

Opportunities for Youth to Engage

YOUTH LEADERSHIP



Active youth involvement with people and programs is an essential part of healthy adolescent development. Activities at school, home, or in the community, such as school clubs, sports, music, visual and performing arts, or out-of-school time programs, volunteer, or paid jobs, and activities at places of worship all support key developmental tasks.

The Partnership recognizes that young people grow and thrive best when actively engaged with their community and have meaningful leadership opportunities. Through these experiences, young people learn, have fun, challenge themselves and build relationships. Given a chance to lead, young people gain a stronger sense of self, develop life skills, and connect to the communities in which they grow. When youth voices are heard, policies are more effective, programs are more engaging, and the community is a better place.





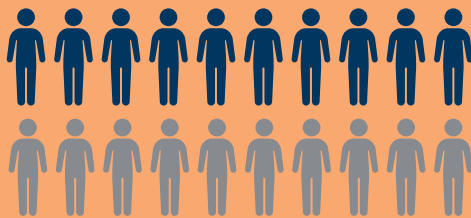
Youth Leadership

Increase the opportunities for young people to actively influence the issues that affect their health and development.

It is important to increase opportunities for young people that allow them to actively influence issues that affect their health and development. The goal of this recommendation is to engage young people authentically as leaders to address critical issues in their communities. The action steps focus on strengthening and improving these leadership opportunities.

Action Steps

- Support a statewide youth health leadership council.
- Engage young people to assess, plan, and evaluate programs.
- Include youth engagement as part of any grant or funding opportunity.
- Provide opportunities for young people to mentor others.
- Train adults in how to effectively partner with young people.
- Provide opportunities for youth and adult partnership to learn from each other.



Student participation on sports teams



Student participation in leadership activities

For examples of Youth Leadership resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).

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