



2014 Youth Leadership Academy ***Be the Change***

June 9-10, 2014
University of Oklahoma

What we want to accomplish:

- To provide a basic understanding of environmental prevention strategies for local issues
- To identify youth-driven solutions and projects to implement in your own schools/communities
- To understand action planning and create timelines for the 2014 -2015 year

PRE-ACADEMY (by invitation) – June 8th

- 3:30 pm Arrival
- Students arrive at Academy site
 - Registration
- 4:00 pm Introduction to Mental Health First Aid for Youth
- What is it?
 - How can you get your school interested?
 - Create an action plan!
- 6:00 pm Dinner provided
- 7:00 pm Unpack/ set up sleeping arrangements

DAY 1 – June 9th

- 8:00 am Check In & Breakfast Provided
- Students arrive at Academy site
 - Registration
- 9:00 am Welcome!
- Facility & Safety Orientation
 - Agenda and goals for the Academy
 - Introductions and icebreaker activity
 - Group expectations and agreements
 - Icebreaker activity
- 10:30 am Take a Look Around
- Popcorn Shout Out: What's going on in your community?
 - Popcorn Shout Out: What are the messages to teens?
 - Group Drawing: My Ideal Community
 - Group Report Out: What are the commonalities and differences?
- 12 noon Lunch at OU Cafeteria
- 1:30 pm Energizer activity
- 2:00 pm Environmental Prevention...huh?
- My Dog Has Fleas!
 - The Public Health Triangle
 - Using music to make it stick
- 3:15 pm Break / Snacks
- 3:25 pm Team building activity
- 3:45 pm Youth-led Facilitation
- What is Facilitation?
 - Active Listening: Mirroring and Paraphrasing
 - Practice: Facilitating a decision-making process
- 5:15 pm Team building activity
- 5:30 pm Day 1 Closing
- Group Share Activity Reflecting on Day 1
- 6:00 pm Dinner at OU Cafeteria
- 8:00 pm Pool Party!
- 11:00 pm Sponsor/Security Check - Lights Out

Day 2 – June 10th

- 7:30 am Breakfast at OU Cafeteria
- 8:30 am Getting Started
- Day 1 Review
- Review Day 2 Agenda
- Energizer Activity: Communication
- 9:15 am Problem Tree
- Head Cold Example
- Create a tree that affects us and our issue:
- Social Norms Tree
- Media Messages Tree
- Access and Availability Tree
- Laws, Rules and Policy Tree
- Group Report Out
- 10:45 am Action Planning 101
- 11:15 am Hitting Your Target: Goals and Objectives
- 12 noon Lunch At OU Cafeteria
- 1:15 pm Energizer Activity
- 1:30 pm What is Action?
- Action Octopus
- Scenarios: This is an Action...
- Scenarios: This is an Activity...
- 2:45 pm Who are we?
- Creating a Group Shield
- Group Report Out
- 3:15 pm Break / Snacks
- 3:30 pm Choosing a Solution
- What works for your community?
- Voting with stickers and report back
- 4:15 pm Action Planning
- Choose a root problem that you want to take on
- Action Map
- Creating an Action Timeline for 2014-2015
- Prepare to present Action Timeline to larger group
(Be creative: television commercial, interview, etc.)
- 5:15 pm Day 2 Closing
- Head, Heart, Feet Activity
- 5:30 pm Dismissal
- 6:00 pm Dinner at OU Cafeteria (optional)