Goals
1. Introduce & YSA Changing the world
2. Learn the benefits of youth service
3. Discuss the “barriers” to youth service
4. Provide inspiration and stimulate creativity
5. Share resources

What Determines Our Health?

<table>
<thead>
<tr>
<th>ACCESS TO CARE</th>
<th>GENETICS</th>
<th>ENVIRONMENT</th>
<th>HEALTHY BEHAVIORS</th>
<th>BLUE ZONES PROJECT</th>
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BLUE ZONES AREAS

POWER 9

PUSHPUSH

POWER 9
Use a longer, healthier life by applying these principles inspired by the people who have lived the longest.

PUSH (Push): Wake up with purpose each day and add up to seven years to your life

SHUT (Quit): Put stress on the art of the stress-free day

THANK (Thank): Spend time with family and add up to six years to your life

KEEP (Keep): Keep up with the latest and add up to six years to your life

POWER 9

Purpose

Purpose: Wake up with purpose each day and add up to seven years to your life

Benefits

Benefits: Put stress on the art of the stress-free day

Ways to Think

Ways to Think: Spend time with family and add up to six years to your life

Keep

Keep: Keep up with the latest and add up to six years to your life

Next Steps

Next Steps: Contact us for more information and add up to six years to your life

Reach Out

Reach Out: Contact us for more information and add up to six years to your life

Blue Zones

Blue Zones: Contact us for more information and add up to six years to your life

Colby Takeda
Senior Manager – Strategic Partnerships & Initiatives
Blue Zones Project Hawaii
Who currently incorporates youth service?

“Barrier” #1

I don’t know what youth service is or why it’s important

What do you think your “barriers” to youth service are?
Youth who engage in service...
- develop skills, values, citizenship, and leadership.
- are more likely to do better in school, feel connected to the community, graduate from college, have social trust, and engage in less risky behavior.

Why Youth Service?

- are better readers, gain communication & problem-solving skills, and grow better social networks.
- are 22% less likely to begin illegal drugs, 27% less likely to begin using alcohol, and 52% less likely to skip school.

It’s fun!

Stronger communities by bringing different groups together to capitalize on human resources and generational diversity and preserve important stories, histories, and cultural traditions.

- Efforts address community needs and interests, expand services, and inspire collaborations.

You don’t know how to lead youth service activities

Youth Service America
Mission: to help all young people find their voice, take action, and make an impact on vital community issues
- Guides & toolkits, grants, trainings
- Large-scale campaigns to engage youth
It starts with an idea! Amplify it!

Adult Allies
1. Trust youth to make decisions
2. Be truthful
3. Value everyone’s time and effort
4. Challenge youth kindly
5. Learn from your peers, community resources

“Barrier” #3 Youth just aren’t interested in serving
Youth do not want to be OBJECTS of change

Youth want to be AGENTS of change

A Shift is Happening

There is a gap—especially in underserved communities—between what youth are leaning and what skills are needed to thrive in the 21st Century

Causes They Care About

1. Help youth discover their gifts, passions, and values
2. They’ll be more likely to engage if they find a cause they care about
3. Encourage creativity and exploration
“Barrier” #4

Service activities are difficult and youth feel inexperienced

Experience Barriers

Assumptions
- More experience is better
- Older is better
- If I’m not from a good school or a certain area, I can’t participate

Truth
- Youth have valuable talents to contribute, regardless of age, school, or experience
- We can form teams with mixed skills and experiences

“Grandpa is showing us how they sent a test when he was a kid.”
Intergenerational Photovoice

- Youth-led
- Nearby schools and senior communities
- Teaches digital photography
- Photovoice Process
The Problem

2007-2016

• 20 pedestrian crashes within a block from Old Stadium Park

South King & Isenberg Street:

• 3 pedestrian crashes

• 67 motor vehicle crashes

High Crash Intersection

2007-2016

• 20 pedestrian crashes within a block from Old Stadium Park

South King & Isenberg Street:

• 3 pedestrian crashes

• 67 motor vehicle crashes
“IT’S JUST AGING” BOOK

“Barrier” #5
Organizational silos stop progress, and I don’t have the support of my boss

Across Organizational Silos
1. Can in-school and out-of-school time providers collaborate more?
2. How can we integrate social services, food access, and health together?
3. What policies, procedures, and communication can break down silos?

Group Brainstorm:
How can we gain support from leadership?
# Obtaining Leadership Support

1. **Share the benefits of youth service**
   - To youth, your organization, the community

2. **Have a plan**
   - When will you do it? How? With who? How will you fund it? Are there any risks?

3. **Find allies that can back you up**

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**“Barrier” #6**

*Youth don’t want to make plans or sit in meetings*
Making Meetings Meaningful

1. Meetings should be age-appropriate
2. Find a comfortable space to meet in
3. Set ground rules that promote youth voice
4. Ensure youth are well represented
5. Have healthy snacks, stretch breaks
6. Allow youth to bring friends

"Barrier" #7

I don’t have funding or other resources

Funding Solutions

1. Think small, be resourceful
2. Mini-grants, foundation support
   • The more creative your idea, the better!
3. Donations or in-kind support from community members, businesses, parents
4. Fundraising activities and events
Improve your programs— increase impact on youth and the community, include more youth, let youth lead them.

Formalize programs—name it, create a framework, replicate it at other sites, apply for awards, and make it “signature.”

Share it—at conferences, with colleagues, on social media (pictures and video), in newsletters, with the local media.

Talk about these programs during the recruiting/hiring process.

Next Steps

If you already do youth service activities...

- Get team and leadership buy-in
- Start small—you don’t need a large budget, fancy equipment, and lots of experience to have great results
- Look to the web and other organizations for inspiration
- Ask your youth about their interests and ideas
- Challenge your staff to come up with creative ideas
- Start meeting with potential community partners

If you DO NOT do youth service activities...

- Get team and leadership buy-in
- Start small—you don’t need a large budget, fancy equipment, and lots of experience to have great results
- Look to the web and other organizations for inspiration
- Ask your youth about their interests and ideas
- Challenge your staff to come up with creative ideas
- Start meeting with potential community partners

“Good is the enemy of great... The vast majority of good organizations remain just that—good, but not great.”

- Jim C. Collins

Thank You!

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