

Youth-Led Healthy Change

Alyssa Simon

Youth Leadership Coordinator

The Food Trust

Action for Healthy Kids

BUILDING ON SCHOOL WELLNESS



Nutrition

PE/Health

Parents &
Community

Students

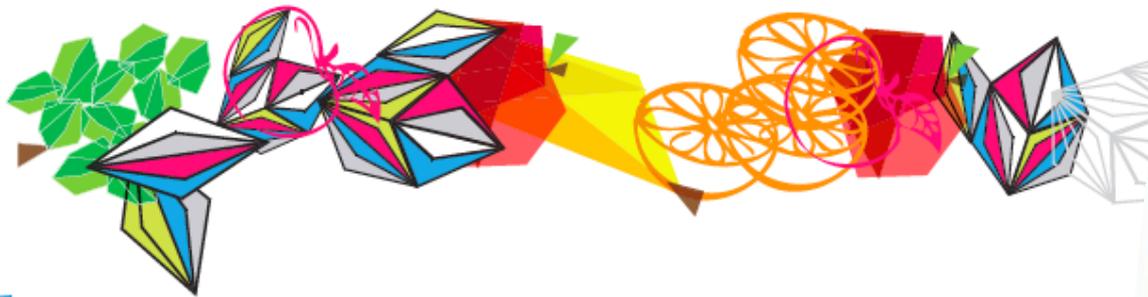
School Staff

HYPE

Healthy You. Positive Energy.

GOALS:

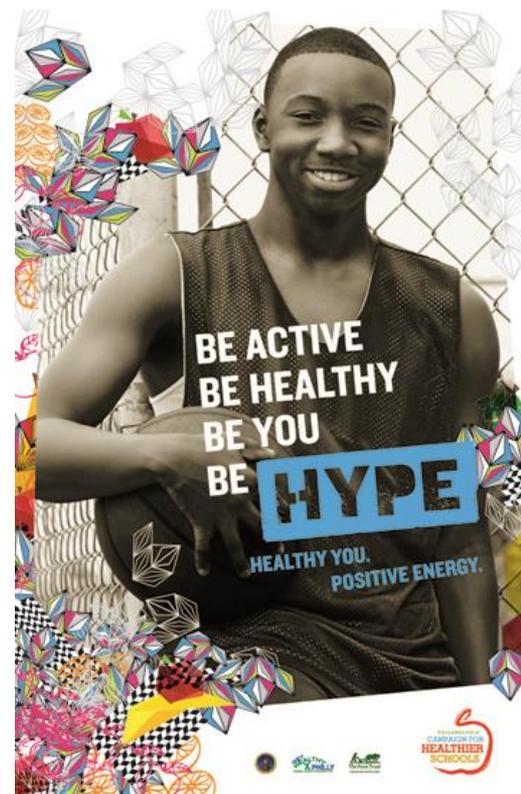
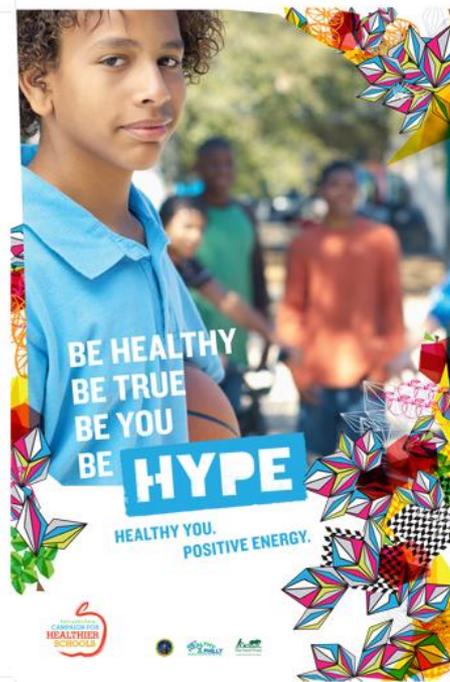
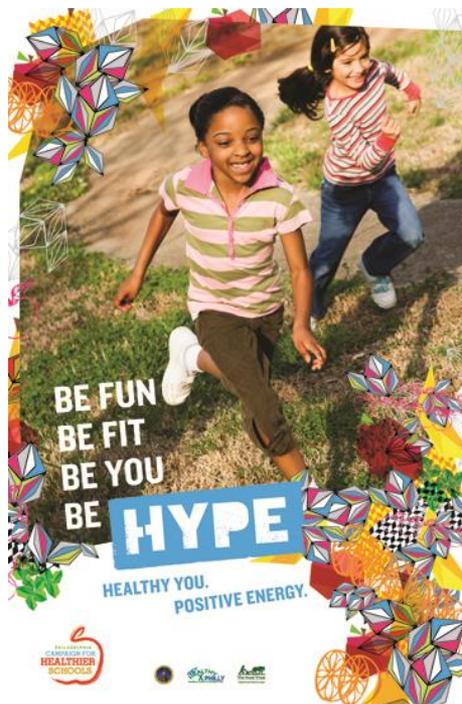
- ✓ Empower youth to be leaders for healthy change in their school and community
- ✓ Make it “cool” to be healthy
- ✓ Develop youth leadership skills
- ✓ Support the implementation of nutrition and physical activity initiatives



