

ICE BREAKER

THANK YOU

YOUTH THRIVING SUMMIT PLANNING TEAM

Alexis Menefee
Tiera Menefee
Amiera Blankenship
Avni Khandelwal
Vijay Arora
Jacob Voelker

Trinity Booth
Samaiyah Johnson
Ryan Cameron
Chaya Beatty
Linajah Tyler
London Askew

THANK YOU

TO OUR SPONSORS







HOWARD HEINZ ENDOWMENT VIRA I. HEINZ ENDOWMENT SHEAR FAMILY FOUNDATION











Black Girls Advocacy and Leadership Alliance (BGALA)

Gwen's Girls

PENN HILLS SCHOOL DISTRICT

THE YOUTH OF INFLUENCE

ARSHAD BRYANT
PAULA MENIFIELD-MORGAN
AZARIAH WADE

THE PAST.

- The Synagogue was the terrorist attack that took place at the Tree of Life in Squirrel Hill, PA. This event was the start of our journey to prevent hate.
- We then brought ourselves together to understand the root of hate to prevent it. We realized
 that there are different kinds of hate and often can express itself in different ways.
- Hate can be seen as racism, colorism, sexism, discrimination, segregation and all often collides with prejudice beliefs.
- Not knowing something or not having a empathetic understanding of people and their cultures and lifestyles can build a negative influence and later hate. This hate lead to gun violence.
- In School, hate can start from a bad day to then bad energy then negative speech and all of sudden you build up this anger that then interrupts another persons day.
- So, how can we prevent hate?

THE PRESENT.

- We plan to prevent hate, by encouraging others to heal their past and construct their futures.
- In our school, we have programs such as:
- BSU The Black Student Union
- Safe Spaces Our afterschool program from 2-6 the provides a safe space for us to be and do homework, activities such as open gym, yoga, creative talk and groups, and provides a meal and snack as well as transportation.
- Youth Of Influence Students trying to create spaces of positivity and understanding for others to further open opportunities to fit within out community.
- So, What's the plan?

THE FUTURE.

- From our understanding of hate and the connection of our current programs we hope to bring more projects and supports groups to unify our community such as:
- LGBTQ+ Awareness
- A Chill Space (Mental Health)
- Minority Group Acknowledgement
- Healing Resources/ therapeutic methods
- Eradicate Hate prep rallies
- Our Eradicate Hate mural
- "We hear you" anonymous box
- Food Bank for Everyone
- Art program of Acknowledgement
- Posters of Positivity
- We want to further connect our past and present with our goals and plans for the future. We need to
 unify to better understand our world and let those who aren't heard be heard, and ultimately Eradicate
 Hate.

SOUTH ALLEGHENY SCHOOL DISTRICT

Fradicate Hate South Allegheny



Who Are We?









Why?

- It all started with the Eradicate Hate Global Summit! We were founded to initiate change in our school and community and spread our message to as many people as possible.
- It is our responsibility as members of our community and school to make it a
 better place for everyone, especially those who are targets of hate because of
 their culture or identity, by fostering change and educating ourselves and
 others.
- Change can start anywhere, we believe it can start with us.
 Acts of kindness even small ones can change the course of history. Our mission is to educate and stop the spread of hate.

How We Stop The Hate

 Our group attended the Global Summit for Eradicate Hate the past 2 years

 We celebrate months dedicated to targeted minorities, such as Black, Hispanic, and Women's History Months through school-wide activities including our wax museum, door contest, fundraisers and celebrations that promote inclusivity and education.

 We frequently host events meant to educate ourselves as well as other members of our school and community in order to become more culturally conscious and accepting.







Our Next Move: Meet Your Neighbor Day



This May 3rd, our Eradicate Hate group is hosting a Meet Your Neighbor Day in Glassport. We hope that this event will foster a more kind and understanding nature within our community. There will be booths and games set up by local organizations as well as food from local restaurants and music from a local DJ so we can get to know and celebrate our own neighbors a bit better. We invite all our neighbors to come spend time with and get to know each other!

Ways Everyone Can Spread the

- Level and learn about your friends', family's, and community's heritages, cultures, and diversities.
- Partake in random acts of kindness. Even the smallest act can go a long way.
- Let people be heard and understood because everyone deserves to feel valid and valued!







