Build Your Group

Groups Built by Youth for Youth

WICHITA STATE UNIVERSITY — COMMUNITY ENGAGEMENT INSTITUTE

System of Care Kansas

Kansas Department for Aging and Disability Services
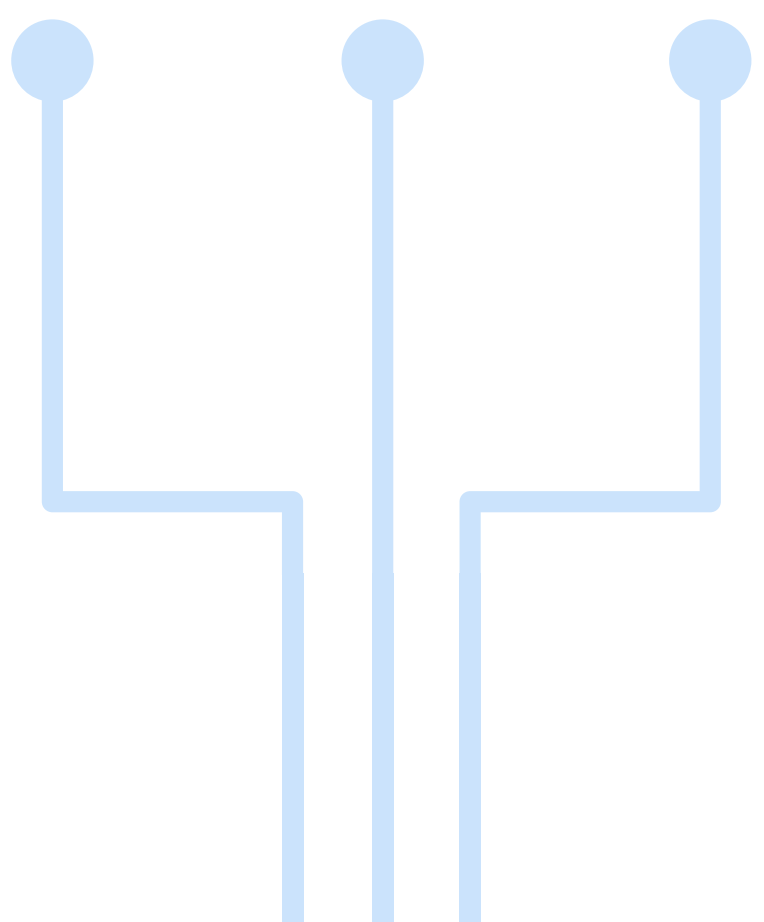
What does youth-guided really mean?

Youth-guided means that you have the right to be **empowered, educated, and given a decision-making role** in the care of your life as well as the policies and procedures governing care for all youth in your community, state, and nation.

This includes young people like you having a **sustainable voice and others listening to that voice.**

Youth-guided organizations create safe environments that enable young people to gain **self-sustainability** in accordance with the cultures and beliefs with which they identify.

Further, a youth-guided approach recognizes that there is a continuum of **power** that should be shared with young people based on their understanding and maturity in a **strength-based change process**

