

On behalf of the California Department of Social Services, the California Department of Public Health, UC CalFresh, California Department of Aging, and Catholic Charities of California, we are pleased to welcome you to the
California SNAP-Ed training:

Introduction to Youth-Led Participatory Action Research



Youth Engagement:

Introduction to Youth-Led Participatory Action Research

June 22, 2017



UNIVERSITY of CALIFORNIA
cal fresh Nutrition Education



Welcome!

- Goals for today: By the end of today's training attendees should be able to:
 - Identify the levels of engagement of youth and methods to increase youths' leadership and engagement in activities.
 - Describe a strategy on how to engage and collaborate with community partners on youth engagement activities.
 - Demonstrate how to conduct team building activities with youth to build trusting relationships with peers and adults.
 - Describe activities to conduct with youth that support: selecting an issue to work on, collecting and analyzing data, action planning, spokesperson development and an overall introduction to the Youth-Led Participatory Action Research (YPAR) process.
 - Locate and describe "how-to" tools that support YPAR Projects.

Introducing the Training Team

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Agenda

- Welcome, Group Agreements, and Breaking the Ice
- Reviewing History and Framework of YPAR
- Increasing Engagement Activity
- Action Planning!



Expectations,
Ground Rules, And
Group Agreements
A HANDS ON ACTIVITY



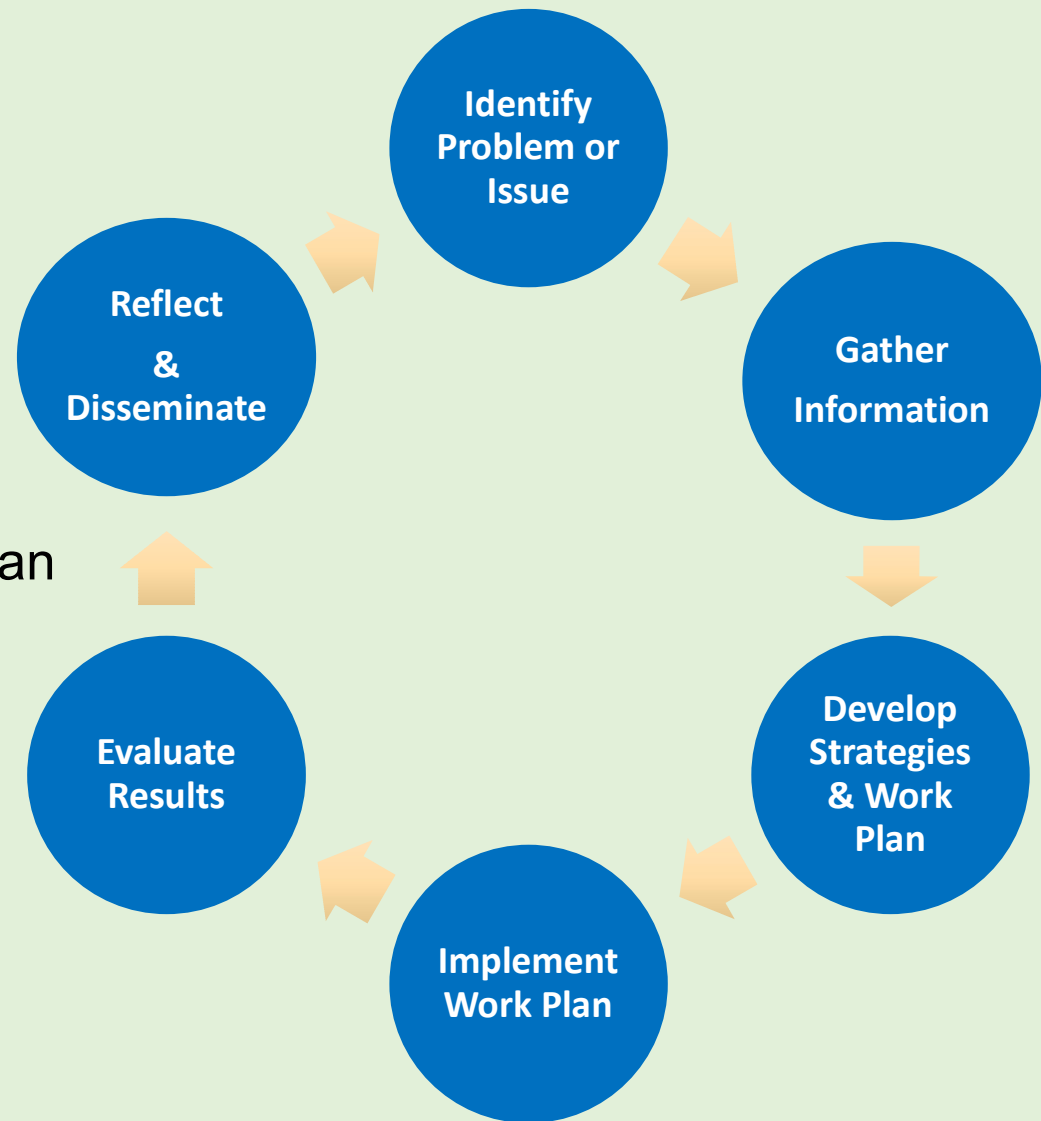
Youth-Led Participatory Action Research (YPAR)

