

## **Young People in the Lead: Voice, Choice and Autonomy**

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### **BEST Initiative/ Health Resources in Action**

In this workshop, participants will explore the many strategies for "youth participation", which can be described as youth leadership, "voice and choice" and youth engagement and autonomy. Youth participation's forms and levels allow for any age group to be able to practice real leadership and decision-making skills with-in the context of their program. With this approach, young people will not only gain positive youth outcomes, but programs will be better prepared to offer better services, supports and opportunities for their young people. The workshop will be interactive and structured to provide for participants to share ideas and strategies.

#### **Participant Objectives**

- Define the Youth Development Approach
- Explore forms of Youth Participation: voice, choice, autonomy and leadership
- Share best practices through networking (referencing SAYO and APT)
- Review tools for Youth Participation

#### **Agenda**

- I. Welcome and Introductions
- II. Define Youth Development
- III. Strategies for Youth Development
  - a. "Forced Choice" activity
  - b. Brainstorming and sharing
- IV. Best Practice sharing
  - a. Round Robin activity

#### **Reflections/Comments:**