Youth-guided organizations recognize that this process should be **fun and worthwhile.**
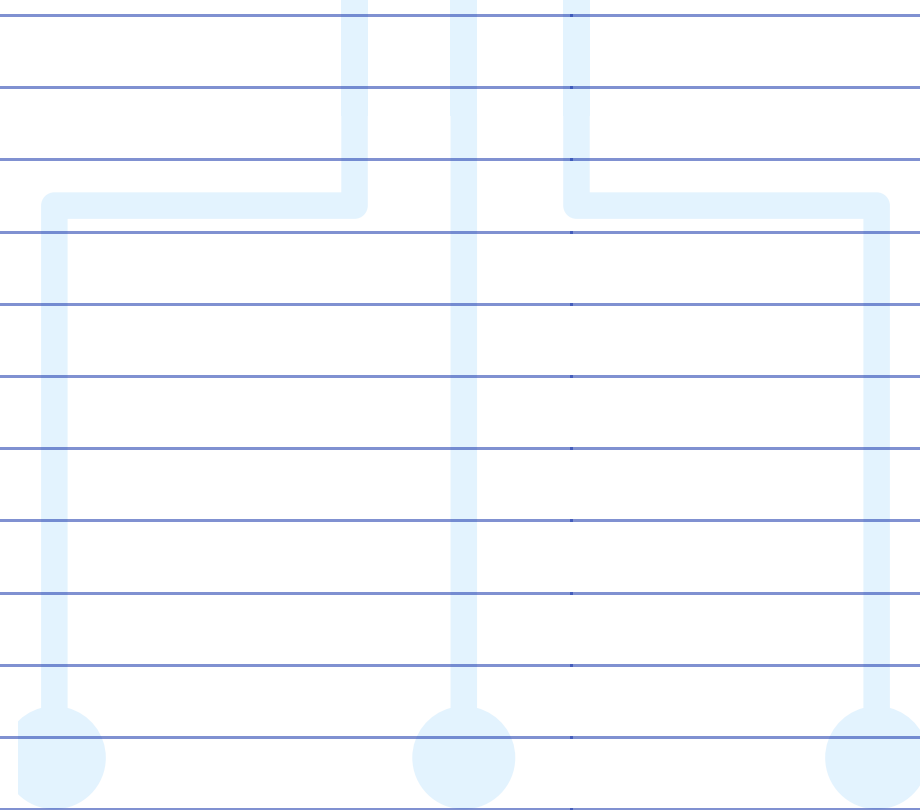
--Youth M.O.V.E. National

My Voice Matters

Speak your mind,
even if your
voice shakes.

Maggie Smith

How do you want your voice to be heard?

What does a safe group look like to you?

As a group, create a "comfort contract." These are rules you agree to as a group to ensure that everyone feels respected and welcome.

Your rules are up to you! Here are a few things to think about as you get started:

- Confidentiality
- Cultural Differences
- Interrupting
- Listening
- Questions

- Cell Phones
- Anonymity
- Decision Making
- Gender Identities
- Religious Beliefs

Which of these guidelines did you decide to use?
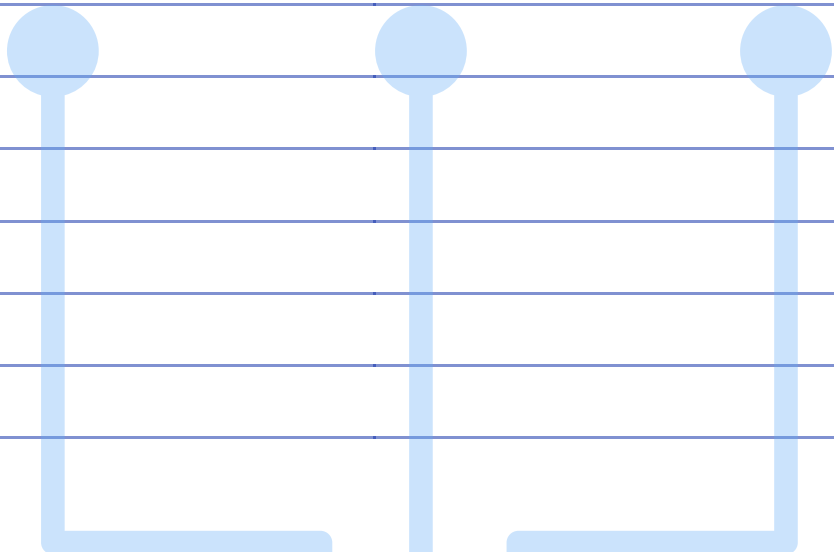Were there other that you decided to add?
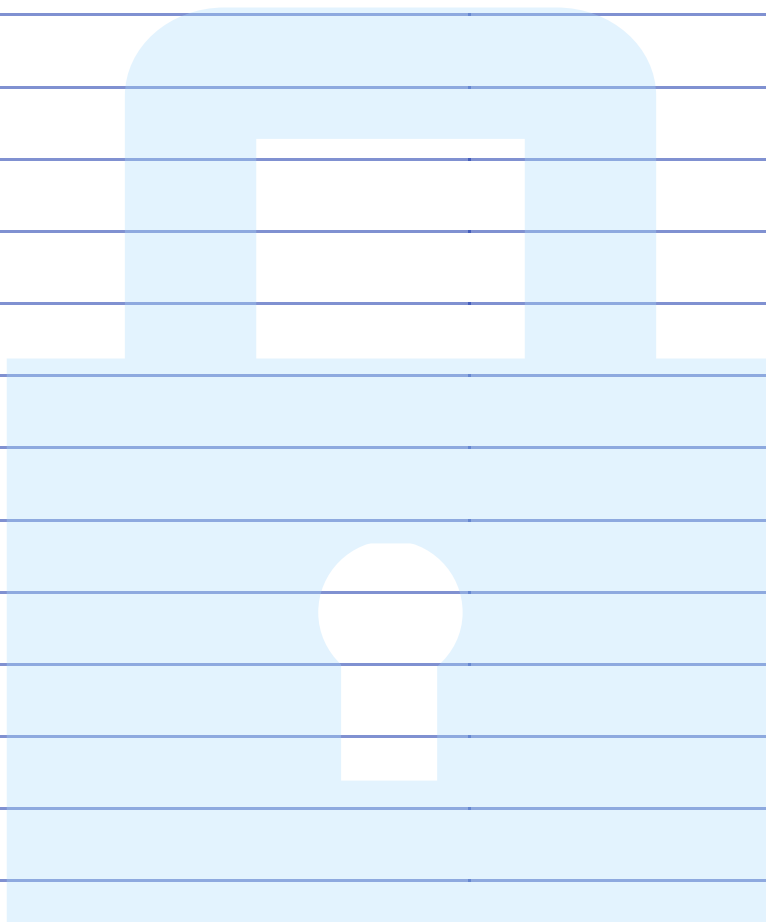
Thinking Together: Group Rules

