



YOUTH 2 YOUTH
AWARENESS. ACTION. ACCOUNTABILITY.



YOUTH 2 YOUTH MEETING CHECKLIST

Thank you for leading your center's Y2Y efforts!

Holding regular Y2Y meetings with fellow students is a helpful way to create and implement a Y2Y program on your campus. Use these tips to help you get started and to make the most of your Y2Y meetings.

YOUR FIRST Y2Y MEETING

- Find out what your center is already doing to promote drug awareness, prevent violence and highlight the importance of mental health. Discuss how you can support and enhance these efforts.
- Advertise meeting details to other students using the Y2Y "Get Involved" flier template.
- Prior to the meeting, download and print copies of the Y2Y Pledge Card for yourself and each meeting attendee.
- Invite your staff leader to attend the meeting and share information with your group about incidents in your community regarding drug use, violence and mental health issues.
- Facilitate group discussions with the following questions:
 - What issues are you seeing on campus?
 - What are the causes of the issues or incidents?
 - Could you or someone else have done something differently to prevent the issue?
 - What could you or someone else do the next time you or they are presented with a similar issue?
 - What can you all do as leaders of your center to increase AWARENESS of important issues that impact everyone on campus, encourage people to take ACTION when necessary, and hold each other ACCOUNTABLE to maintain a safe, healthy and happy environment?
- Identify a measurable goal for your next meeting.



Y2Y REGULAR MEETINGS

- Promote meeting details (date, time, location) to other students around campus via e-mail, fliers and word-of-mouth.
- Challenge each attendee to bring a new student to join the group each week.
- Choose specific topics of focus for meetings. For example, maybe one month your Y2Y committee activities and efforts center around drug awareness and prevention, while the next month will focus on mental health issues and the resources available to support students.
- Set goals to accomplish for each meeting. Try to make your goals measurable and trackable to show progress.
- Brainstorm ideas for events you could have on campus—guest speakers/experts to talk to students and staff about issues, “mental break” days that focus on self-care, peace walks around the center, etc.
- Distribute pledge cards around campus and set a goal to get a select number signed each week.
- Meet with center leadership to track incidents (drug-, violence-related) and set a goal to reduce them by a percentage.
- Ask attendees to share ideas about what they have done or seen in the past that had an impact on them regarding violence, drug use and mental health.
- Collect ideas/recommendations from center leadership of local organizations to partner with in your area that can provide support and resources.
- Share personal stories and experiences with one another.
- Discuss what you are hoping to do and learn by joining the Y2Y effort.
- Role-play activities to practice what it might look like or take to step in to stop or help a situation. This could look like any of the following:
 - Making sure everyone is aware of the Safety Hotline and how and when to use it.
 - Knowing how to de-escalate a situation that may become violent.
 - Knowing who to contact at the center when a student may be overdosing.
 - Knowing how to administer Narcan.
 - Knowing how to recognize the signs of someone who may be of harm to themselves or others.
- Share updates and pictures of your Y2Y campaign on social media using #JobCorpsY2Y or by e-mailing jcdigital@mpf.com.

SAMPLE Y2Y EVENT IDEAS

- Host activities that promote well-being, such as yoga classes, art therapy or group hikes.
- Find more resources and information about how to support mental health via the Mental Health America toolkit.
- Organize a peace march on campus or in your community to promote violence prevention.
- Have students create their own posters promoting good mental health and violence and drug use prevention to hang up around campus.
- Invite subject-matter experts from your community, students, staff, mentors, etc., to speak in a panel discussion about mental health, violence and drug use.
- Invite representatives of local or national organizations who work in mental health and drug and violence prevention to give presentations or talks.
- Create a campuswide essay contest about how violence, drugs or mental health struggles have impacted you and the ways Job Corps made a positive impact on your life.