History of Youth Engagement in CA SNAP-Ed

- Piloted in 2006 in six sites
- Youth ages 12 to 18 years old
- Utilize Youth-led Participatory Action Research (YPAR) process
- Supports many SNAP-Ed related activities
- Aids in implementing healthy community changes

Participatory Action Research (PAR)

1. Identify problem or issue
2. Gather information
3. Develop strategies and work plan
4. Implement work plan
5. Evaluate results
6. Reflect and disseminate



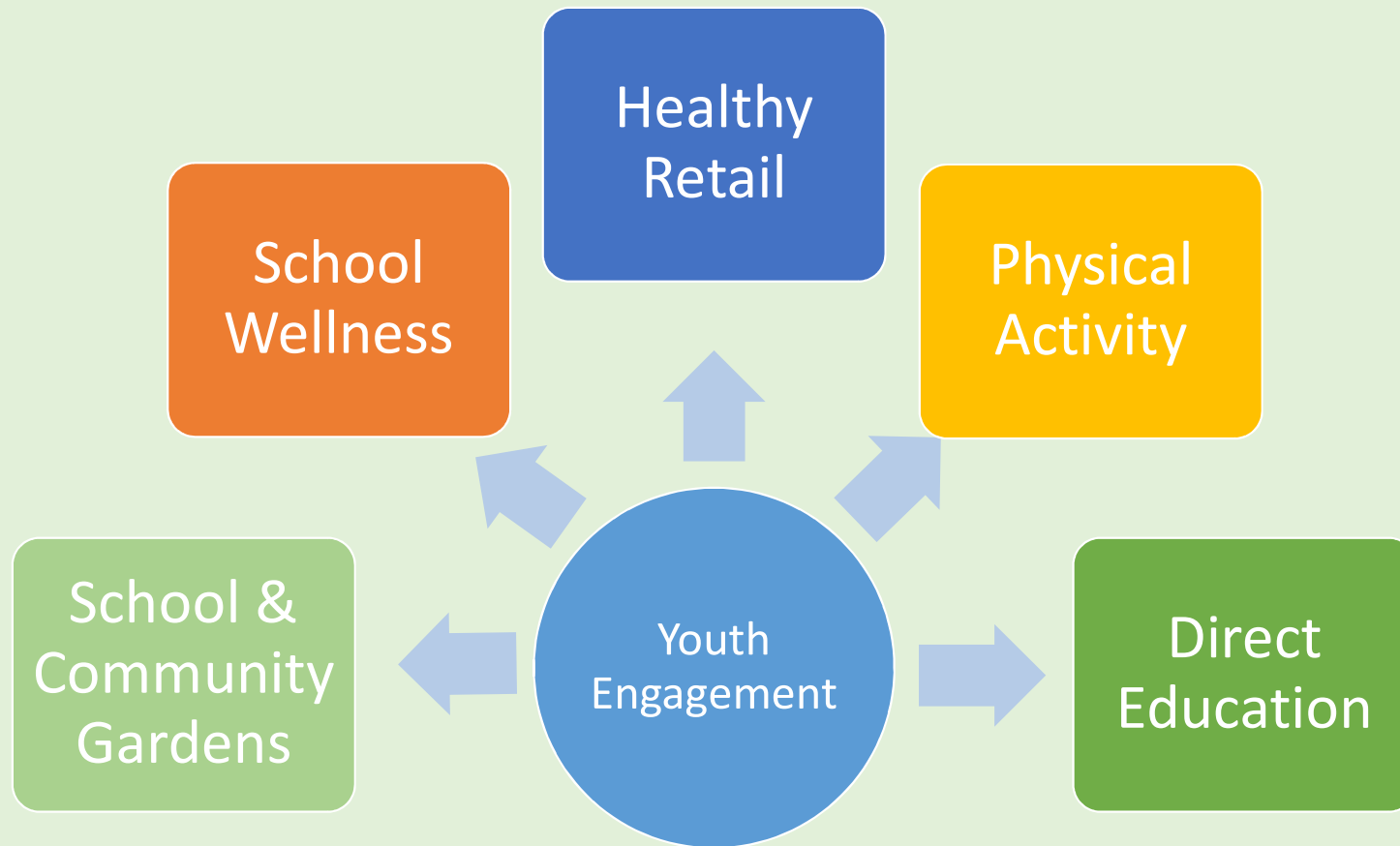
YPAR Framework – Stepping Stones

- 1 • Getting Ready
- 2 • Orientation and Teambuilding
- 3 • Research and Evaluation
- 4 • Skill Development
- 5 • Data Collection and Documentation
- 6 • Data Analysis
- 7 • Final Report, Presentation and Celebration
- 8 • Next Steps and ACTION!

