

CONQUERING
the **TOP 10**
"Barriers" to Youth Service

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YSA Youth Changing the World
BLUE ZONES PROJECT
Brought to you by YSA

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Goals

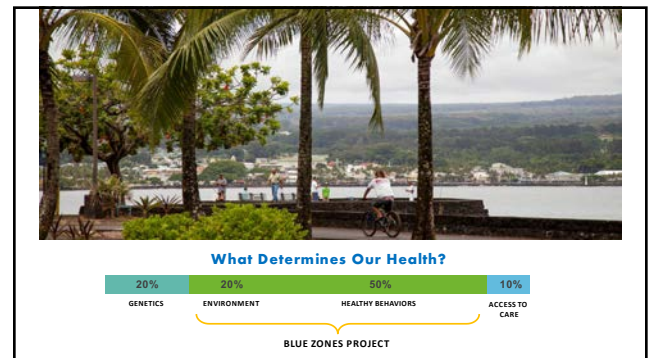
1. Introduce **BLUE ZONES PROJECT** & **YSA** Youth Changing the World
2. Learn the **benefits** of youth service
3. Discuss the **"barriers"** to youth service
4. Provide **inspiration** and stimulate creativity
5. Share **resources**

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POWER 9®

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

- MOVE NATURALLY:** Find ways to move more! You'll burn calories without thinking about it.
- PURPOSE:** Wake up with purpose each day and add up to seven years to your life.
- DOWN SHIFT:** Reverse disease by finding a stress-relieving strategy that works for you.
- 80% RULE:** Eat mindfully and stop when 80% full.
- PLANT SLANT:** Put more fruits and vegetables on your plate.
- FRIENDS @ FIVE:** Make time to spend a social hour with good friends daily.
- FAMILY FIRST:** Invest time with family – and add up to six years to your life.
- BELONG:** Belong to a faith-based community and attend services regularly to add up to 14 years to your life.
- RIGHT TRIBE:** Surround yourself with people who support positive behaviors – and who support you.

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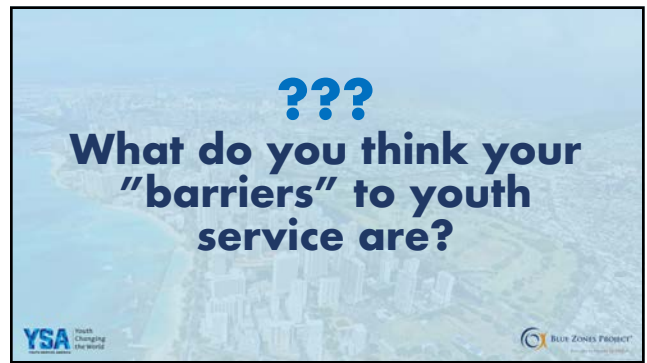
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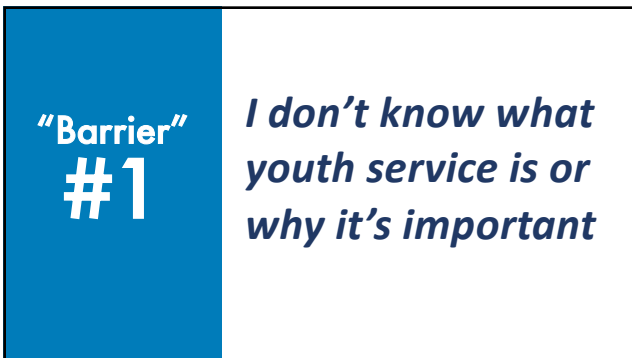
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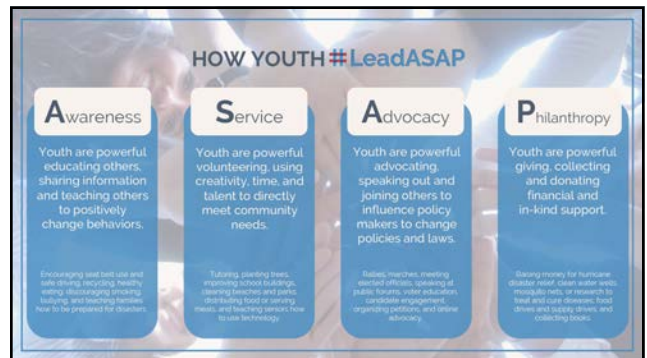
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Why Youth Service?

Youth who engage in service...

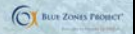
- ❖ develop skills, values, citizenship, and leadership.
- ❖ are more likely to do better in school, feel connected to the community, graduate from college, have social trust, and engage in less risky behavior.