What we will or will NOT do as a group...

We will:

We will not:

When you think about your ideal group, what comes to mind?

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Below are a few ideas of what you can do with this group. Discuss with your group which ones you're interested in. Add your own ideas, too!

- Build social skills
- Learn to develop and/or maintain healthy relationships
- Improve the ability to advocate, individually and collectively
- Improve relationship with parents/caregivers

- Volunteer in the community
- Provide support to your peers
- Work to help others understand what we're going through
- Learn about financial management
- Learn about resume and job preparation

Your ideas:

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As a group, where do we feel safe and comfortable meeting?

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What day and time works for everyone?

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Who will make sure our meeting space is reserved?

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Do we want food and drinks at our meetings? Who will provide it?

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What do we need from our group mentor to help us and our group be successful?

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S.M.A.R.T. Goals

Crafting S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T. Goals use concise language, but include relevant information. These are designed to help you succeed, so be positive when answering the questions.

Initial goal (Write the goal you have in mind):

_____

_____

1. Specific (What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?)

_____

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2. Measurable (How can you measure progress and know if you've successfully met your goal?):

_____

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3. Achievable (Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?):

_____

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4. Relevant (Why am I setting this goal now? Is it aligned with overall objectives?):

5. Time-bound (What's the deadline and is it realistic?):

S.M.A.R.T. Goal (Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed):

Spread the word!

Now that you've done all the work of defining your group,
you get to tell everyone about it! Let's brainstorm some ways to do just that.

How would you describe your group in 90 seconds? You get to be as creative as
you'd like! You can write a haiku, create a catchy rhyme, or make up an awesome
acronym!

Who can join us?

What activities can we do to spread awareness?

Planning Time

What kind of things do you need to think about for the next meeting?
Here are some ideas:

- What do we want to do/talk about next meeting?
- Does anyone need to complete a task before the next meeting to do that?
- How will you communicate between meetings?
- Who will send meeting reminders?
- Before ending the meeting, recap what was talked about and what the group has planned for the next meeting.
- Celebrate the completion of your first meeting!

Now, you get to decide what to include in your group's planning process!

Notes:

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Contact Information

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