

YAB

PA

YOUTH ADVISORY BOARD

STRATEGIC SHARING



#ShineBright2k17

This year's Older Youth Retreat Theme is:

"Even the stars need darkness to shine."

The 2017 Retreat Steering Committee wants to know what makes YOU shine bright! Your challenge is to take a picture, or record a video of yourself sharing what inspires you to shine even in darkness, or hard times. What makes you courageous or unique? Be creative! Illuminate yourself with a light source, then upload it to your social media account of choice using this hashtag - #ShineBright2K17. Don't forget to challenge 5 of your friends!

Please keep all videos and images respectful



Today's Agenda

1. Introductions & Overview
2. What is the Pennsylvania Youth Advisory Board?
3. What is Strategic Sharing?
4. How do I share my story?
5. Time to Practice!
6. Next Steps :-)

"Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind."

- Emily P. Bissell

Write about a time you spoke in front of an audience. What was it like? What did you talk about?

Name 3 tips you would give to someone sharing their story for the first time?



Attitudes, Opinions and Stereotypes

Please, draw an outline of yourself in the space below.

(Some examples are below)



“There is no one giant step that does it. It’s a lot of little steps.”

- Peter A. Cohen



BENEFITS



A large empty rectangular box for notes or content.



A large empty oval shape for notes or content.



“What lies behind us and what lies before us are tiny matters compared to what lies within us.”
- Ralph Waldo Emerson

1. Share what you’re comfortable sharing and what is appropriate.
2. Keep in mind your audience and connect with them. Eye contact is important.
3. Share your story; don’t attack the audience with it.
4. Project confidence in what you have to say – this includes speaking loudly enough for everyone to hear you.
5. Stay aware of your own emotions about what you are sharing.
6. If answering a question makes you uncomfortable, don’t.
7. Focus on those positively affected by your sharing, which will not be everyone.
8. Be mindful of your posture and appearance while presenting. Try not to fidget, move around too much, or anything else that can be distracting to the audience.
9. Be concise and to the point when sharing your story.
10. Sharing sensitive and difficult personal experiences can be challenging. Be sure you are ready to share those experiences before you actually present them in front of an audience.

What other tips were shared from your class?

Typical YAB Panel Questions

Introductions:

- Age
- Number of years in care
- Current living situation
- Current work/school situation
- Goals

Life before care:

- What were the circumstances that brought you into care? (Describe in as much detail as you feel comfortable with sharing. You do not have to share specific details if you don't feel comfortable.)

Entering care:

- When did you first know you were going into care? What did you think/feel? Did you understand?
- What was your first placement or home in care like? How did it feel to live there?
- What was the toughest thing to adjust to when you came into care?

Family and Permanency:

Definition: For youth in care *permanency* means having a forever family, whether it is your birth parents, adoptive resource or a committed, caring adult. Permanency means that they will be there for you as a resource, guide and a support as you transition into adulthood.

- While in care, were you able to stay connected with your birth family? Why or why not? For example: Visits, calls, letters, etc.
- What does permanency mean to you? Has its definition changed over the years? How has it changed?
- Did anyone search for family members that you may not have known? Would this have helped you or not?

Education:

- Describe your educational history (not much detail is needed – just big picture, “I was in this many schools and graduated at this time”).
- How did being in care impact your education?
- Do you feel/are you prepared for higher education? Why or why not?

“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.” - Colin Powell

Age Appropriate Freedoms and Normalcy:

- As a teenager in care, were there things that you couldn't do that your peers could do?
- What were some of the age appropriate freedoms that you wish you could have experienced? Why were they important?

Mental Health and Medications (answer only if comfortable):

- Did you have any mental health diagnoses while in care? Were you placed on any medications?
- What was the overall impact on your life related to mental health treatment while in care? Was it beneficial or negative? Why?

The “Aging Out” Process:

Example: *Permanent Connection:* Someone you can call at 12am when you really need someone to pick you up when your car breaks down.

- Describe your “aging out” process. Did you feel prepared? Why or why not?
- Did you have any *permanent connections* to help you transition?
- Who helped you the most as you “aged out?”
- Looking back, is there anything you would have done differently?
- What is it like being out of the system now? What are some of the successes you've had and challenges?

Recommendations for Change:

- What is your #1 recommendation for changing the system? Why?

Remember: You DO NOT have to answer any question you don't feel comfortable answering. You also should only provide the amount of detail that you feel comfortable sharing. If you're unsure if you should share something, you probably shouldn't.



Choose...

What is your purpose?

What will you share?

Connect...

How will you connect with your audience?

Claim...

How will you claim the emotion or outcome?

“Some of us have great runways already built for us. If you have one, take off. But if you don’t have one, realize it is your responsibility to grab a shovel and build one for yourself and for those who will follow after you.”

- Amelia Earhart

2			8	4			6
		6				5	
	7	4				9	2
3				4			7
			3		5		
4				6			9
	1	9				7	4
		8				2	
5			6		8		1

		3		9				2
8						2		7
			1	4			6	
	9			4		5		2
			6		3			
7		6		1			8	
		9			4	1		
2			8					3
	7				9		5	

			6	8					1
	5				7				2
4							3		
6						4			
	2				5				8
				6					5
		7							9
	8				4				5
9						7	4		

Famous Fosters!

Each of these "famous" names have been in foster care or were adopted.

F O S T E R F O C U S M A G A Z I N E S
 G F L Y P N P S X V E S M J P E N J L U
 S X S A L I O E B D Q A G G D N O O E P
 T E C I T V L S D W R R N D M Y S H A E
 B D L B R L E I Y I D O L L C A K N N R
 M A U R I E E S L T S K B N M W C L O M
 R L B R A M H Y T L E V B O C Y A E R A
 L E K E U H N S E O H K H P D M J N R N
 Q S H R R M C N I U R T I U A M W N O E
 Q M P C O U E Y S F E S O M N I E O O S
 M H J N I I T J A V E O T D I J R N S B
 Y E R M L H U H A R G N O A E I D E E O
 P O B L A L E D N A M N O S L E N K V J
 E J I J R R T O L K I E N W S L A Z E E
 H W M O N R O E M A R T I N T B O U L V
 R E H O L E A H C I M X D U W N Z N T E
 M A L C O L M X K Q T K E N P P A Q E T
 J T J W D H F D I A P K J K Z Y W X T S
 G M Q I L I D Y M T L G Z F M I G E P B
 R E Z L E P E V A D H X I M K S Q R W D

Answer Key

Foster Focus Magazine

Marilyn Monroe

Willie Nelson

Ice T

Ray Charles

Eddie Murphy

Cher

Jimmy Wayne,

Sylvester Stallone

Monroe Martin

Skrillex

Pitbull

Dave Thomas

Malcolm X

Nelson Mandela

Eleanor Roosevelt

Antwone Fisher

Babe Ruth

Mike Tyson

JRR Tolkien

Andrew Jackson

Michael Oher

DMC McDaniels

Superman

Steve Jobs

John Lennon

Dave Pelzer



Follow us on Facebook

@PAYouthAdvisoryBoard

www.independentlivingpa.org