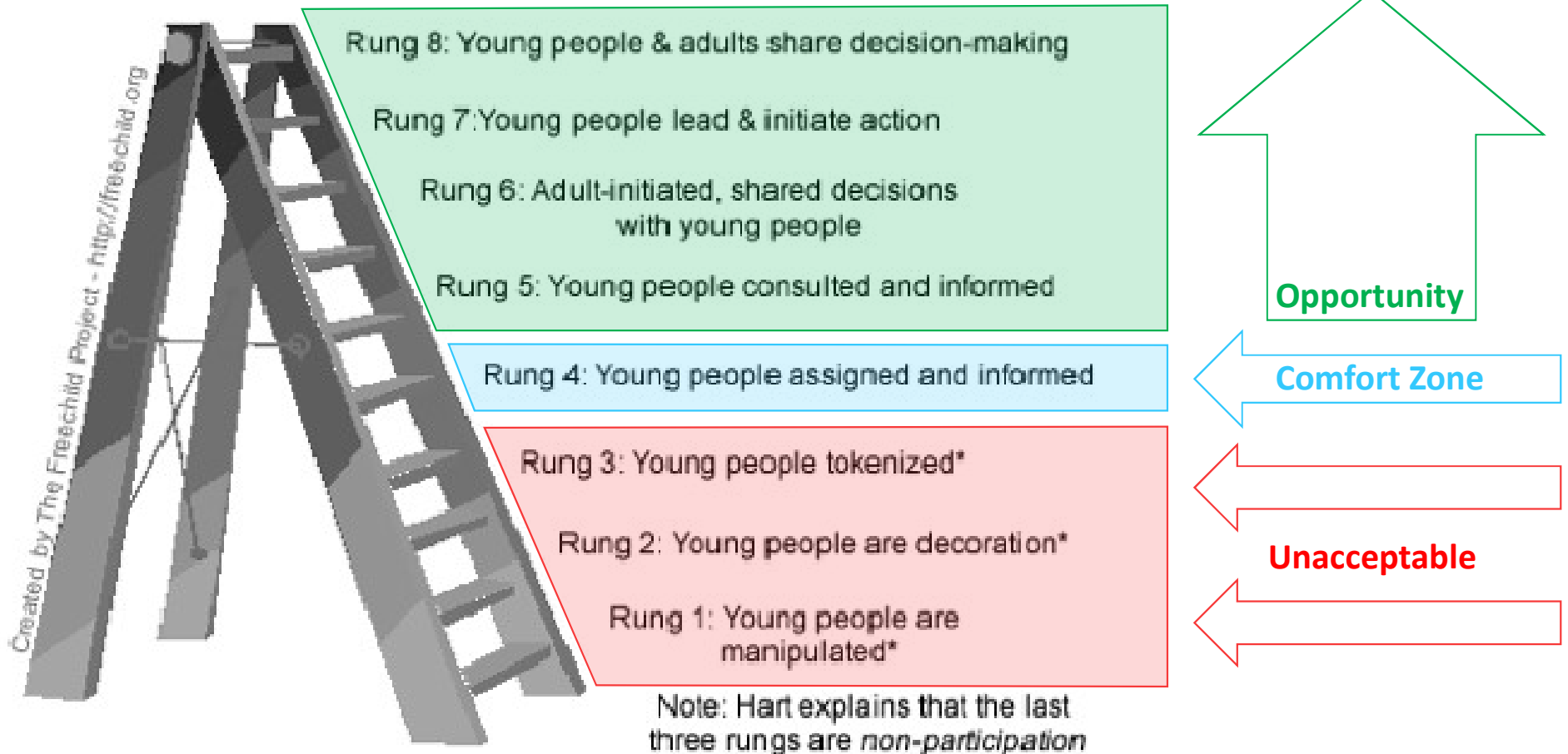


Celebrate!
Celebrate!

YPAR in CA SNAP-Ed today!



Roger Hart's Ladder of Young People's Participation



Youth-Led Approach Matters

Building authentic youth/adult partnerships is a foundational part of the YPAR process and a “youth-led” approach is grounded in the following key principles.

- Youth opinions are solicited, respected, and applied.
- Youth identify their own issues, problems, and possible solutions.
- Youth initiate project ideas, carry out planning, and goal setting.