STELL VALLEY SCHOOL DISTRICT

CARLOS SCOTT, MIKE CRIST, QURAN PIERCE, ASHANTI PURIFOY, AMARA CATLIN, NYAUMI TART, AND JADEN CABBAGESTALK

STEEL VALLEY TEEN LEADERSHIP GROUP

Service Project Healthy and Unhealthy Relationships

 The Purpose: To promote and understand what a healthy and unhealthy relationship looks like between parents, friends and peers.

- Spider Web Activity
- Scenario Activity
- Drawing Activity

SPIDER WEBACTIVITY

THE SPIDER WEB ACTIVITY WAS
MEANT FOR STUDENTS TO
EXPRESS THEIR APPRECIATION
FOR THEIR FELLOW CLASSMATES
BY RECOGNIZING THEIR POSITIVE
CHARACTERISTICS.

AT THE END THEY REALIZE HOW THEYRE ALL CONNECTED TO EACH OTHER.



SCENARIO ACTIVITY

THE SCENARIO ACTIVITY HELPED US
GET A BETTER UNDERSTANDING ON
HOW SOME OF THE KIDS RESPOND IN
CERTAIN SITUATIONS AND HELPED US
GUIDE THEM TO GIVE BETTER
REACTIONS





DRAWING ACTIVITY

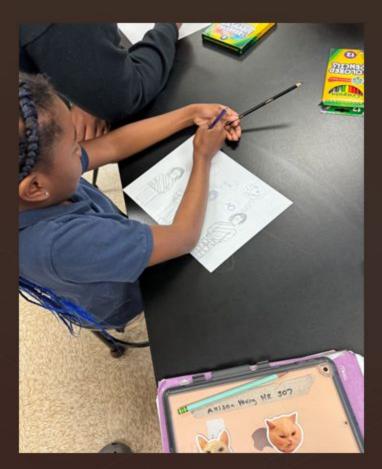
THE DRAWING ACTIVITY WAS FOR STUDENTS TO SHOW AND EXPRESS WHAT THEY THINK HEALTHY AND UNHEALTHY RELATIONSHIPS LOOK LIKE.















WOODLAND HILLS SCHOOL DISTRICT

Woodland Hills Multi-District Student Summit

Student Leader Presentation

Purpose:

The Student Summit is focused on bringing together students from urban, suburban, and rural school districts to focus on **UNITY** in a period of division.

It is vital to our Summit that we have students from urban, rural, and suburban communities. Giving students not only a voice but the ability to interact with children who have different cultural, social, and environmental experiences is pivotal to the project. Through their words and actions we can initiate change in a culturally divided society.

o celebrate the fifth anniversary of the summit, this year's theme is "Unity Through the Branches of **Growth.**" Wood is the traditional gift material for a fifth anniversary. That concept, combined with the continued expansion of the summit and the underlying quest to foster individual and community growth, helped generate the theme. The image below was created by alumni CJ Swanson. They are an amazing artist who captured our theme beautifully.



The following list of schools comprises urban, suburban, and rural school districts. The purpose of this list is to showcase the differences and similarities that students face in today's world by intentionally bringing together ideas and experiences from different points of view.

- Woodland Hills
- 2. Westmont Hilltop
- 3. Mt. Lebanon
- 4. Belle Vernon
- 5. Avonworth
- 6. Aliquippa
- 7. Penn Hills
- 8. Greater Johnstown
- 9. Carlynton
- 10. Seneca Valley
- 11. Steel Valley
- 12. South Side Area
- 13. City of Bridges
- 14. South Fayette
- 15. West Mifflin
- 16. Pittsburgh Public Science & Technology Academy
- 17. Westinghouse
- 18. North Gate

Nate Scott and Jazlynn Sanders - Police Relations

Nate Scott (WH) – I am a Senior and a first year summit leader. Our session was based primarily on the relationship between police and the community. We used data metrics, gave useful advice on how to handle certain situations and demonstrated scenarios to build an understanding of what to do in situations involving the police.

Jazlynn Sanders (WH) –I am a senior and a first year leader for the summit. In our session not only were we helping the community build relationships with the police but we also gave them a safe space to talk about their opinions on certain issues. From there we were able to give useful advice taught to use by the Pittsburgh police officers and Tiffany Costa.

Aubrie Moon - Mental Health

Aubrie Moon (WH) – I am a Sophomore and a second year Summit leader. Our session was about mental health and the effects that it has on youth today. We primarily talked about what mental health can look like and coping mechanisms and resources to help support students. We also touched on the stigma surrounding mental health and how that can discourage individuals from seeking help.

