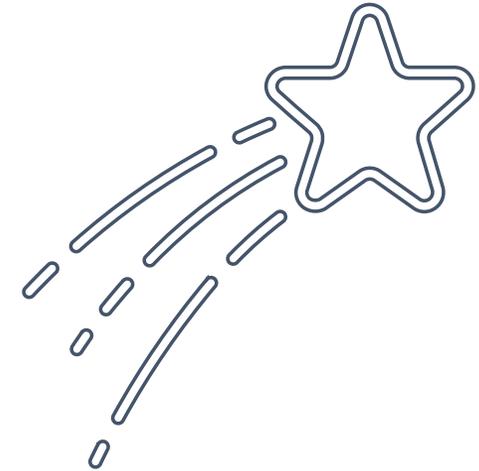
What youth leadership opportunities did you participate in as an adolescent?

*Enter your responses in the chat.*

# Youth Development & Youth Leadership Standards and Indicators

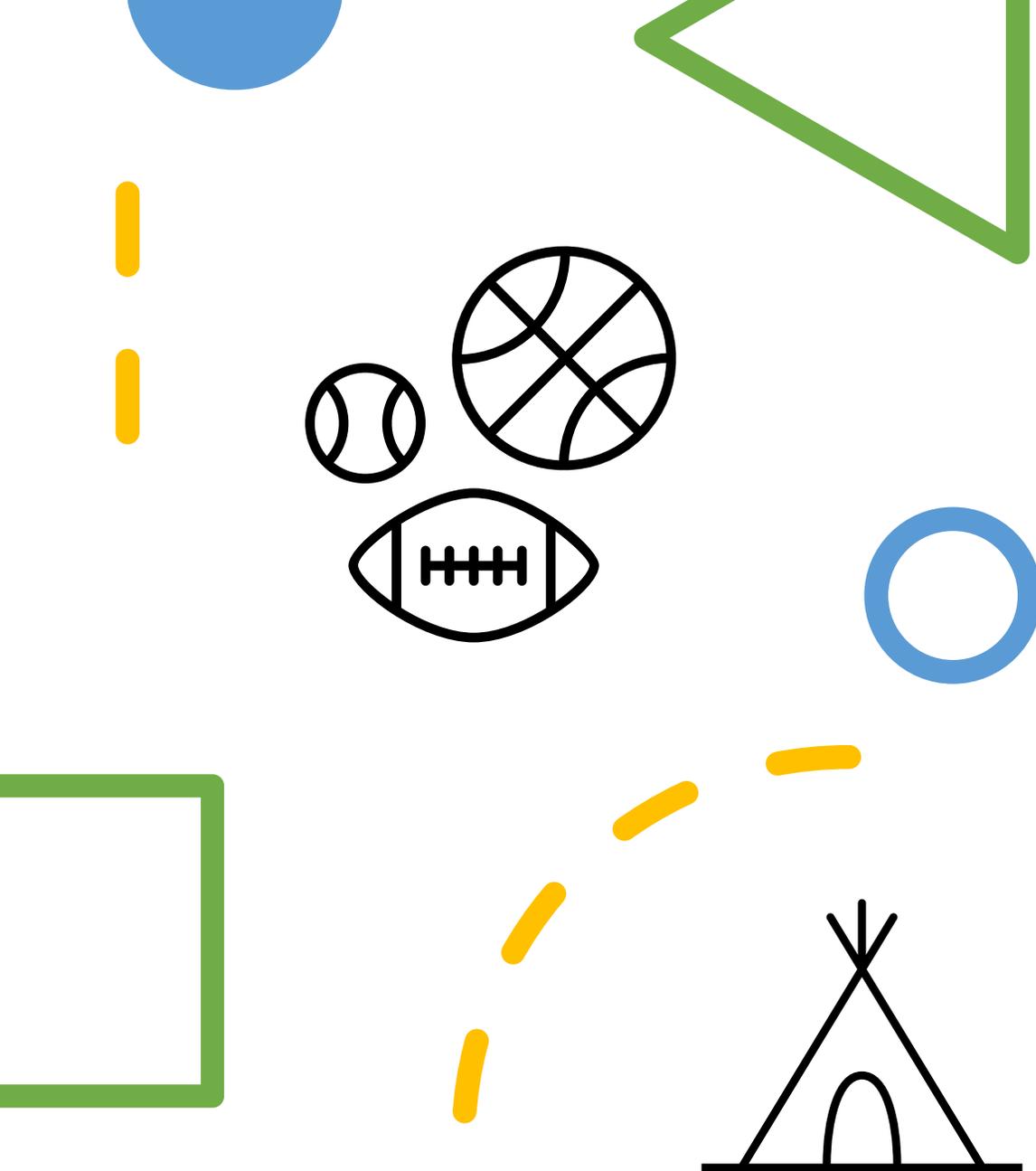
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- Youth acquire the **skills, behaviors, and attitudes** that enable them to learn and grow in **self-knowledge, social interaction, and physical and emotional health.**
- Youth understand the relationship between their **individual strengths and desires and their future goals** and have the skills to act on that understanding.
  - Youth have the knowledge and skills needed to **practice leadership and participate in community life.**
- Youth demonstrate the ability to **make informed decisions** for themselves.