HYPE Healthy You. Positive Energy.

CREATING AN IDENTITY - HYPE

HEALTHY YOU. POSITIVE ENERGY.



HYPE

Healthy You. Positive Energy.

PROCESS:

1. Assess your environment
2. Get HYPE
kick-off / Build Awareness
3. Create an Action Plan
4. Implement Activities



Healthy You. Positive Energy.



YOUTH LEADERSHIP SUMMIT

Build Energy. Get Inspired. Be the change. Lead the HYPE.

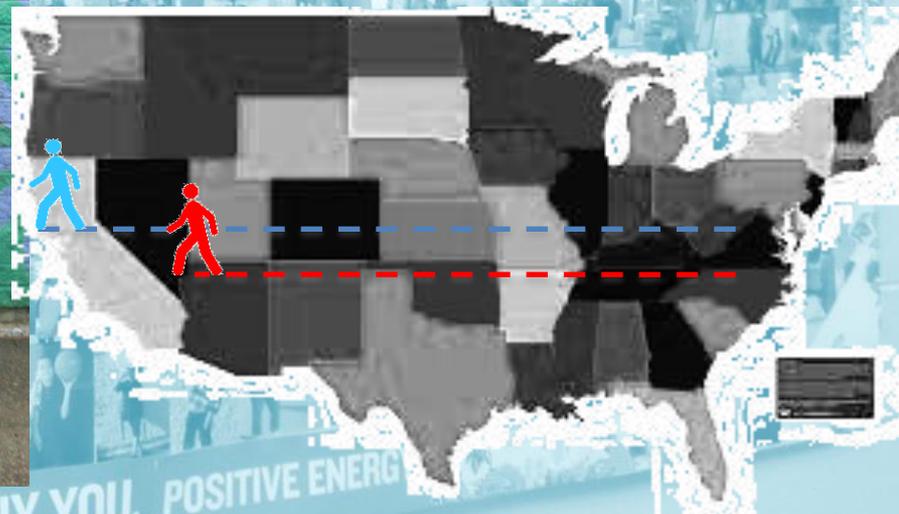


“I will get my school to be better and I will get my school hype.”



Healthy You. Positive Energy.

MAKE IT HAPPEN. ANYWHERE...