Naomi Pollard - Creating Positive Change in Schools

Naomi Pollard (WH) – I am a senior. I am involved in cheerleading, Black Student Union, the Emerging Leaders Program, International Studies, Track, Esports, and Pizza Club. I helped to lead the group Creating Positive Change in Schools. In our sessions we discussed groups that our individual schools have and their initiatives. We surveyed students on their school environment and how to create positive change.

Testimonials

Student Summit

Follow Us!



YOUTH ENRICHMENT SERVICES

Developing and Engaging Youth Leaders through Activism and Civic Engagement:

A look into Youths' Experiences in YES' YCLA + Teen Council

April 19, 2024 | Youth Thriving Conference











Student Introductions



Pittsburgh: "America's Most Livable City"



There are many reasons Pittsburgh has been named "America's Most Livable City" by both Forbes and The Economist of London.

LOCAL NEWS >

Pittsburgh ranked among best places to live in the United States



By Patrick Damp July 21, 2022 / 7:32 AM EDT / CBS Pittsburgh







Pittsburgh ranks best place to live in Pennsylvania and 26th in U.S.



by Michael Machosky

The Economist names Pittsburgh the Most Livable City (on the mainland) again

TOP STORIES

Pittsburgh ranked as most livable city in continental United **States**

August 25, 2014

September 20, 2022

Pittsburgh's No. 1! (or 2 or 3 or ...)

An ongoing file of the best (and worst) city lists Pittsburgh gets ranked

By Lisa Cunningham



Pittsburgh Once Again "Most Livable City" 08/26 2014

Once again, Pittsburgh has been named the most livable city in the continental United States. For the second time since 2009, the Economist rated the Steel City as best places to live, based on stability, healthcare, culture and environment, education and infrastructure

http://pittsburgh.cbslocal.com/2014/08/26/pittsburgh-most-livable-city-in-continental-u-s/

admin Entertainment/Hospitality, Environment/Health

« Pgh Public Schools To Offer Free Lunches To All Students, Regardless Of Income

South Oakland Adult Night For Sat 8/30 Cancelled »

News In Brief

It's official: Pittsburgh is the most liveable city in the U.S.

Katharine Crnko

Feb 22, 2011



Pittsburgh & Its Challenges

- Vibrant and growing medical and tech epicenter
- Livable and affordable for some; unlivable for others
- Racial and Socioeconomic inequities
- Segregated and divided
- Public Health threats
- Aging Infrastructure
- Gentrification and its impact on made-marginalized individuals
- Violence
- Educational disparities and injustices

 Disparities are concentrated in East Hills, Homewood, Larimer, Lincoln-Lemington, and Wilkinsburg

Upper Northside, Hill
District, South Hilltop, West
End, Penn Hills, and Mon
Valley are also areas with
disproportionate health and
educational outcomes



Heightened Injustices + Lack of Youth Voices in Local Government and Decision Making





Nearly 30 Pittsburgh students complete inaugural Youth Civic Leadership Academy





Pittsburgh Mayor Ed Gainey on Tuesday posed with other leaders and students who completed the city's first Youth Civic Leadership Academy,

Nearly 30 Pittsburgh students on Tuesday were recognized for completing the city's inaugural Youth Civic Leadership Academy, a 15-week program that allowed students to earn college credits while learning about local government.

EMAIL NEWSLETTERS

TribLIVE's Daily and Weekly email newsletters deliver the news you want and information LOCAL

City of Pittsburgh introduces Youth Civic Leadership Academy









By WPXI.com News Staff

October 18, 2022 at 7:58 pm EDT

PITTSBURGH — Twenty-seven students from across the city will meet at the Youth Civic Leadership Academy.

The first-of-its-kind program will afford students college credits, a stipend ar

"Our kids today are facing a world today that none of us ever could have ima

Pittsburgh Youth Civic Leadership Academy



City launches academy to introduce students to local government

lillian Forstadt, October 19, 2022

Mayor Ed Gainey said the Youth Civic Leadership Academy, launched Tuesday, will train the next generation of city leaders





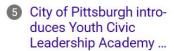
15-week program to teach Pittsburgh students leadership

www.cbsnews.com



City of Pittsburgh introduces Youth Civic Leadership Academy

www.wpxi.com



The city of Pittsburgh has seen 10 teen homicides this year, and as youth violence increases, the mayor's office is presenting a new resolution: the ...



y news.yahoo.com

Exploring Program Components

What is YCLA?