# Youth Leadership Opportunities Come in Various Forms

- Sports
- Faith based and service activities
- Youth-run community programs
- Extra-curricular activities
- Camps
- National organizations
- Employment



# Experiences from the Field

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- Peer Ambassador Program
- Partnership with The University Of Texas Rio Grande Valley (UTRGV)
  - Two campuses located in South Texas (Brownsville & Edinburg)



talk about 

**campus  
conversations**

# Campus Conversations- Our Goals

Committed to preparing & connecting young adults on community colleges and Universities with information and resources needed to be empowered about their sexual and reproductive health

- We offer:
  - Evidence based programs
  - Referrals to teen-friendly healthcare services for low/no cost
  - Resources in the community



# Youth Leadership Development

**Peer Ambassador Program:** We want to **empower** and **educate** other young adults to inform and support their peers! The team is made up of 5 Peers per campus (two campuses, 10 Peers total), where they:

- Receive stipends for helping plan and host events (on campus/virtual)
- Are trained on key health messaging on preconception and sexual health
- Represent Talk About It RGV on campus/virtually

# Recruitment > Commitment > Onboarding

**Health Educators recruit** their cohort within the first three weeks of the Fall semester for **Fall 2023/Spring 2024**.

Peers commit to 10 –15 hours per month to attend:

- 3 Events
- 2 Trainings and
- 2 Planning Meetings

# Training & Workshops

A Talk About It Texas Health Educator at each campus provides **training** to increase confidence and knowledge around key sexual health messaging

Training Topics include:

- Sex Ed 101: Talk About It TX & Clinical Linkages
- Answering Sensitive Questions/Remaining Values Neutral/Clinical Linkages
- Trauma Informed Approaches & Curricula Training
- Gender & Sexual Diversity

# Process

Health educator leads, supervises, and coordinates the efforts of Peers, including:

- Out-of-class supplemental learning
  - *Engaging tabling activities & events*
- Outreach and recruitment
  - *Seventeen Days*
  - *SHARP*
  - *Plan A*
  - Other campus events
- In-class implementations



The poster features a purple background with a white rounded rectangle at the top left containing the text 'talk about it RGV' and 'Campus Conversations'. To the right is a photo of five diverse students smiling. Below the photo, the text reads 'Interested in joining our Peer Ambassador Program?' followed by four bullet points: 'Get involved on your campus.', 'Educate peer about sexual health.', 'Meet new people!', and 'Get compensated for it!'. At the bottom left is the UTRGV logo and 'in partnership with:'. At the bottom right is a QR code with the text 'SCAN HERE TO APPLY!' below it. At the very bottom, it says 'POWERED BY HEALTHY FUTURES OF TEXAS'.

talk about **it** RGV  
**Campus Conversations**

Interested in joining our  
**Peer Ambassador Program?**

- Get involved on your campus.
- Educate peer about sexual health.
- Meet new people!
- **Get compensated for it!**

in partnership with:  
**UTRGV**

POWERED BY HEALTHY FUTURES OF TEXAS

SCAN HERE TO APPLY!

# Peer Ambassador Highlights

## Outreach and Recruitment efforts on campus

- “Tabling” with materials and resources (in-person/virtual)
- Engaging with students and staff as an Ambassador of Talk About It TX
- Attending and staffing events (on-campus/virtual)
- Leading activities, if appropriate



# Supplemental Learning Opportunities

UTRGV STUDENT HEALTH  
and BAE-B-SAFE PRESENT



**chocolates,  
condoms,  
& consent**

**FOOD | RESOURCES | FUN**  
February 13, 2023  
11AM-3PM  
UTRGV Brownsville  
Salon Cassia BMAIN 2.402

For special accommodations,  
call 956-665-2511



**Seventeen Days  
Party!**

**Learn the BAEsics of Sexual Health,  
and what to expect when visiting the  
UTRGV Student Health Clinic**

Presenter:  
Angela Tanguma, MSN, APRN, FNP-BC  
Nurse Practitioner | Healthy Mujeres

November 3rd | Edinburg  
EUREC 2nd Floor - 1:00 PM-3:00 PM

FREE Food & Swag will be  
provided!



