



## THE VOICE OF SEXUAL HEALTH: EMPOWERING YOUTH TO LEADERSHIP AND ADVOCACY

Topic: *Sexual Health and Youth Advocacy*

Michigan Youth Voice (MY Voice) is a youth advisory council that brings together young people from around the state to give input on sexual health programs and services directed toward youth. MY Voice is coordinated by the Michigan Organization for Adolescent Sexual Health (MOASH). The MY Voice members will address youth sexual health and advocacy by drawing from their personal experiences. The workshop will also focus on other teen health issues, such as teen pregnancy, STD/HIV, LGBTQ safety, bullying and equality.



## S.O.Y.L: SAVING OUR YOUNG LIVES

Topic: *Violence Prevention*

This violence prevention workshop will engage participants by sharing an original S.O.Y.L. documentary sharing true stories of how violence can affect youth. Our S.O.Y.L. team will incorporate their experience to create a workshop offering other youth conflict resolution skills to implement into their schools. Participants in the workshop will be able to apply new strategies to address cyber bullying that can lead to violence. This workshop will also provide a logical approach to create unity between peers and members of the school district to reduce youth violence.



## GOT HEALTH? EXPO PLANNING WITH INGHAM COUNTY PEACE AND PROSPERITY INTERNS

Topic: *Access to Healthy Food, Physical Activity, Violence Prevention & Educational Opportunity*

Peace and Prosperity Youth Action Movement Interns will engage other existing youth leadership groups in Ingham County and beyond in the planning and presentation of their upcoming Got Health? Expo.



## ANISHNAABE N'DAW—I AM AN AMERICAN INDIAN/INDIGENOUS PERSON

Topic: *Social Justice and Diversity*

The Indigenous Youth Empowerment Program (IYEP) is a program developed specifically for the American Indian/First Nations youth addressing specific needs in culture, academics, health and community. Program staff and students will highlight IYEP. The envision statement of IYEP states: *We envision indigenous youth to be empowering leaders within their schools and native communities. We foresee youth reclaiming a healthy balance of communal and traditional well being by emphasizing the value of respect. We believe in the traditional knowledge to youth will assist in the sustaining and maintaining of Indigenous nations for the next seven generations.* The program staff and students will also discuss issues surrounding identity and acceptance of American Indians/First Nations culture in the greater Lansing area and the steps that are being taken to address these issues.



## VENT—VOICING EVERYTHING NEVER TOLD

*Topic: Using Art to Communicate Your Message*

This workshop will focus on youth sharing their experiences, thoughts, and feelings using art—journaling, poetry, song, dance, video, drawings—to create health messages and advocate for change on an individual, community, and state level. Health messages shared through art help to create a feeling of personal connection, therefore are more engaging and can be more effective. Participants in the workshop will be able to apply new strategies in using art for peer and community education and advocacy.



## YOUTH WHO WALKED AND TALKED AND BLEW THE HOUSE DOWN

*Topic: Advocacy and Student Leadership in School Programs*

Students will hear how one group of middle school students became concerned about the unsafe walking routes to their school and the lack of exercise among their peers, and how they are changing the environment through civic engagement. Youth will showcase their involvement in the grant process, program planning and implementation in their school. Workshop attendees will learn the why and how of accessing their city council members, letter writing campaigns and choosing adult allies. Those in attendance will also learn how to work with adult allies to make sure their voice is heard in creating programs that meet their needs and interests.



## TAKING A STAND: HELPING TEENS MAKE IMPORTANT DECISIONS ABOUT SEXUAL HEALTH

*Topic: Teen Pregnancy Prevention and Adolescent Sexual Health*

The Jackson County Teen Pregnancy Prevention Initiative (TPPI) Teen Advisory Council (TAC) will provide an overview on strategies used to educate their peers and the community on the importance of pregnancy prevention and sexual health. The TAC will provide tangible ideas for other teens to put into practice in their respective schools to spread the message of adolescent sexual health. The TAC has experience presenting to administrators, participating in school-wide assemblies, acting as mentors to younger teens, presenting as Peer Educators, and developing special projects for teens and parents in their community. The workshop will include examples of interactive activities and role plays that have been implemented in after school programs and in middle school classrooms.



## LEAD THE WAY TO A HEALTHIER HIGH SCHOOL

*Topic: Nutrition and How to be a Teen Leader*

Youth presenters will discuss strategies and impact plans they have utilized to make healthy changes in their school and community. They will incorporate audience participation and physical activity to ensure effective learning outcomes. Focus will be on the steps they took and strategies utilized to initiate and create positive change in their surroundings.



## YOUTH AS ADVOCATES: THE POWER TO ACHIEVE EQUAL HEALTH FOR ALL!

*Topic: How to be an Effective Advocate and Social Justice*

The session will give tangible strategies and experiences from youth advocates across the state on their experiences with health equity. A youth panel will showcase their efforts, share what they have accomplished to achieve equal health opportunities for everyone, and give strategies other teens can implement back in their own community.



## THE MEGA MIND LEADER PRESENTATION

*Topic: Youth Leadership*

Using the movie *Mega Mind*, the Battle Creek NAACP Youth Council will demonstrate characteristics that all leaders need to be successful leaders. The audience will recognize their strengths and weaknesses for continual self-improvement as a leader.