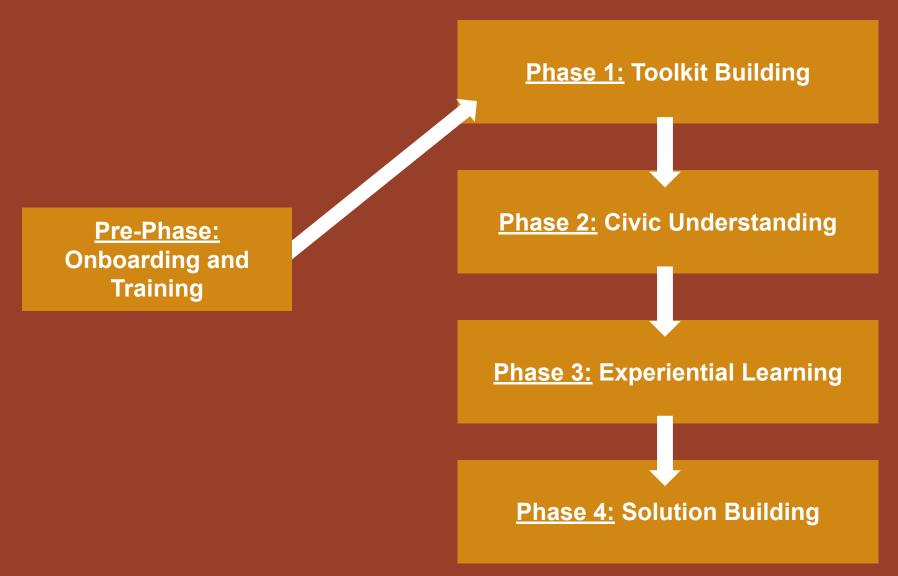
- An opportunity designed to help youth access, explore, and experience industries within local government that are typically deemed inaccessible for youth of color
- A credit-barring and financial resource-giving opportunity to engage in experiential learning, civic-related programming, and solution-driven research
- A unique connection to governmental initiatives and work of Pittsburgh's Mayor Ed Gainey

Program Objectives & Goals

- Participate in work-based learning experiences through local governmental industries
- Gain exposure to careers in civic leadership and city government
- Students develop problem-solving, research, and leadership skills to leverage in future educational and professional settings
- Students develop an orientation toward civic engagement

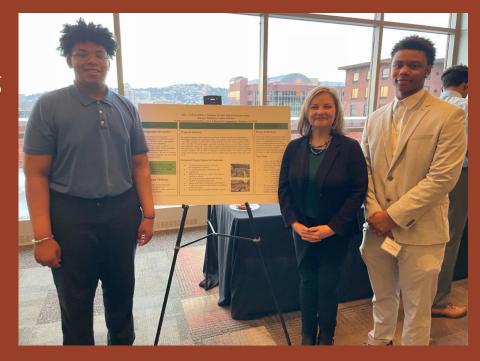
Program Components & Phases

YCLA Program Phases



What does successful completion look like?

- Attend 80% of (tu/th) sessions
- At least 10 hours of experiential learning
- Complete other coursework
- Complete research project
- Present research projects



Example Research Projects



Youth-Led Initiative to Increase Youth Involvement in City Programming Mitra Hussaini & Ramin Hussaini



Youth Enrichment Services | YCLA Research Symposium | January 31, 2023

Context

Background Information

Young people have historically been excluded from the co-design process of out of school time program creation (Cohen, 2019). This has led to a lack of youth involvement in programs and relationships with young people (Ripberger, N.D). Because of this, program staff are likely unable to reach young people or create programs that attract young people's participation. These issues are relevant to the City of Pittsburgh's Park and Recreation Department and necessary to address, given the rise in gun violence and other youth-challenges.

Department Challenge

The Department of Parks and Recreation (P&R) was interested in multiple challenges. However, we focused on how to help P&R create programming that appeals to and aligns with young people's values and encourages participation in youth programming.

Project Design

Proposed Solution

We plan to create a youth-led initiative where we use social media to make advertisements about the program opportunities available in the department. Through this initiative, young people will support and share decision making and offer their input. They will be given leadership opportunities to work alongside adult staff. The Department will intentionally develop relationships with students through local school partnerships.

Projected Impact & Outcomes

- Change youths' role in their communities by improving their access to community leaders.
- Empower youth with new skills and knowledge.
- Enhance relationships with elders and others, creating opportunities for them to address problems and conflicts.
- Access to leadership opportunities that young people might not get otherwise.
- Program alignment between youth needs and youth programming

Discussion

Project Reflections

We both learned important lessons about how valuable youth-led research initiatives can be. This approach has the potential to benefit youth researchers, communities, and city leaders. We worked very hard on the project and our specific challenge, despite our lack of familiarity with Pittsburgh. Involving young people in the design process is one way to leverage their creativity, ideas, and passion.