Get in BAE, we're going to the  
17-Days Party



For special accommodations  
call 956-665-2511



Campus Conversations  
presents

**6<sup>TH</sup> Annual South Texas  
Adolescent Health Summit**  
AUGUST 25, 2023 • MCALLEN

**ATTENDEES  
RECEIVE A \$50  
STIPEND TO ATTEND!**



**Friday, August 25**  
9:00 am - 3:30 pm  
McAllen Convention Center

Door prizes,  
vendors,  
food + fun!

**FREE EVENT  
AGES 17-24**

POWERED BY  
HEALTHY FUTURES OF TEXAS  
\*BAE-B-SAFE is now Talk About It

# Peer Ambassador- Benefits

- Develop communication and leadership skills
- Gain professional work experience
- Improve public speaking, presentation, and health promotion skills
- Learn how to facilitate in-person & virtual events

# Lessons Learned

- Food & Fun!
- Creative engagement during meetings
- Get to know your group
- Scheduling Opportunities
- Create space for feedback!
- Meet them where they're at - Get flexible/get creative!



Thank you!



**Kelsey Olson, ME.d., CHES**  
Program Director of Higher Education  
**Talk About It Texas** powered by  
Healthy Futures of Texas

More information about our work, contact  
by email at:

[Kolson@healthyfutures-tx.org](mailto:Kolson@healthyfutures-tx.org)



# Voice of Youth Planning Committee (VoYPC)

Leadership Opportunities for NJ Youth

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Jessica Shields, MPH, CHES

Sabih Hasan

November 2, 2023



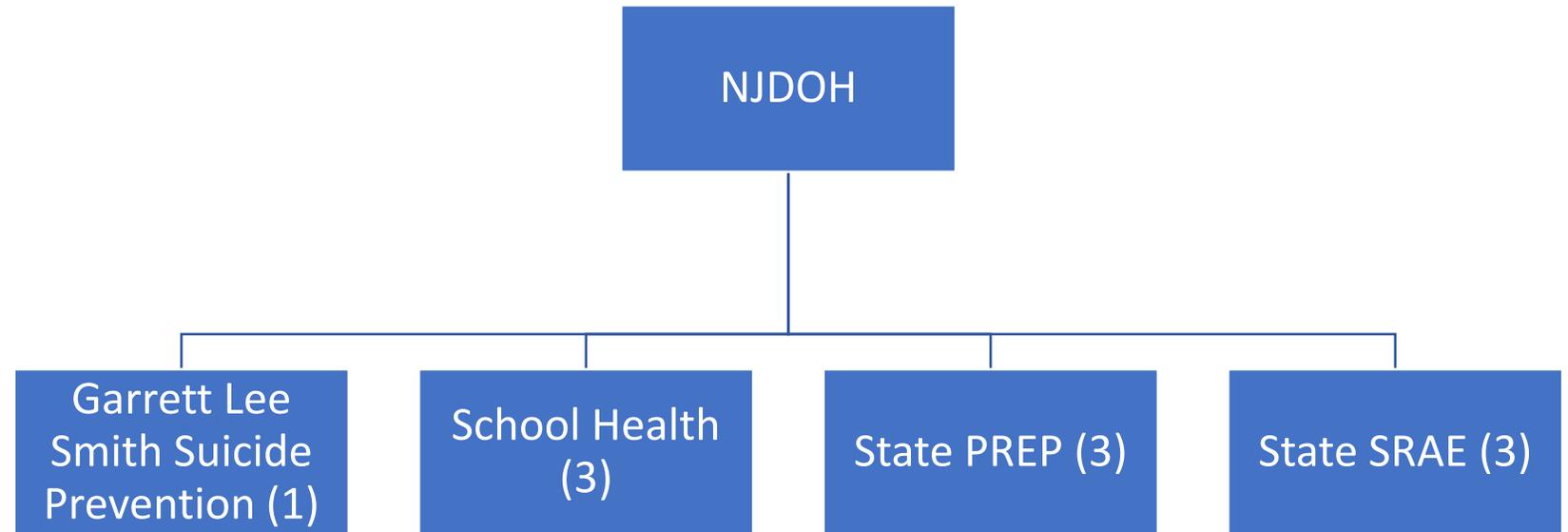
# Brief History of VoYPC

- In 2017, NJ DOH made Youth Advisory Boards (YABs) a required activity as part of their State PREP and SRAE grants, which eventually became required across all grants within our Child and Adolescent Health Program
- Each YAB can have up to 10 teens, 3 allies, and 2 advisors
- YABs are required to meet quarterly. Most meet in-person, but others meet virtually depending on the need and make-up. Each member receives \$50 for each quarterly meeting they attend.
- In 2019, a YAB consisting of representatives from each YAB was formed and eventually called the Voice of Youth Planning Committee

# The Current VoYPC

- Currently, it is youth run, with two DOH interns, supervised by DOH staff, and 15 active planning committee members.
- It is independent of YABs.
- It is open to any youth/young adult in NJ. So, some are from YABs and others are not.
- For planning sessions, VoYPC members received \$25 and meet more frequently throughout the year as they decide what events or initiatives they'd like to implement.