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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.



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Why Youth Service?

It's fun!

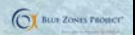


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Why Youth Service?

What does youth service mean for communities?

- ❖ 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.



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"Barrier"
#2

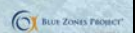
*I don't know
how to lead
youth service
activities*

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Youth Service America

Mission: to help all young people find their voice, take action, and make an impact on vital community issues

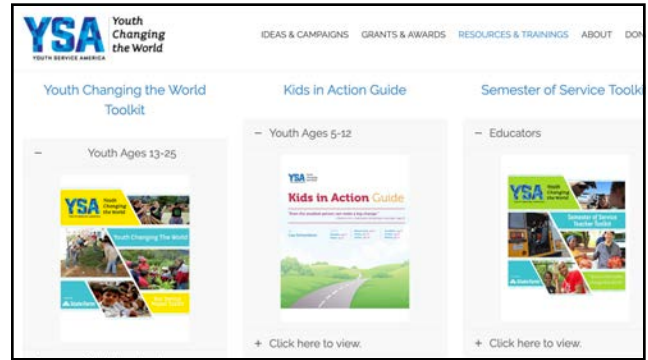
- Guides & toolkits, grants, trainings
- Large-scale campaigns to engage youth



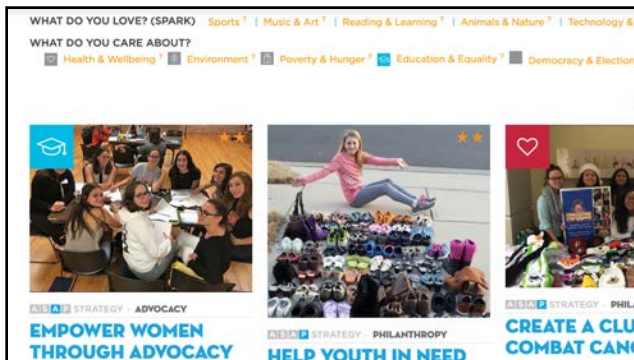
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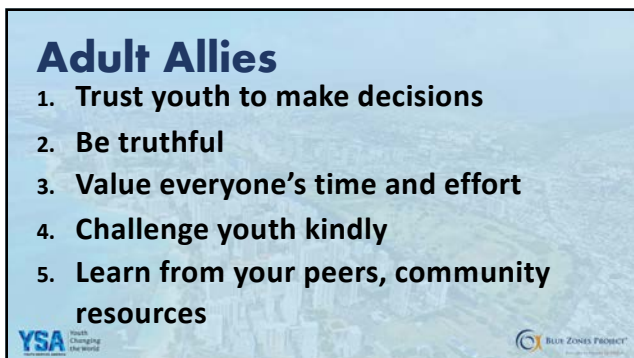
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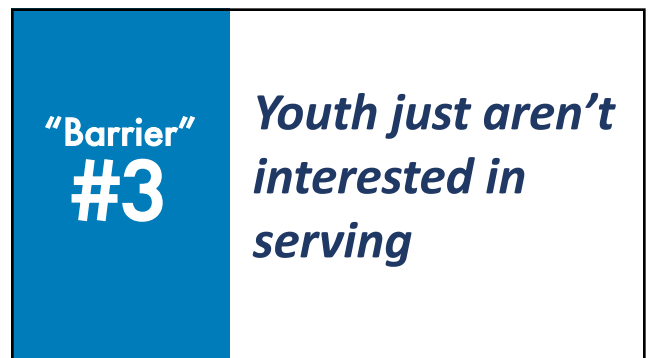
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A Shift is Happening

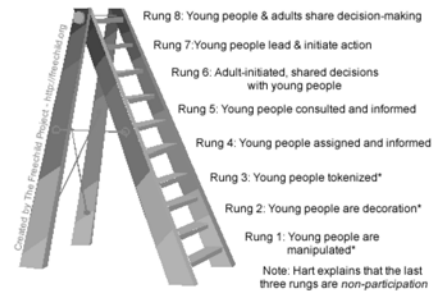
Youth do not want to be
OBJECTS of change

Youth want to be
AGENTS of change



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Roger Hart's Ladder of Young People's Participation



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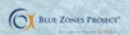
There is a gap—especially in underserved communities—between what youth are leaning and what skills are needed to thrive in the 21st Century