Next Steps

<u>Step 1:</u> Meet with City Officials to discuss youth-led initiative infrastructure.

<u>Step 2:</u> Identify resources necessary to implement the youth-led opportunities.

<u>Step 3:</u> Recruit and onboard students from northern, southern, eastern, and western Pittsburgh communities.

<u>Step 4:</u> Host regular meetings where students will share their ideas, perspectives, and hopes each quarter.

The Lifestyle App, HALE: Exploring Solutions to Obesity Among Low-Income Pittsburgers

William James Sheffield, Jr. Justin Trayvon Reed





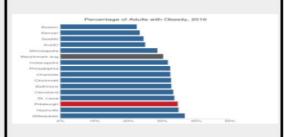
Problem Context

Literature Review

Obesity has been a problem since the 1980s, and is responsible for a multitude of health problems like high blood pressure (hypertension), High LDL cholesterol, low HDL cholesterol, levels of triglycerides high (dyslipidemia), and type 2 diabetes.

Background

 Approximately 31% of Pittsburgh's residents are considered clinically obese.



Research Question

How can we reduce obesity within low

· Some residents either do not have the means to or are unaware of ways to

prevent/combat obesity.

- · Michelle Obama's "Let's Move" campaign preaches the importance of giving children the knowledge to make healthy eating habits and lifestyle choices for long-term health and vitality.
- Websites and phone applications have tried to support weight loss in multiple ways. These apps were designed to address the causes of obesity in isolation. Obesity, however, is not caused by just one thing - it is a combination of multiple things.

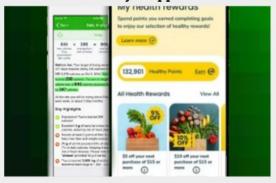
Civic Responsibility

Obesity threatens the health and safety of Pittsburgh citizens. Improving accessibility to information about local healthy food options is an important first step.

Solution

Proposed Solution

The Lifestyle App HALE



- HALE will help obese teens manage and find coupons, and provide healthy food ideas and recipes for free.
- •HALE will provide a map of local healthy food options for free.
- •HALE will suggest workout plans and fitness tips for free.
- •HALE will have a subscription option that provides access to certified nutritionists.

SWOT Analysis

SWOT Analysis

Strengths

- Help people manage their diet and stay healthy on their own.
- Accessible to almost everyone
- Help educate about healthy lifestyle

Weaknesses

The app does not target the root of obesity

Opportunities

- The app can help teens change their eating habits
- Investment from large companies

Threats

- Competition from other apps
- App creation is expensive

Recommendations and Conclusions

Implementing the HALE app is a viable solution towards reducing obesity.

Acknowledgements

We acknowledge the YES Program and the Heinz History Center for this work through the YCLA Program. We also thank Delia Franklin and Dr. Sinex who supported us.

income communities in Pittsburgh?

Let Us Tell You Stories by Pittsburgh Youth

Sports & Education ~balancing

Junya Dorsey



Imagine waking up at 5:30 a.m. Monday through Friday to get on a bus that picks you up at 6:40 then begin school at 7:20. You then proceed to sit through four forty minute classes. After, you have about 20 minutes of free time then sit and eat lunch. As soon as you're done eating, you get on the bus to go to a career school to study Cosmetology. While doing so, you do work for about an hour, go on break for 10 minutes, then continue for another hour. After completing the school day, you get back on the bus for another 40 minutes or so and go to track practice, trying to catch up with everyone because they had already started. You practice for about an hour and a half. Then go home and attempt to do homework; help with laundry; dishes; and cooking; tidy up your room if needed; then shower; & whatever else needs to be done. You also have track meets on Tuesdays and Thursdays which cause you to get home later than usual. Did you know this is the life of a 14 year old freshman? Doing all

of this consistently without a break can destroy one's mind and mental health.

To get a license for cosmetology, you have to have 1,250 hours. It takes multiple years and you must have time and patience. Then, with track, while it is a great experience, it takes a lot of practice and stability. It also takes a significant amount of time out of your day and week. It consistently keeps you busy. Sometimes all you want to do is listen to music or read books to calm your mind, but everything is hectic. You can always try other opportunities that may help lift your spirit and improve your mental health, but it may not always help. If it may possibly help, it is only temporary. While getting older you may want to look into college or obtain a job that pays well. That takes a lot of mental effort. You're going to want a break, but at the end of the day, you have to keep pushing to get where you want.

