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# Elevating Voices: Empowering Youth Through Meaningful Engagement and Student Health Action Councils

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# CME and CE Information

In support of improving patient care, this activity has been planned and implemented by School-Based Health Alliance and Moses/Weitzman Health System, Inc. and its Weitzman Institute and is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

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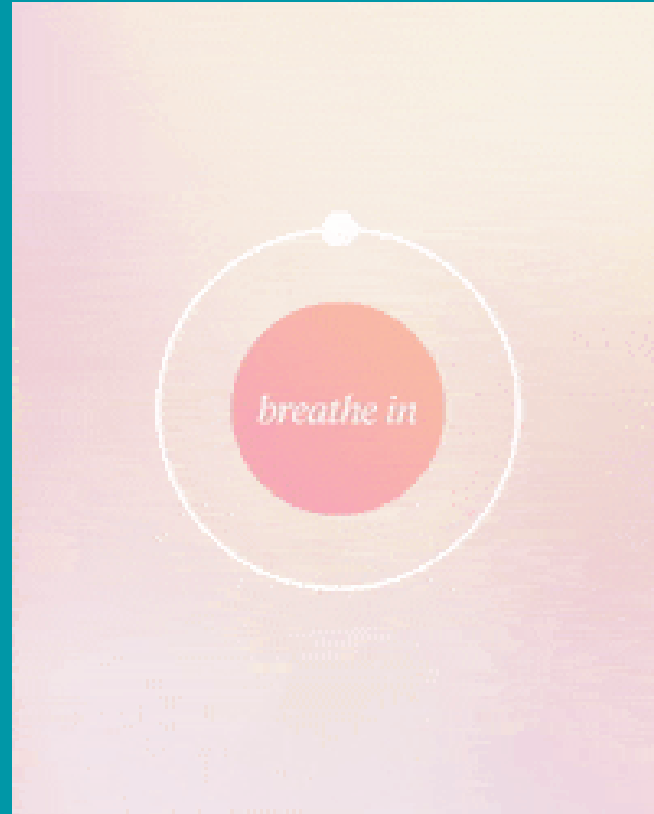
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- American Dental Association's Continuing Education Recognition Program (ADA CERP)
- American Psychological Association (APA)
- Association of Social Work Boards (ASWB)
- Commission on Dietetic Registration (CDR)

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# YOUTH/ADULT PARTNERSHIPS



- ☆ CONSCIOUS, NOT COINCIDENTAL
- ☆ EQUITABLE, NOT EQUAL
- ☆ HUMILITY
- ☆ APPROPRIATE TRANSPARENCY
- ☆ CONSISTENT FLEXIBILITY



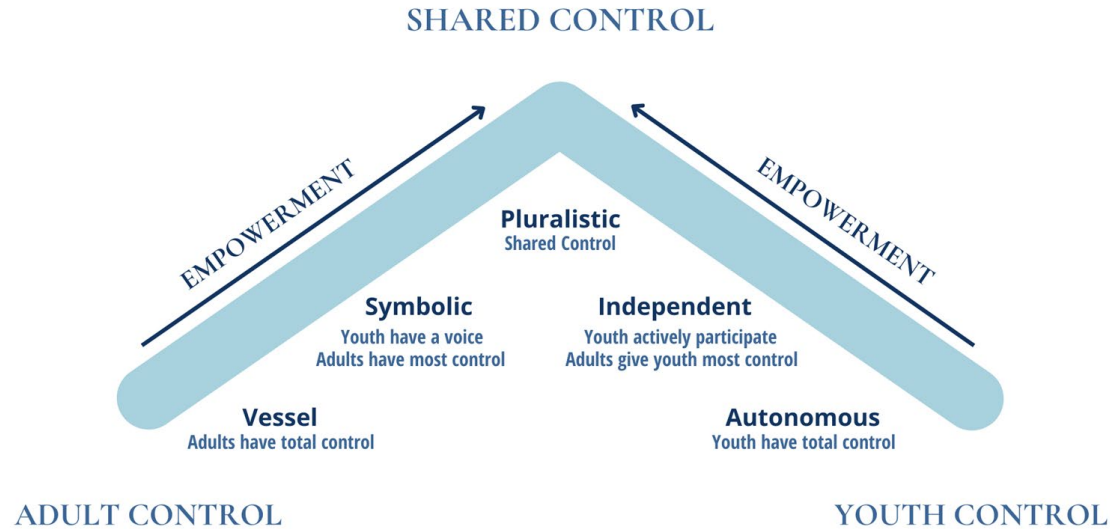
[freechild.org](http://freechild.org)



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## Youth/Adult Partnerships



Wong's-TYPE Pyramid

# Youth/Adult Partnership Data

- Results: “adults provide the necessary emotional context through which youth voice may exert its influence on positive youth development”
- Results: “youth are most likely to achieve positive outcomes when they experience the freedom to make decisions, while experiencing trust and power sharing from adults”
- These results transcends cultural barriers, results were found to be the same with a vast group of people with different ethnicities and religions



**Table 1.** Trusted Adults by Category.

Category of trusted adult	% <sup>a</sup>
Extended family	56.3
Older friend	16.7
Person in a paid role	45.8
Community member	12.5
Other	4.2



# Lauren's Story



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Need help?

***let's talk.***

4-10pm daily

TALK  
**877.968.8491**

TEXT  
"teen2teen" to 839863

CHAT  
**OregonYouthLine.org**

# When did an adult...

- Make you feel empowered
  - What were the words they used
  - What directions or support did they give
- Describe other feelings that came up remembering that experience



What our Student Health Action Council (SHAC) said.