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Causes They Care About

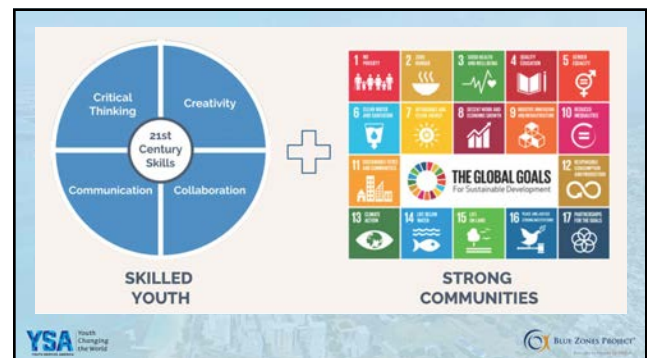
1. Help youth discover their gifts, passions, and values
2. They'll be more likely to engage if they find a cause they care about
3. Encourage creativity and exploration



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Music Playing an instrument, singing, writing songs.	Art Painting, drawing, sculpture, graphic art.	Writing Writing poetry, stories, and plays; journalism.	Movement Dancing, martial arts, cheerleading.
Building Wood working, construction, welding.	Leadership Peace building, student government, politics.	Entrepreneurship Business, marketing, inventing things.	Sports Team sports, physical activities, competitions.
Teaching Mentoring, tutoring, teaching, reading to kids.	Nature Exploring nature, wildlife, gardening.	Animals Caring for animals, training, medicine.	Computers Software development, repair, web design.
Creative Arts Cooking, sewing, fashion, knitting.	Academic Subjects Science, math, history, literature, geography.	Speech Debate or public speaking, broadcasting.	Comedy Making people laugh, jokes, writing sketches.
Spirituality Prayer, meditation, studying sacred texts.	Drama / Theater Acting, directing, theater lighting, or set design.	Photography & Film Taking pictures, making films, animation.	Reading Reading fiction, nonfiction, poetry.
Advocacy Politics and government, commitment to a cause.	Journalism Newscasting, writing, radio & TV production.	Outdoor Recreation Fishing, hunting, hiking, camping, bicycling.	Mechanics Electronics or machine repair, auto repair.

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"Barrier"

#4

Service activities are difficult and youth feel inexperienced

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Experience Barriers

Assumptions	Truth
<ul style="list-style-type: none"> • More experience is better • Older is better • If I'm not from a good school or a certain area, I can't participate 	<ul style="list-style-type: none"> • Youth have valuable talents to contribute, regardless of age, school, or experience • We can form teams with mixed skills and experiences

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Intergenerational Photovoice