Teens face challenges everyday, but most have to worry about saving for a car, an apartment, or even college. Some are left to be independent and forced to do everything for themselves. We are steadily planning our futures & some of us might not always have an education to fall back on, it may be a sport, or it might not be anything. Most adults like to compare their lives to us teens even when we haven't done anything wrong to cause them to feel any type of way towards us. We can lose motivation and fall so far behind. Sports & education or even music and books play big parts in our lives today. Most of us have different futures and things we need to think about. After reading and thinking about most teens' lives today, do you believe that trying to be educated & balancing extracurricular activities or everything around you can demolish mental health?

Questions

Thank You

YOUTH RESEARCH ADVISORY BOARD

YOUTH RESEARCH ADVISORY BOARD

Jacob Voelker (he/him)
Vijay Arora (he/him)

ABOUTYRAB

The Youth Research Advisory Board (YRAB) is a group of young people ages 14 to 26 that meets monthly to offer youth perspectives to researchers and community partners on adolescent research.

YRAB members advise researchers on engaging and communicating effectively with young participants in research.

YRAB also fosters members' understanding of research and enhances their leadership skills.

GETTING INVOLVED

Apply to YRAB at redcap.link/YRABAPP or Email CAYAH@pitt.edu

First Thursday of each month (Sept-May) Zoom, 6-8 pm Participants are compensated \$20 per meeting attended



Interested in participating in research?

Fill out the interest form to get connected with research studies you might qualify for:

redcap.link/cayahresearch



CENTER FOR ADOLESCENT AND YOUNG ADULT HEALTH YOUTH RESEARCH ADVISORY BOARD

WHYISYOUTH VOICEIN RESEARCH IMPORTANT?

Visit our Instagram @cayahresearch to share your thoughts!





OUR THOUGHTS

"Youth participants provide different experience which can increase generalizability of the study" - Vijay

"Youth input is crucial in designing youth-focused research because that of the needs and limitations of the people is no way to know if you don't ask!"

"Youth input is crucial in designed for are designed for and that it is crucial in a crucial in a crucial in the people is no way to know if you don't ask!"

- Jacob

"Youth voice in research
allows for diverse
perspectives to benefit
the community while
empowering the next
generation of dedicated
and compassionate
researchers" - Vijay

"Youth voice in research
ensures that various
perspectives, experiences,
and needs of young people
are accurately represented
and addressed. These
insights can lead to more
effective policies, programs,
and interventions

- Swathi

OUR THOUGHTS

Stay tuned for more thoughts about the importance of youth voice in research, which we will share after the 2nd Annual Youth Thriving Summit!

Follow our Instagram @cayahresearch to follow along!



YOUTH DATA LITERACY PROJECT

Youth Data Literacy Workshop Series

The Pittsburgh Study





What was this workshop series!?

We worked with staff from Pitt to ...

 Build confidence reading, exploring, sharing and questioning data

 Better understand Healthy Allegheny Teen Survey (HATS) findings by engaging with students and learning from their expertise