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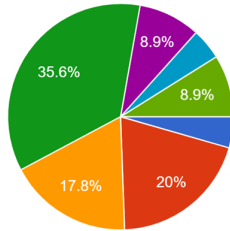


# SHAC member data



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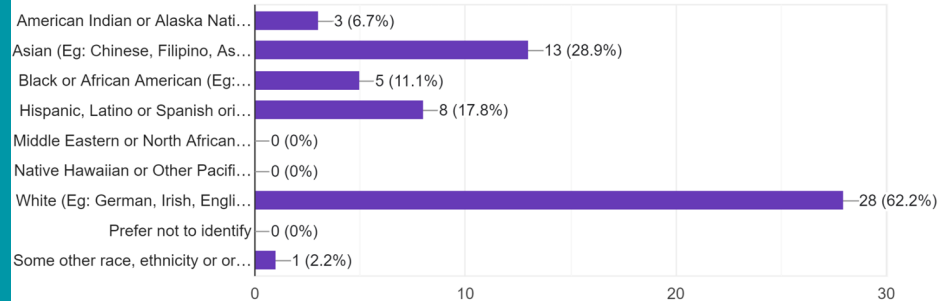
## Sexuality 45 responses



- Asexual (You experience little to no sexual attraction.)
- Bisexual (You are attracted sexually and/or romantically to two or more ge...
- Gay, lesbian or queer (You are a man...
- Heterosexual/straight
- Pansexual (Gender is irrelevant to you...
- Questioning (You are someone who is...
- Self identified (please specify below)
- Prefer not to say

## How would you best describe yourself? (Feel free to pick more than one option)

45 responses



“What are qualities you appreciate most in an adult you trust?”

- Listens 88.9%
- Good sense of humor 82.2%
- Kind 80%
- Uses actions and words that aren't condescending 66.7%
- Validates my feelings 60%
- When adults do their best not to micromanage us 55.6%
- Offers advice when asked 48.9%



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What surprised you about what  
youth said?





# How to talk with youth/building trust...

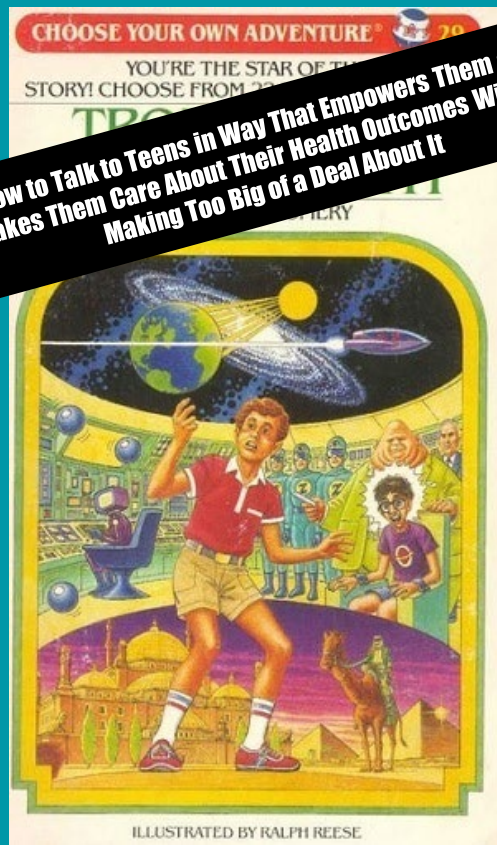
- Authenticity
- Listen without judgment
- Actively listening and showing interest/making it clear that you are interested in what they have to say
- Help them when they ask for it.
- Don't break their trust, For Ex: when they ask you not to tell anyone but you still do.

# Choose Your Own Adventure!



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**How to Talk to Teens in Way That Empowers Them and  
Makes Them Care About Their Health Outcomes Without  
Making Too Big of a Deal About It**







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# Discussion



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# Starting a SHAC/YAC



# What is a Student Health Action Council (SHAC)?

- Student group
- Focused on promoting health equity within their communities
- Prioritizes youth engagement



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## Why are SHAC's important?

- School-wide health & wellness promotion.
- Youth-guided improvement to Student health center access and services.
- Positive Youth Development.



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The beginning...





# Working with School Administration:

Sometimes the biggest challenge

- Find your School Champion
- Lean on student pull in the school
- Be transparent and get to know folks at the front office
- Sign up for any school apps or newsletters
- Be involved in school events



# Recruitment



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# Meetings



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# Project planning

- Gauge student interest of different public health topics
- Allow students autonomy to choose projects
- For SHAC's with 10+ members break into committees based on the project
- Vote on which projects have the most student interest
  - Eyes closed, hands raised
  - Poll Anywhere
  - Ballot box

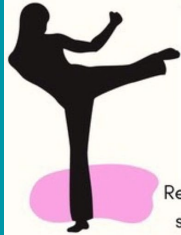
# Projects

## SPRING INTO ACTION

- ★ Learn Self Defense
- ★ Educate yourself on sexual violence
- ★ Train skills to react in different scenarios

Food will be provided for participants only

When: May 18th, 12-3:30pm  
Where: In the wrestling gym  
How to register? Scan QR Code below to register



Register NOW to get your spot before they fill up



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# Celebrate!



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# SHAC Manual



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**Student Health  
Action Council  
(SHAC) Handbook**



# References



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