# VISUAL STRUCTURE



Interns

Only former YAB members are eligible to be NJ DOH interns.



Voice of Youth Planning Committee

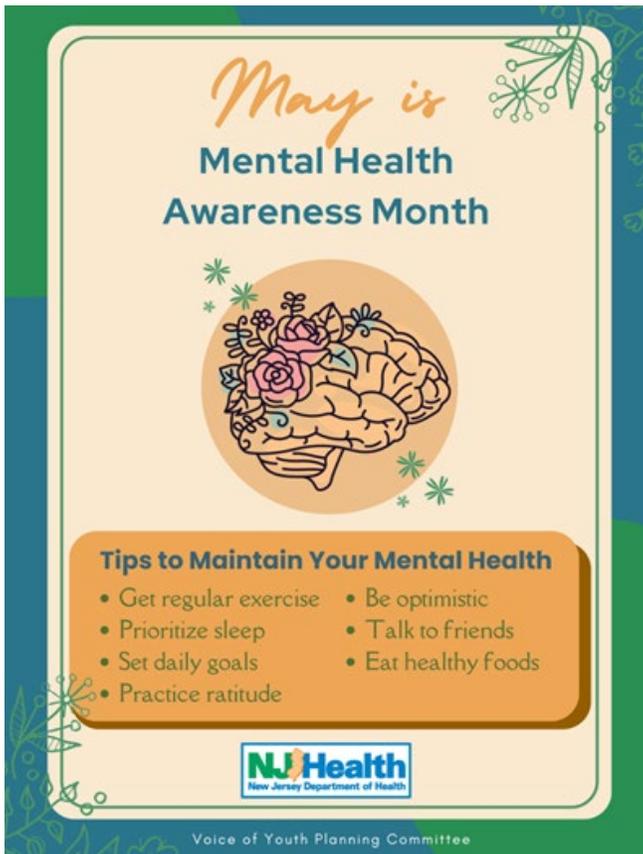
\*The number indicates the number of YABs for each grant.

# YOUTH LEADERSHIP OPPORTUNITIES

- Internships
- Town Halls/webinars (participant or planning/implementing)
- In-person meetings (participant or planning/implementing)
- Projects
- Strategic Planning

# EXAMPLES

1



May is  
Mental Health  
Awareness Month



**Tips to Maintain Your Mental Health**

- Get regular exercise
- Be optimistic
- Prioritize sleep
- Talk to friends
- Set daily goals
- Eat healthy foods
- Practice gratitude

**NJ Health**  
New Jersey Department of Health

Voice of Youth Planning Committee

2



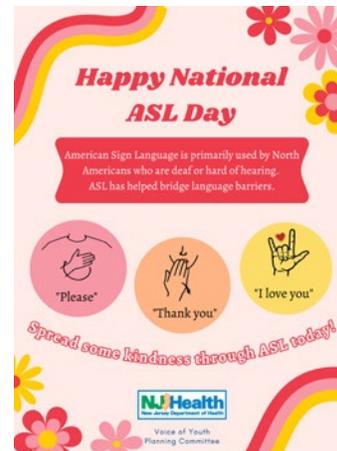
8



**Fatima AW**  
Youth Panelist

My name is Fatima Aw and I currently am a junior at the Academy of Allied Health and Science. My hobbies include soccer, baking and helping others. Mental health awareness has been such an important part of my life. I'm currently in the Society for the Prevention of Teen Suicide, an organization that strives to educate about the stigma surrounding mental health. I hope in the future to use my skills in the medical field helping others there!

7



**Happy National ASL Day**

American Sign Language is primarily used by North Americans who are deaf or hard of hearing. ASL has helped bridge language barriers.

'Please' 'Thank you' 'I love you'

Spread some kindness through ASL today!

**NJ Health**  
Voice of Youth Planning Committee

4



3



ARE YOU A TEEN?  
DO YOU WANT TO LEARN MORE ABOUT COVID VACCINATION?



**Join the NJDOH Voice of Youth Planning Committee and Dr. Meg on October 19th @6pm**

REGISTER AT:  
<https://bit.ly/3mBEDHh> OR



**NJ Health**  
New Jersey Department of Health

5



6



**NJ Health**  
New Jersey Department of Health

**NEW JERSEY VIRTUAL YOUTH TOWN HALL**

July 22<sup>nd</sup>  
2020  
11am-1pm

REGISTER BY  
JULY 21 at:  
<https://bit.ly/3g1eHOy>

NJDOH invites all middle & high school students aged 13 to 19 to attend a Virtual Youth Town Hall event focused on **Equity, Social Justice and Racism**. The event will feature a youth panel, multiple breakout sessions, polls and more opportunity for youth to share their thoughts, opinions and feelings.