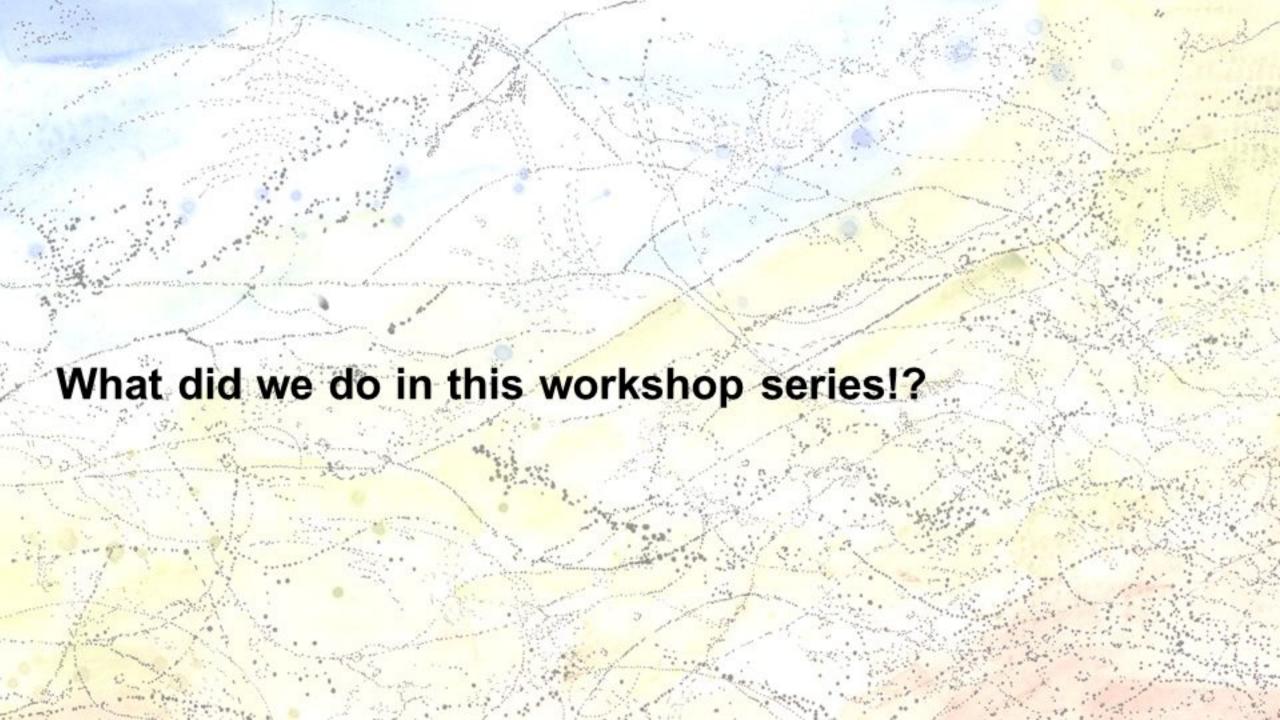


What is data literacy?

One definition...

"Data literacy includes the ability to read, work with, analyze and communicate with data as part of a larger questioning process."

D'Ignazio, C., & Bhargava, R. (2016). DataBasic: Design Principles, Tools and Activities for Data Literacy Learners. *The Journal of Community Informatics*, 12(3). Retrieved from http://www.ci-journal.net/index.php/ciej/article/view/1294



What is data?

Explored how people define data differently, types of data including qualitative, quantitative, civic, personal, health data.

Discussed how data can be collected, context and that data is not neutral.

Defined measures of health for ourselves contrasted with how others might define it.



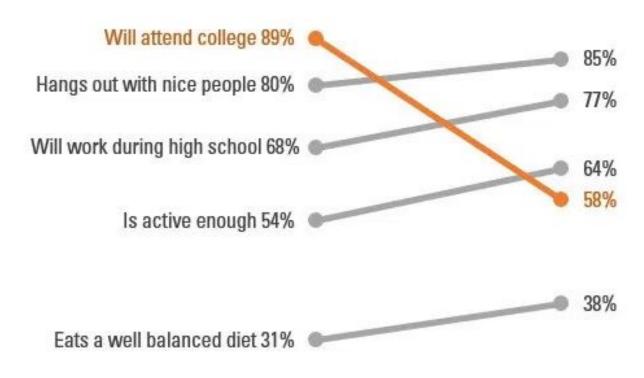
Data collection methods:

surveys
existing
records/administrative
interviews
focus groups
observations
sensors
experiments
crowdsourced data

Visualizing and Sharing Data

Explored guidelines for visualizing data and the artistic side of data visualization

Surprisingly, students have lower expectations to go to college than their parents have of them.