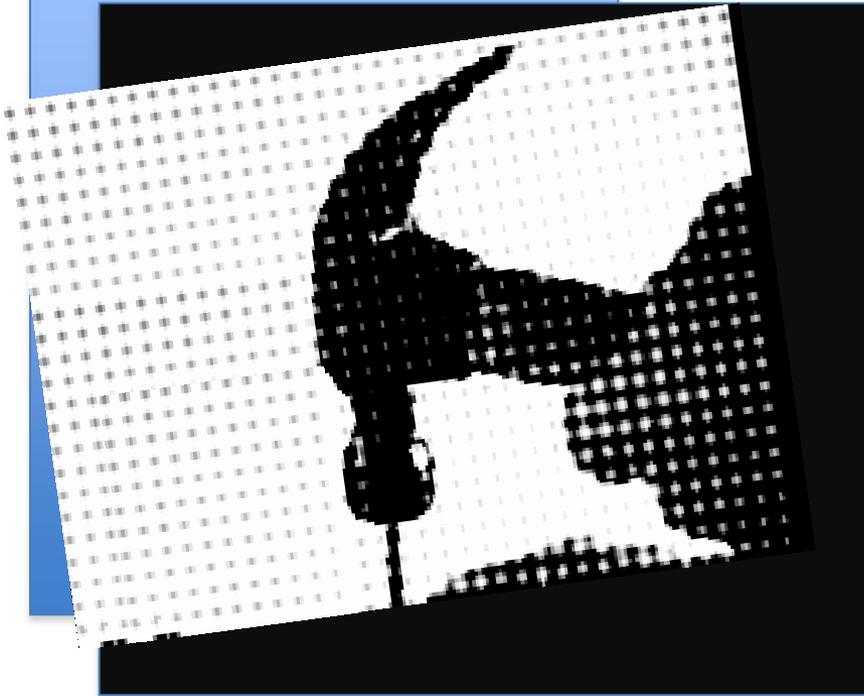
HEALTHY YOU. POSITIVE ENERGY

STAFF PICKED WITH STUDENT FLARE



SUCCESS AND SUSTAINABILITY

Build It In



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Healthy You. Positive Energy.

ENGAGING MIDDLE SCHOOL STUDENTS



SRTSNP WEBINAR

LEAH STENDER, LEED AP, CNU-A
WALKSANDIEGO



LA MESA, CA



SPICING UP OUR SRTS PROJECT

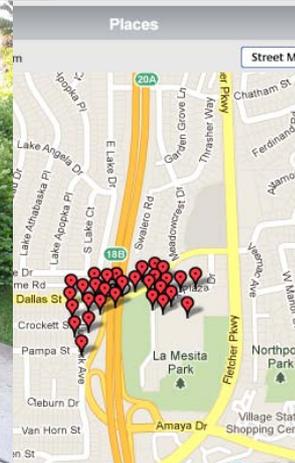


LET'S DO A WALKSHOP?

WALK AUDIT + COOL TECHNOLOGY + MIDDLE SCHOOLERS WALKSHOP



But think of how wonderful this park could be...