**BE THE CHANGE**  
**#Periodt!**

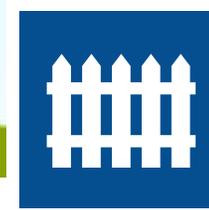
Graphic designed by Maria Tineo

# Success & Challenges



## Accomplishments

- Youth led committee, outreach, and events
  - Robust membership
- Representation from across state and grants
  - Compensated youth leadership



## Barriers

- Attendance
- Transportation
  - COVID
- Communication
  - Logistics

# YOUTH RECRUITMENT & RETENTION

## Recruitment Strategies

- YABs
- Referrals
- Marketing

## Retained

- Flexible
- Youth run
- Planning members are compensated
- Growth

# RECRUITMENT FLYERS

The mission of the NJDOH Voice of Youth is to lead listening sessions and guide productive discussions on our YAB 2021 Youth Voice Topic: Sexual Assault Prevention and Reproductive Justice.

**NJ Health**  
New Jersey Department of Health

**THE VOICE OF YOUTH**

**Session 1:** Tuesday, February 16th, 4-6 PM

**Session 2:** Tuesday, April 13th, 2-4 PM

**Session 3:** Tuesday, June 22nd, 12-2 PM

**Listening Sessions**

**NJDOH**

**VOICE OF YOUTH PLANNING COMMITTEE**

**Youth Members** 🔍

**Qualifications:**

- Age 15-21
- Active Email
- Makes Healthy/Safe Choices
- Must Be Able to Attend Virtual Meetings

VoYPC is a **PAID OPPORTUNITY**

**Location:**  
Zoom Meetings by Announcement

**Interested? Email:**  
jasmin.langomas@doh.nj.gov  
sabih.hasan@doh.nj.gov

# LESSONS LEARNED

## **Start small.**

This creates insight into growth and sustainability.

## **Resource utilization.**

Utilize the resources available for productivity.

## **YABs required.**

Make YABs a required activity across projects/grants with same stipulations.

## **Training.**

Train sub-recipient YAB staff on mentoring youth.

## **Include Youth.**

Work with youth to create the goals and structure

## **Be consistent.**

Be available regularly for meetings and opportunities

## **Persistence.**

Continue to reach out and don't give up.

# CONTACT US

Email : [Jessica.Shields@doh.nj.gov](mailto:Jessica.Shields@doh.nj.gov)  
[Sabih.Hasan@doh.nj.gov](mailto:Sabih.Hasan@doh.nj.gov)

Phone : (o) 609-913-5521  
(c) 609-955-4825



# THANK YOU



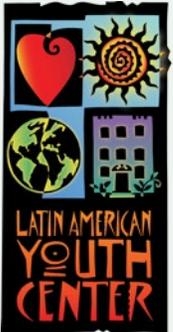
[nj.gov/health](https://nj.gov/health)