- Youth drive the process and are involved in all stages of decision-making.
- Youth teach other youth.

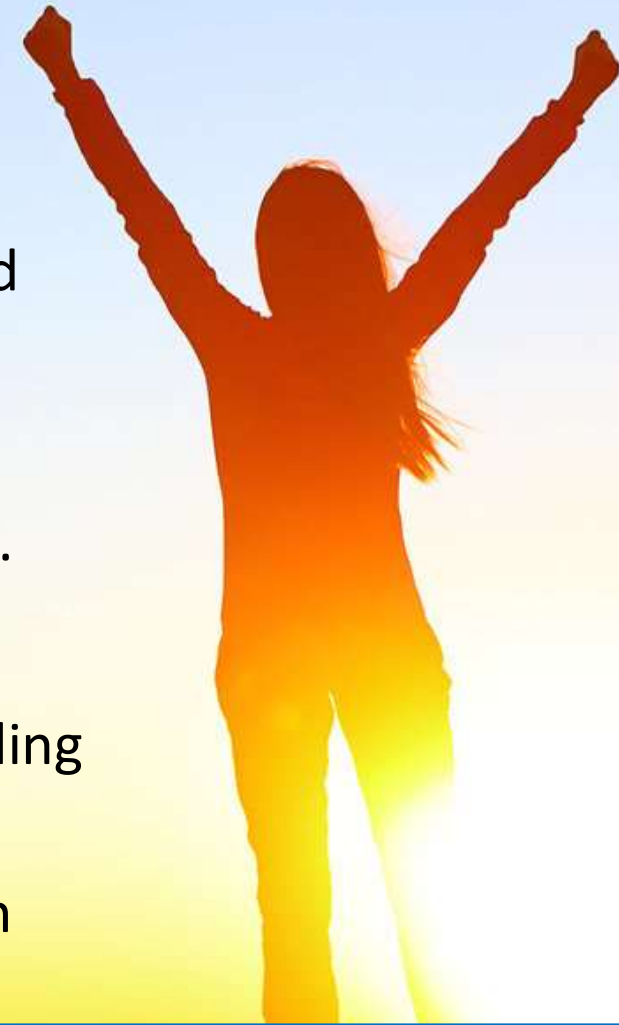
Impact

- Eating and physical activity behavior changes among youth, their peers, and families.
- School and community changes that increases the availability of fruit, vegetables, clean drinking water, and access to physical activity opportunities.
- Local projects expand to include more sites, new partners, media attention, and other health improvement efforts.