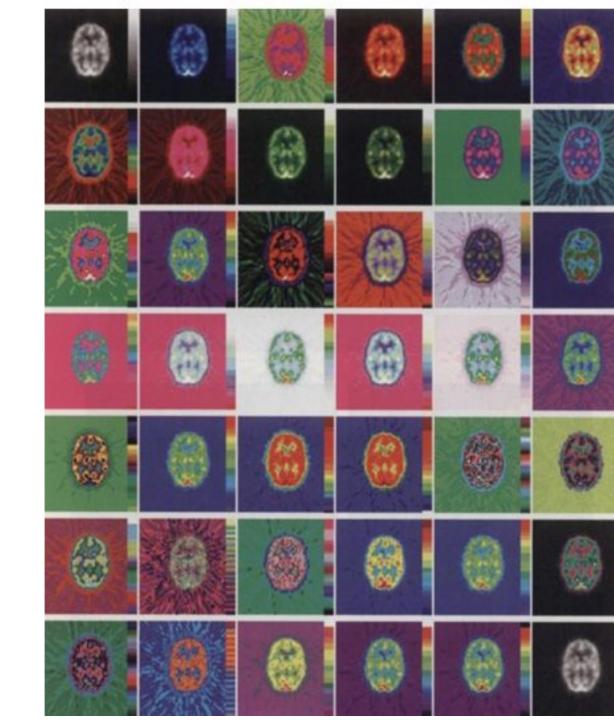


Parents

Students

Engaging with Sensitive Data and Topics

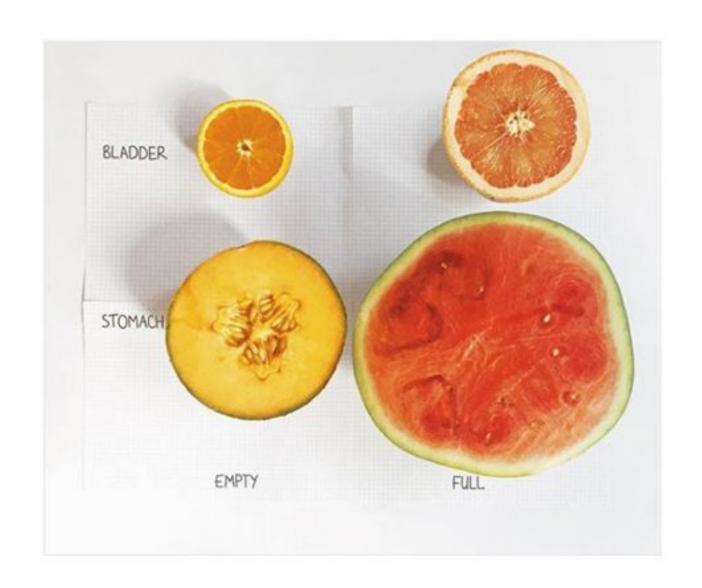
Discussed how we can be intentional about how we represent sensitive data and strategies for dealing with sensitive topics.



Finding Stories in Data

Explored types of stories:

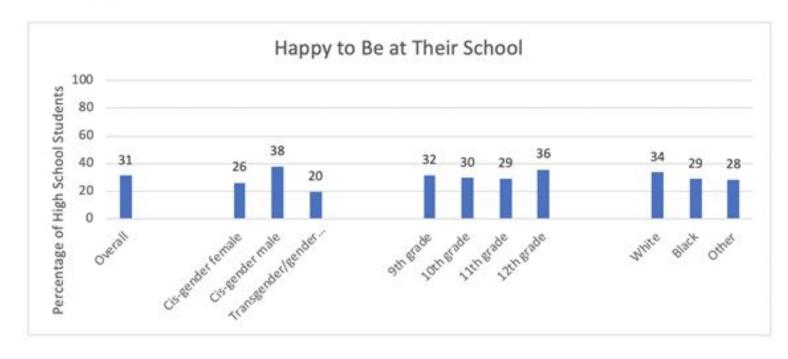
- Factoid Story
- 2. Interaction Story
- 3. Comparison Story
- 4. Change Story
- 5. Personal Story



Healthy Allegheny Teen Survey (HATS)...

- Explored the survey data
- Asked questions about how the data was collected
- Discussed themes that we saw

I am happy to be at this school.



Reflections!

It was a great experience and i loved it - max

Data can be subjective, so it is important to be aware of where the data is coming from -Cherry

I feel like this was a great experience and it allowed us to realize how important it is to know how we distribute data and how it's important to know what the data is showing us - Kyrique



LUNCH

THE KRUNK MOVEMENT

BREAKOUT SESSIONS

PHASE 1

Mental Health/ Self Care Ballroom B

Communication & Relationships Conference Room A | 3rd Floor

Sharing Your Voice through
Broadcasting
Conference Room C | 3rd Floor

Decision Making
Conference Room B | 3rd Floor

What is Advocacy?
Gold Room | 2nd Floor

PHASE 2

Mental Health/ Self Care Ballroom B

Finding your identity

Conference Room A | 3rd Floor

Creativity & Self-Care
Conference Room C | 3rd Floor

Social Media
Conference Room B | 3rd Floor

Investing / Entrepreneurship
Gold Room

RESOURCE FAIR

WE WANT TO HEAR FROM YOU!

SCAN THE QR CODE TO COMPLETE QUICK FEEDBACK SURVEY

YOUTH FEEDBACK SURVEY ADULT FEEDBACK SURVEY