# PREIS Program

# Latin American Youth Center

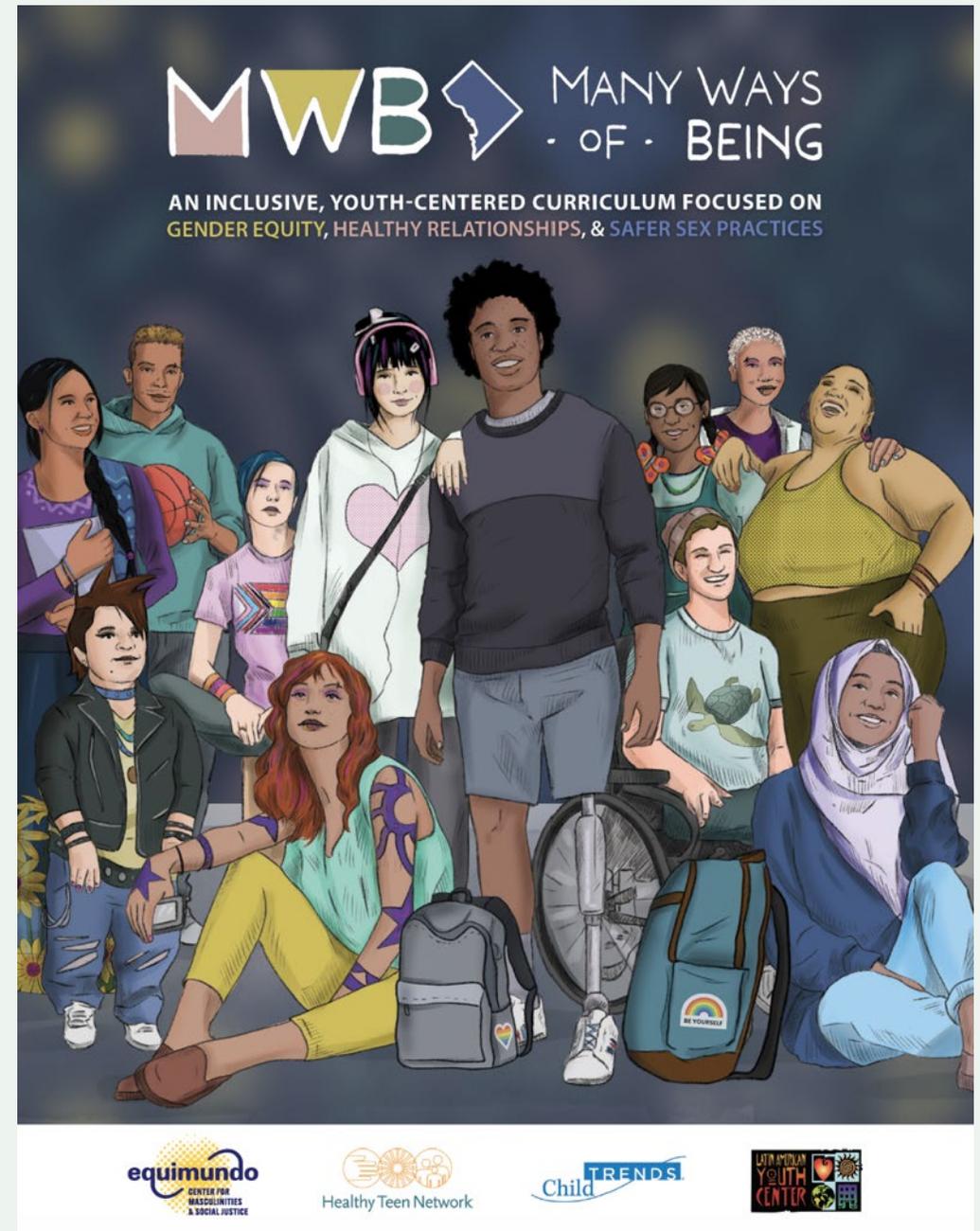
## Washington DC

Presented by: Ashley Funes, PREIS Program Coordinator  
Credit to: Dereck Myers, Youth Developer