Skills Acquired by Youth

- Better understanding of nutrition, food systems, and the importance of physical activity
- Public speaking and report writing
- Research methods, survey design, and data analysis.
- Community outreach
- Relationship Goal setting, prioritizing and teambuilding skills such as diplomacy, listening, and cooperation
- Goal setting, prioritizing, and developing action plan

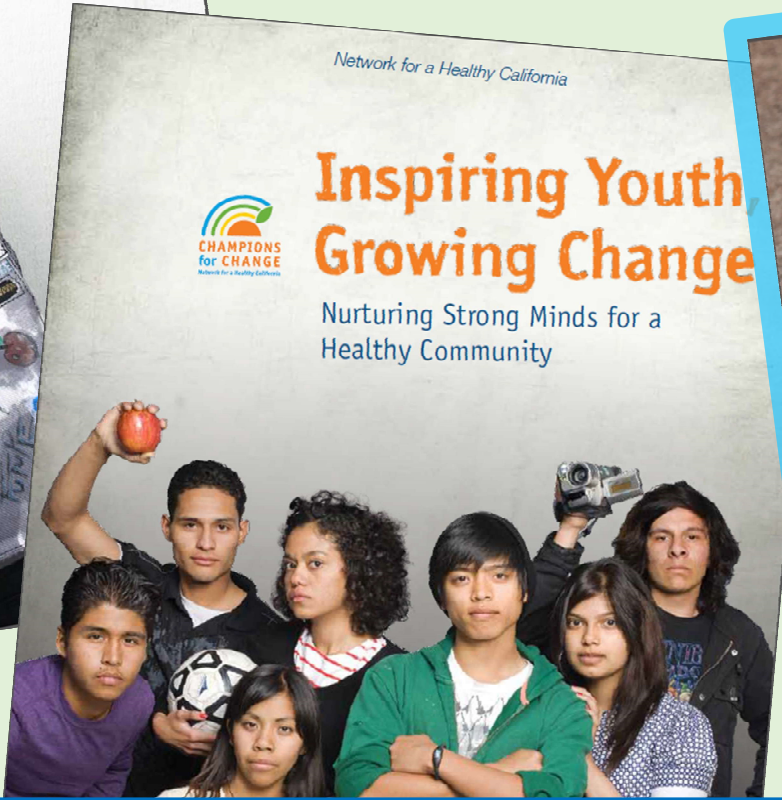
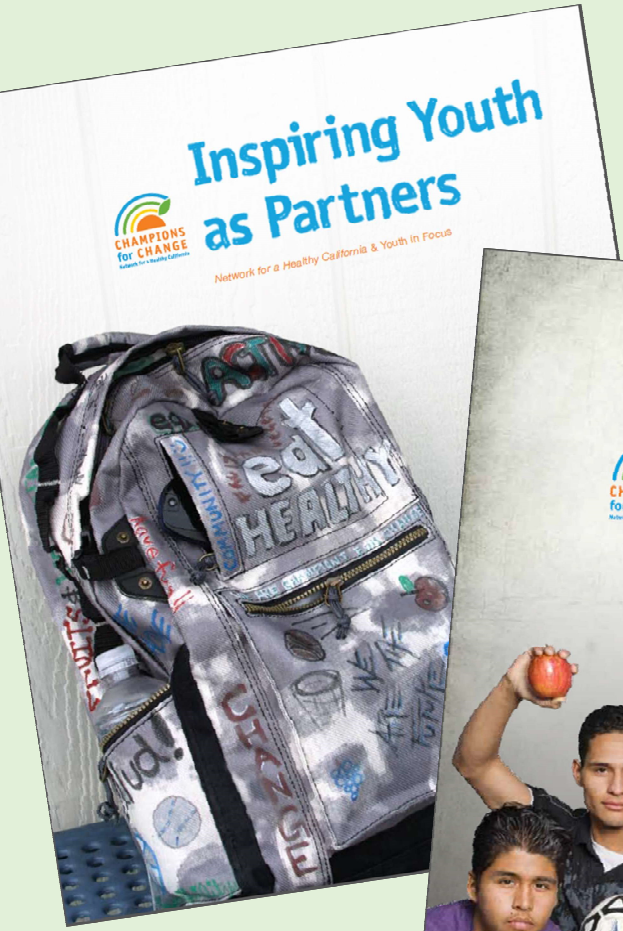