Roger Hart's Ladder of Young People's Participation

Rung 8: Young people & adults share decision-making

Rung 7: Young people lead & initiate action

Rung 6: Adult-initiated, shared decisions with young people

Rung 5: Young people consulted and informed

Rung 4: Young people assigned and informed

Rung 3: Young people tokenized*

Rung 2: Young people are decoration*

Rung 1: Young people are

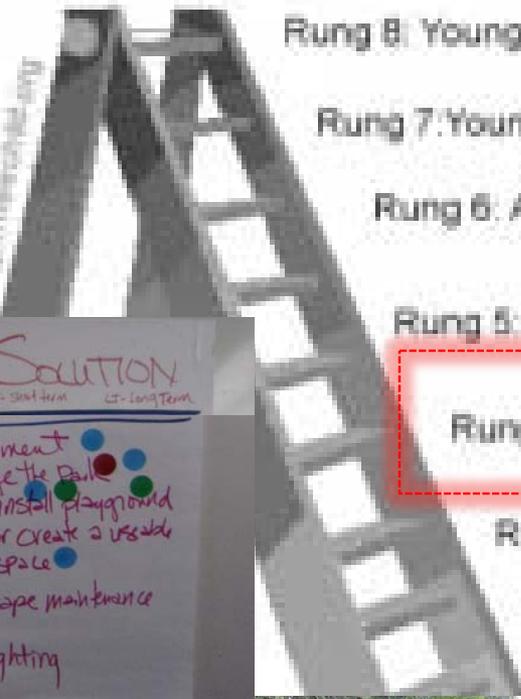


...on Hart, R. (1992). *Children's Participation: UNICEF*





Hart's Ladder of Young People's Participation



Rung 8: Young people & adults share decision-making

Rung 7: Young people lead & initiate action

Rung 6: Adult-initiated, shared decisions with young people

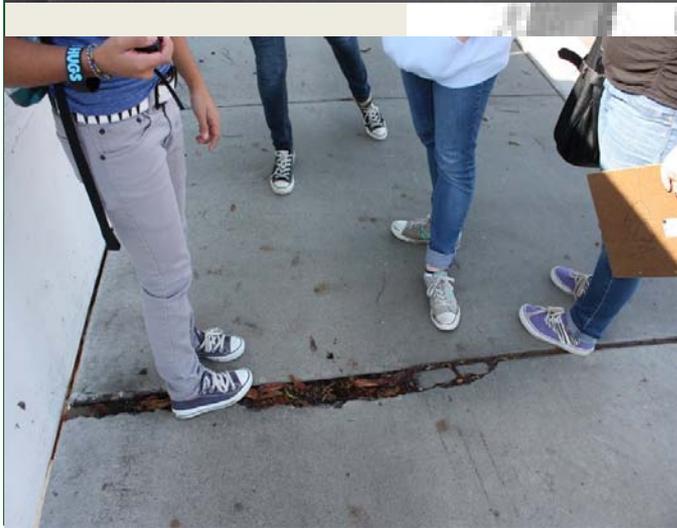
Rung 5: Young people consulted and informed

Rung 4: Young people assigned and informed

Rung 3: "Young people tokenized"

Rung 2: "Young people are decoration"

LOCATION	PROBLEM	SOLUTION
Small lot on Lubbock	<ul style="list-style-type: none"> • Strange people • trash • overgrown vegetation 	<ul style="list-style-type: none"> • Enforcement • Engage the Park → install playground or create a usable space • landscape maintenance • Add lighting



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with young people

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Rung 2: 'Young people are decoration'

Rung 1: You
mar

Note: Has
three run

Children's Participation from Toronto
UNICEF Innocenti Research Centre,

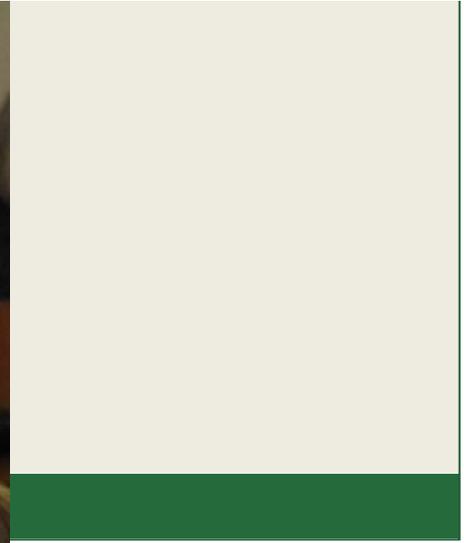




Parkway Middle School Highest Priority



Location	Problem	Student Solutions
<p data-bbox="780 278 1110 349">Neighborhood Park on Lubbock Avenue</p> 	<ul style="list-style-type: none"> <li data-bbox="1207 278 1516 349">- Not used regularly by the community <li data-bbox="1207 364 1516 435">- Strange people hang around <li data-bbox="1207 492 1516 592">- Overgrown bushes that feel like people could hide in them <li data-bbox="1207 635 1516 664">- Graffiti and trash 	<ul style="list-style-type: none"> <li data-bbox="1545 278 1903 385">- Activate the park: install a playground or create a useable space <li data-bbox="1545 492 1903 592">- Increase lighting, landscaping maintenance, and enforcement 



LESSONS LEARNED



- During School (PE) helped with success
- Engaged students may have resources themselves (Media Class, Student Council)
- Use momentum for other events
 - Park Clean-up and walk



Thanks!



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9 things to know before launching a middle school youth engagement team

**Authentic Middle School Youth Engagement in SRTS
SRTS National Partnership Webinar**

Arthur Orsini, Youth Engagement Trainer
arthur@urbanthinkers.ca www.urbanthinkers.ca

Vancouver ...& your community
cell: 778-869-6461



@urbanthinkers

Call for Stories - <http://www.urbanthinkers.ca/high-school-cyclists/>

i ii iii

Foundation

1 2 3

Who are we?