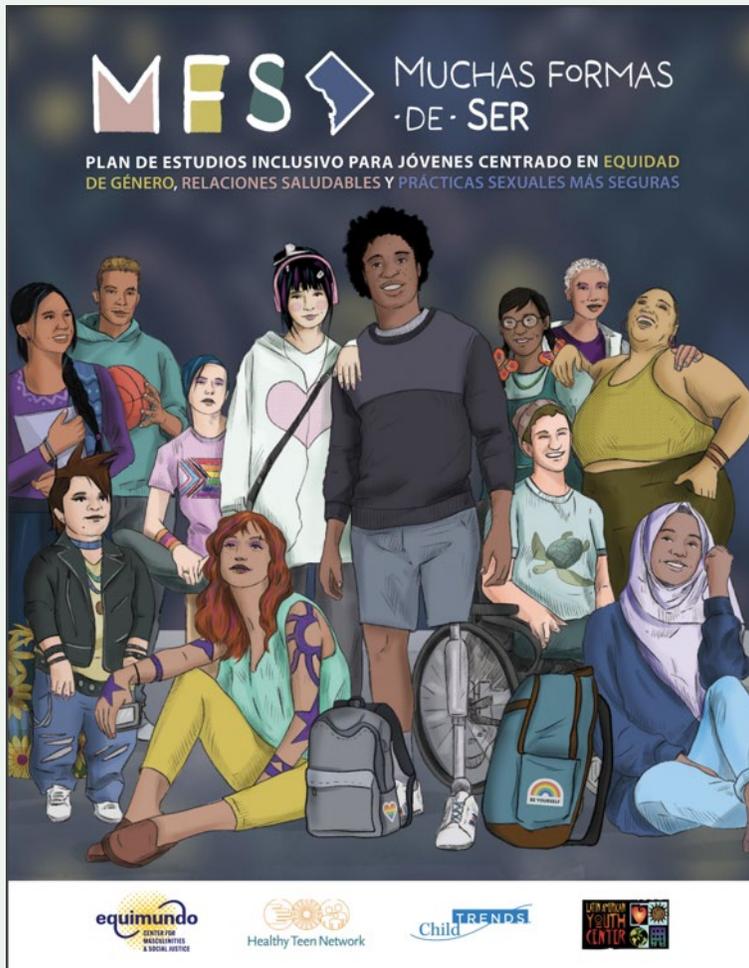


# A Short Intro of MWB

- *Many Ways of Being* (MWB) is a curriculum for young people of **all gender identities, ages 15 to 19**, comprised of eight 2-hour sessions or 16 1-hour sessions.
- The program's overall goal is to reduce incidence of **sexually transmitted infection (STIs)** and **unplanned pregnancy** and promote **healthy, consensual, and violence-free relationships** among youth.
- Developed to be implemented in school settings in English and Spanish from 2022 – 2025, with a complementary **digital engagement** Instagram component



# Overview of translated resources



Curriculum (Spanish)



Anger Iceberg\*



Intersectionality\*



Contraceptives\*

\*Added social media component



# Establishing a Team of Peer Ambassadors

- Ambassadors are **inspiring youth and key connections** who wanted to be more involved in their community.
- Ambassadors run and assist with **recruitment events, community presentations, class reminders, and graduations.**



# What are the Benefits of the Peer Ambassadors?

01

## The Ambassadors

Leadership skills, confidence, gift cards, community service hours, and fun!

02

## The Community

Changing things they think are important (stereotypes, workforces, attitudes/beliefs in family)

03

## The Program

Increased retention rates and recruitment numbers, strengthened partnerships



# Youth Voices

“I think that self-love is also an important topic that can be addressed with teenagers...”

“[I want to learn more] about how to treat others who have suffered traumas, or when they tell you about them, how to help”

“It was something new—a new experience that I wanted to learn about, and I did learn about it thanks to the program”

“It was important to me to learn about which contraceptive methods protect you from what ...”

“[The facilitator] was a great teacher because the energy [they] gave us in the mornings was like ‘oh, this person loves teaching’”



# Listening to Youth Voices



## **Accessibility and Representation (disability, language, identity)**

- Adapting handouts and facilitations for students with disabilities
- Intersectional examples and storylines



## **Building Retention Strategies for participation**

- Ensuring the session times work with their schedules and school events
- Establishing incentive structures that attract youth (community service vs monetary)
- Trying new facilitation strategies for active and consistent participation



## **Ensuring Parental and School Support/Mitigating Backlash**

- Balancing the need for parental consent (vs assent) and speaking with parents about the program.
- Having the students talk with the teachers and admin about the benefits of the program



# Lessons Learned

Implement further leadership opportunities and resources for past students

Create open dialogues with parents about programming

Incentivize youth participation and celebrate their successes

Train staff to be trauma-informed and provide inclusive, safe spaces

Positive Youth Development  
(Peer Support, Mentoring,  
Public Speaking, etc.)



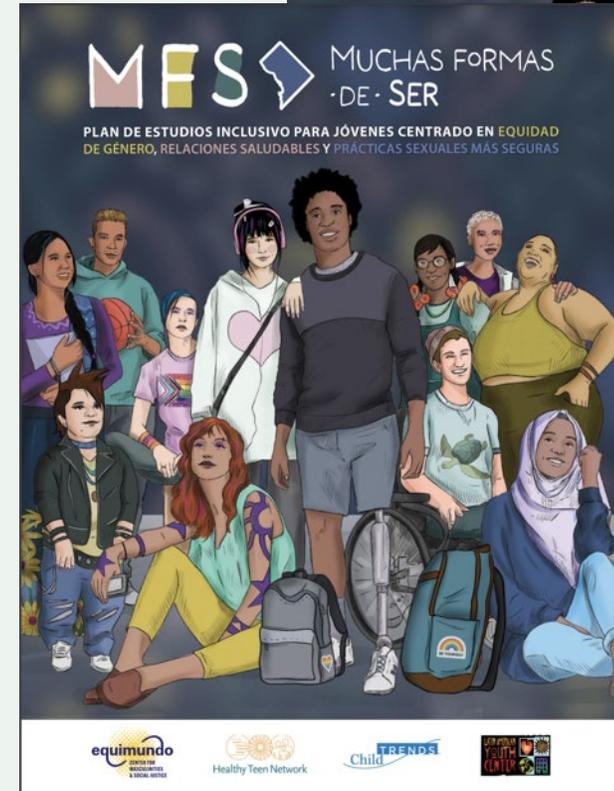
# Where Can I Find MWB?

The curriculum is free and available for download on the Equimundo website.