Examples of Successes:

- Install hydration stations on their school campus
 - Partner with county officials to fix community sidewalks for improved walkability
 - Establish and maintaining a community food pantry in their neighborhood
 - Promote healthy vending and salad bars (serving produce from their community garden) in their school
 - Complete streets city policies
 - Cafeteria makeovers
 - Joint use programs with youth-led structured Physical activity programs
- ...AND SO MUCH MORE...

NEW
Available
Online

Case Studies Reports



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The GREAT Debate



Argument

Counter Argument

BREAK TIME

Group Activity



Brainstorm



Relationship Building:

Who do you need to talk to?
Who needs to buy in?
Who do you need to help you ?

Brainstorm

Logistics:

Who: (Staff, Partners, Participants)

What: (Community, School, Cafeteria...)

When: (During school, After school, Weekends...)

How: (Recruitment Plan)



Brainstorm



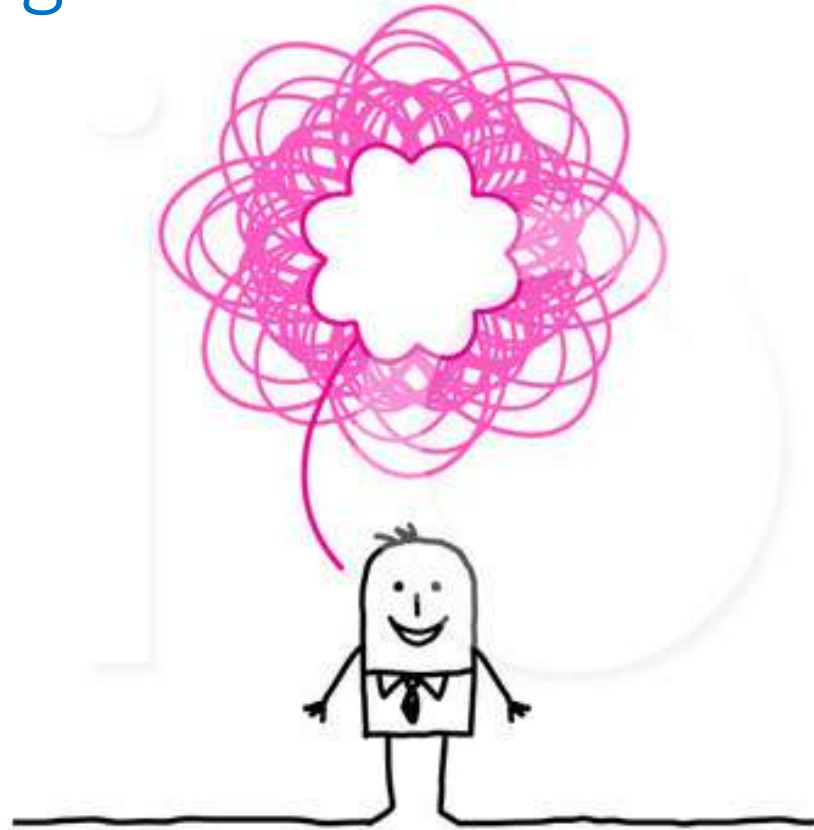
Foundation Nutrition Education

What curriculum will you use?
When and how often will you do nutrition
education lessons?





Closing Thoughts



Thank you

- An evaluation will be emailed to you. Please take a few minutes to provide your feedback.
- Your feedback will be used to improve future trainings.



Stay in Touch With the Training Team

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UP NEXT

1:00 PM

Supporting Youth Use of Data and
Mapping for Community Change

This material was produced by institutions that represent SNAP-Ed in California, known as CalFresh, with funding from USDA SNAP-Ed. These institutions, the California Department of Social Services, the California Department of Public Health, UC CalFresh, California Department of Aging, and Catholic Charities of California, are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663.