4 5 6

What are we trying to achieve?

7 8 9

What will be our greatest success?

<http://www.urbanthinkers.ca/9-things-know-middle-school-youth-engagement/>

Roger Hart's Ladder of Young People's Participation



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



<http://www.urbanthinkers.ca/using-harts-ladder-to-walk-bike-to-school/>

Youth Engagement that is Authentic





FLINT:

fun learning is not trivial



Positive emotions are conducive to creativity, expansion & looking for & seizing opportunities. Psychology for a Better World Niki Harré



'discipline' is best prevented through relationship-building

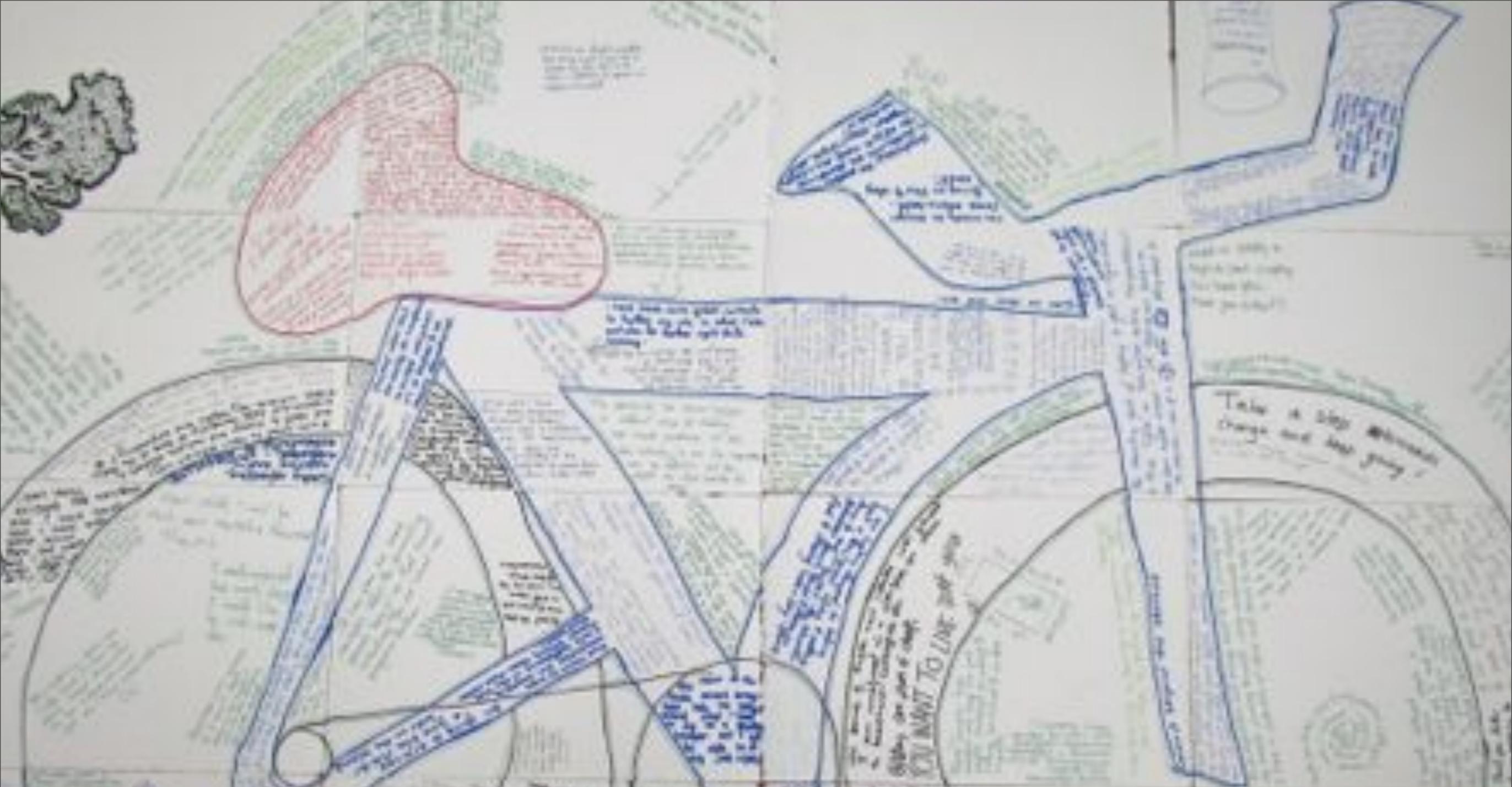
1

Power Dynamics & Discipline

<http://www.urbanthinkers.ca/ch-10-learning-without-teaching-youth-led-programs-to-reduce-car-trips-to-school/>



get permission to establish lines of communication ...for reminders & support when you're not there

A hand-drawn map on a grid background. The map features several irregularly shaped regions filled with different colors: a large red region at the top left, a blue region at the top right, a green region in the middle right, and a blue region at the bottom center. There are also some green hatched areas. Handwritten text in blue ink is scattered throughout the map, including phrases like "YOU WANT TO LIVE", "Take a step forward", and "change me and you".

**find ways to establish your identity
while documenting the process**

3

<http://www.urbanthinkers.ca/about/testimonials/>



**make space for people to gracefully
'opt out'**

4

The rule of 5/8 - reduce the stress, increase the support

Middle School Confidential: Be Confident in Who You Are <http://www.anniefox.com/books/msc1.html>



KNOW WHY

practice being able to say it, act it, BE it

5

**Elevator Speech - empowerME@school Facilitator's Guide
Stepping It Up - Drama Activity <http://www.urbanthinkers.ca/stepping-it-up/>**



PDA

Public Display of Authority

6 Constructivist Teaching: learners are actively involved in learning how to learn
"The Road to Knowledge is Always Under Construction" Audrey Gray, 1977