It is available in English and Spanish:

<https://www.equimundo.org/resources/many-ways-of-being-curriculum/>

SCAN ME



## Contact Us

**Ashley Funes – PREIS Program Coordinator**  
Ashley.Funes@layc-dc.org

# Questions?



# Resources and References

- Wehmeyer, M. L., Agran, M., & Hughes, C. (1998). *Teaching self-determination to students with disabilities: Basic skills for successful transition*. Baltimore: Paul H. Brookes.
- National Alliance for Secondary Education and Transition
  - National Standards & Quality Indicators
  - Self-Assessment Tool
  - Priority Setting Tool
  - Action Planning Tool
  - [Available by downloading the Transition Toolkit](http://nasetalliance.org/youthdev/)
- Youth Development and Leadership. Office of Disability Employment Policy
  - Cultivating Leadership: Mentoring Youth with Disabilities
  - <https://www.dol.gov/agencies/odep/program-areas/individuals/youth/leadership>

## The Five Areas of the National Standards and Quality Indicators



# Opportunities to Learn More

- Positive Youth Development Infographic
  - Coming soon to *The Exchange!*
- [Youth Adult Partnership Rubric](#)
  - Tool for assessing youth-adult partnerships in youth settings
- [The PYB Lab Podcast](#)
  - bi-monthly podcast features changemakers working on youth-related projects around the globe



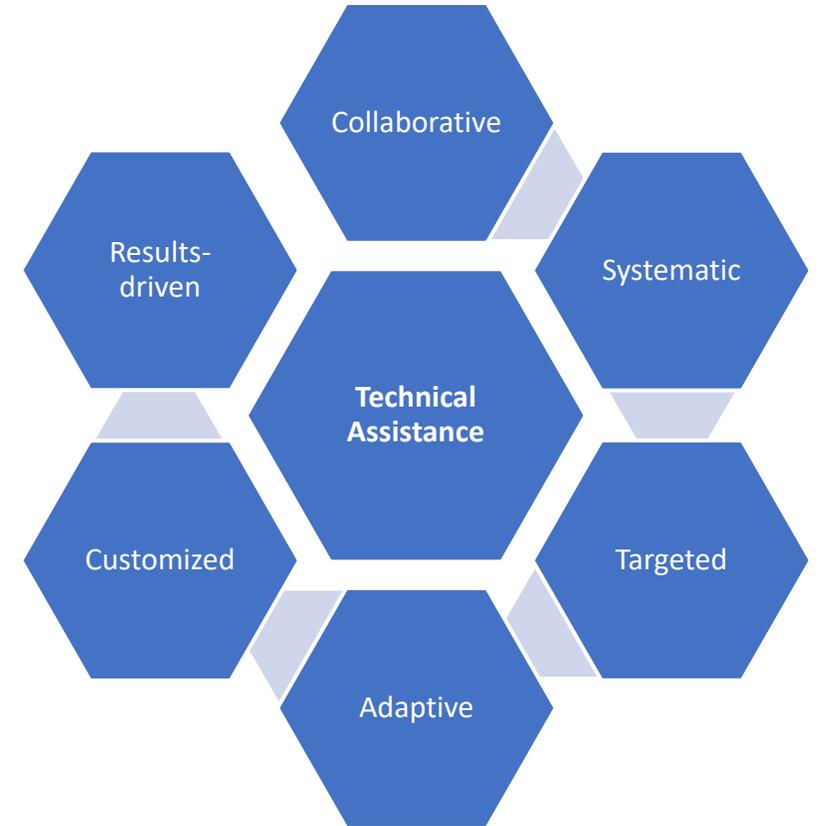
# Technical Assistance

RTI International (in partnership with Child Trends, ETR and MEES) provides Technical Assistance (TA) for PREP grantees.

TA is the process of providing **targeted support** to an organization with a grant related need over an extended period.

Our experienced team of TA providers offer complimentary TA to all PREP grantees in the following areas:

- Program Management
- Program Implementation
- Staff Recruitment and Retention
- Virtual implementation, including, curriculum adaptations
- Sub-awardee Monitoring
- Participant Recruitment and Retention
- Adulthood Preparation Subjects
- Working with Specific Youth Populations



Request TA

If you are interested in working with a TA provider to support program implementation needs, contact your FYSB Project Officer or email us at [APPTTA@rti.org](mailto:APPTTA@rti.org)

# Upcoming TA and Events

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We also offer:

- Bi-monthly opportunities to connect with other grantees with the same funding (liaison groups)
- TA Office Hours
- Drop in on these sessions to connect with other grantees and TA providers.

**Next month:**

- Supporting LGBTQIA2S+ Youth in PREP Programming: Share and Learn Session
- December 7, 2-3 pm ET
- Registration forthcoming

Need more information about these offerings?

Email us at [APPTTA@rti.org](mailto:APPTTA@rti.org)

**THANK YOU**

Let's Hear  
from You!

Please complete the  
evaluation at the end of this  
webinar!