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



YSA Youth Serving Adults
Youth Changing the World

BLU ZONES PROJECT
From Youth to Community

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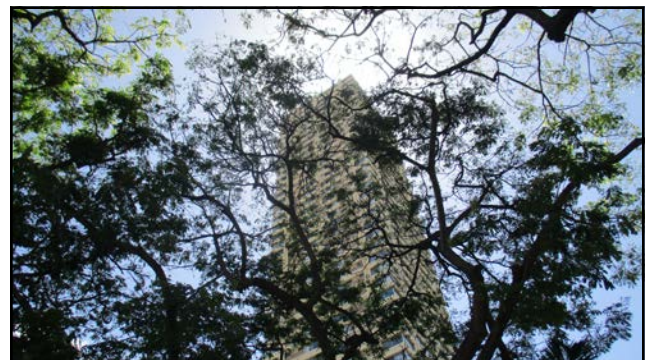
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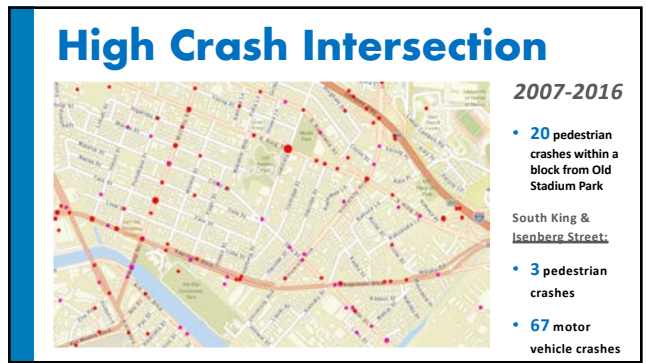
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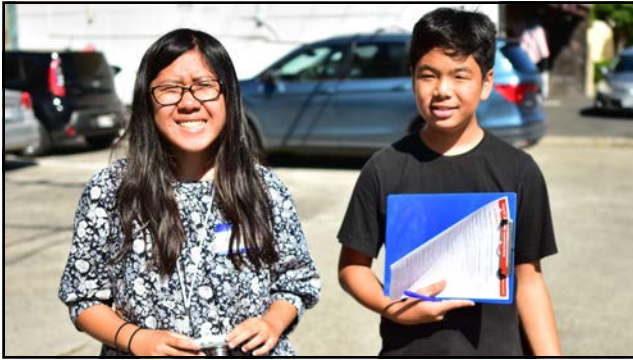
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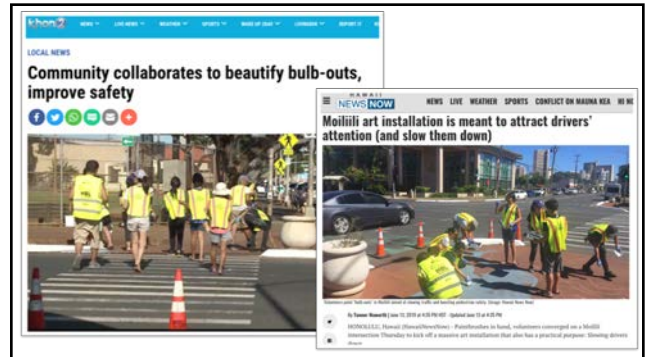
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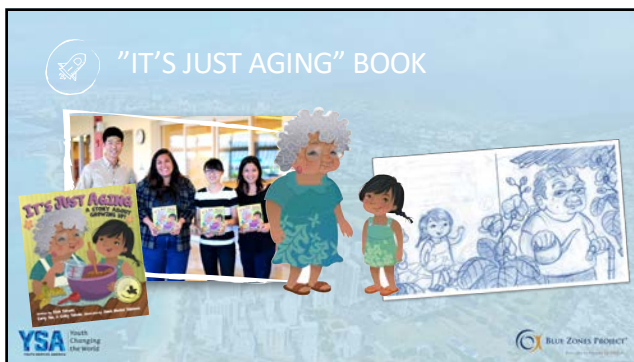
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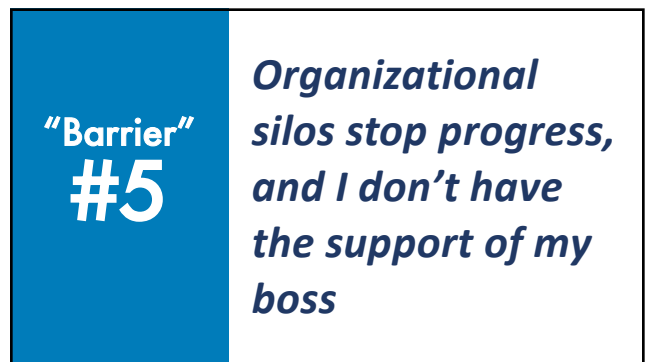
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Obtaining Leadership Support

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

YSA Youth
Changing
the World

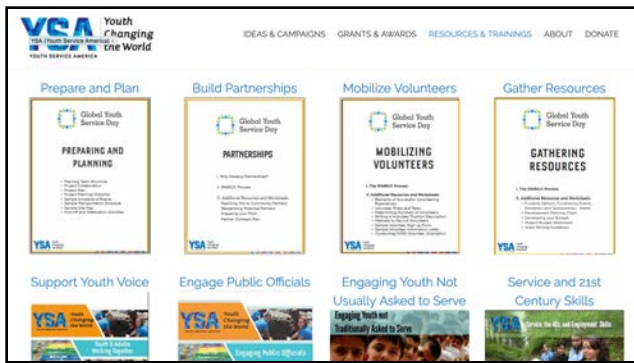
Blue Zones Project

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"Barrier"
#6

*Youth don't
want to make
plans or sit in
meetings*

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 A worksheet for planning a service project. It features a central yellow box with the text 'My service project is...' and several horizontal lines for writing. Four yellow arrows point from the surrounding boxes towards this central box. The surrounding boxes are: 'My cause is...' (top left), 'My personal passion or asset is ...' (top right), 'My action strategy is...' (bottom left), and 'My community can help by...' (bottom right).

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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



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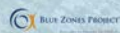
"Barrier"
#7

*I don't have
funding or other
resources*

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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



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 **Next Steps** If you already do youth service activities...

- **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

Logos for YSA and Blue Zones Project are at the bottom.

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 **Next Steps** 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**

Logos for YSA and Blue Zones Project are at the bottom.

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

— Jim C. Collins



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Thank You!

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