How would you like your Active School Travel program to look?

Posted:

Mar 08, 2012

Comments: 2

Author: Arthur

Perceptions of an Active School Travel Student Leader Group

We're beginning to wrap-up preparations for the student leader active school travel program in three Surrey, BC elementary schools. So that means it is time to start envisioning how these groups of young leaders want to be perceived by their peers.

Yesterday the students working to put together the active school travel program at Forryth Rd. Elementary selected from 16 adjectives and had a combined 'vote' to be seen as **Friendly**, **Knowledgeable** and **Creative**.

If some of the choices seem similar it's to better allow for students to use multiple attributes to show themselves across

Don't Assume

Vision + Skills + Incentives+ Resources + Action Plan = Change					
	Skills +	Incentives+	Resources +	Action Plan =	CONFUSION
Vision +		Incentives+	Resources +	Action Plan =	ANXIETY
Vision +	Skills +		Resources +	Action Plan =	GRADUAL CHANGE
Vision +	Skills +	Incentives+		Action Plan =	FRUSTRATION
Vision +	Skills +	Incentives+	Resources +		FALSE START

How Will We Know?



Begin with some low-hanging fruit

9

<http://www.urbanthinkers.ca/is-youth-engagement-in-srts-worth-the-time/>

Session
1

1) The Context for
our New Group

Session
2

2) Our Diverse Points
of View

Session
3

3) Getting Ready to
Begin



**A) More Walk, More
Roll**
*(more walking/bicycling
trips to school)*

B) Safety First
*(safer walk/bicycle
school zone)*

C) For Earth's Sake!
*(reduced pollution/
carbon footprint)*

Session
4

4 (A) How students
get to school

4 (B) Traffic Safety in
our Neighborhood

4 (C) Traffic
Congestion at the
School

Session
5

5 (A) Preparing to
Tally and Survey
the students

5 (B) Preparing to
Conduct a Walk/
Bicycle Audit

5 (C) Preparing to
Conduct a Vehicle
Count

<http://www.casaferoutestoschool.org/>

What if our work was to support children & youths in being “happy with their life”?

urban
thinkers

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<http://www.urbanthinkers.ca/adult-facilitator-training/youth-engagement-coaching/>