

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:

Supporting Youth Leadership in Peer to Peer Education



Youth Engagement:

Supporting Youth Leadership in Peer to Peer Education

June 7, 2017



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 and school leadership on youth engagement activities.
 - Demonstrate how to conduct team building activities with youth to build trusting relationships with adults.
 - Describe activities to conduct with youth that support more youth leadership in peer-led nutrition education.
 - Locate and describe "how-to" tools that support youth engagement with Nutrition Education in communities, schools, after school programs, gardens, retail and other settings.

Introducing the Training Team

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Agenda

- Welcome, Group Agreements, and Breaking the Ice
- Reviewing Different Peer to Peer SNAP-Ed Approaches
- Explore ways to Build Capacity with Youth Leaders
- Increasing Engagement Activity



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



Youth Peer to Peer Education

The Basic Foundation for Successful Implementation

Youth Peer to Peer Education

Peer Education

- The process whereby well-trained and motivated young people undertake informal or organized educational activities with their peers
 - Can take place in small groups or through individual contact
 - A variety of settings: schools, clubs, churches, workplaces, street settings, shelters, or wherever young people gather



Youth Peer to Peer Education



- Peer to peer nutrition education is an effective model because:
 - Youth are traditional providers of information to their peers. Young people are credible messengers.
 - Peer education programs are community-based, so they are rooted in the realities of individual communities.
 - Peer to peer programs promote positive life skills such as leadership and communication and creating opportunities for mentoring and future job contacts for peer leaders.
 - Peer to peer evaluations show that peer programs lead to increase knowledge and positive behavior change.

Youth Peer to Peer Education Model

Peer Education

- Draws on the credibility that young people have with their peers
- Leverages the power of role modeling
- Provides flexibility in meeting the diverse needs of today's youth



Peer education makes use of peer influence in a **positive** way.

Peer to Peer in SNAP-Ed

- In SNAP-Ed California Peer to Peer and Youth Leadership are often used to mean:
 - Youth educating students that are the same age as them
 - Youth educating younger students
 - Youth educating adults

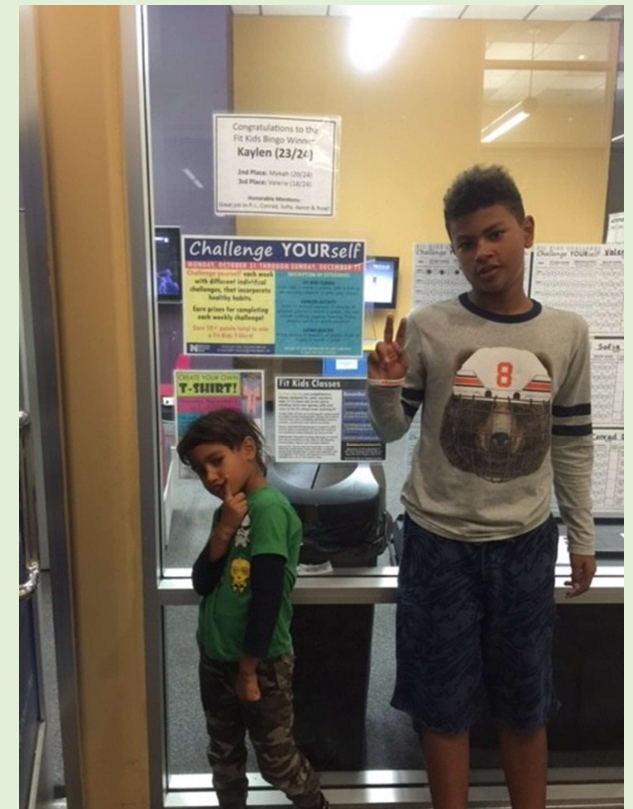


All are strategies that allow youth to lead and influence the knowledge and healthy behaviors of groups in their communities.

Peer to Peer in SNAP-Ed: Benefits for Youth Leaders

Youth leaders:

- Increase confidence and self esteem
- Improve critical thinking and problem solving
- Develop, refine and practice new skills
- Influence positive behaviors
- Understand the power of their voice
- Create future societal leaders



Peer to Peer in SNAP-Ed: Youth/Adult Partnerships

Youth/Adult partnerships are key to **successful** peer education programs.



In successful partnerships, adults believe young people:

- Have a right to participate in developing the programs that serve them
- Have a right to have a voice in shaping the policies that will affect them
- Are an asset to the partnership and respect youth's contributions

Peer to Peer in SNAP-Ed: Youth/Adult Partnerships

Adults must:

- Be willing to provide additional training and support when youth need it
- Share power and decision making with youth

Youth may need to understand the limitations and realities that affect a program's development, operation, and evaluation.

- SNAP-Ed limitations
- Other realities

Peer to Peer Successes in SNAP-Ed: Healthy Living Ambassador Program in San Mateo

- UC CalFresh and 4-H
 - Maximizes the healthy eating educational goals of UC CalFresh with the youth development and leadership focus of 4-H.
- The Healthy Living Ambassador Program creates Urban Youth Leaders that teach children about nutrition, gardening and physical activity
 - Youth age 13-19 teach elementary students garden based nutrition education



Peer to Peer Successes in SNAP-Ed: SNAC in Santa Barbara

- Engages 4th through 6th graders to encourage their classmates to be healthy
 - co-authored and starred in “Get to Know Your Salad Bar,” a video encouraging youth to stop and select fruits and vegetables from the salad bar
- Lead fun and active games at recess to get their peers moving



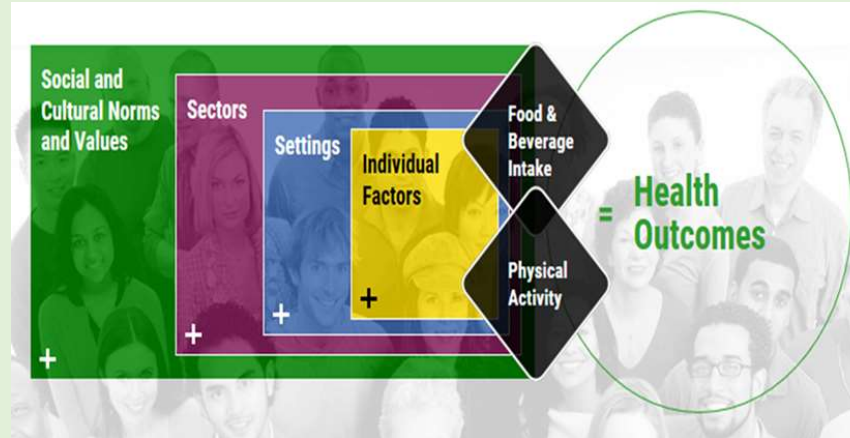
Peer to Peer Student Opportunities

- Conducting nutrition education lessons to peers, younger students or adults
- Garden based nutrition education in afterschool programs
- Rethink your Drink presentations to their peers
- Physical Activity Leaders
- Beyond Education: YPAR leaders



Peer to Peer in SNAP-Ed: Social Ecological Model (SEM)

- Peer education can be an important intervention to affect intrapersonal and interpersonal change.
- Peer education is not a substitute for Policy, Systems and Environmental (PSE) changes

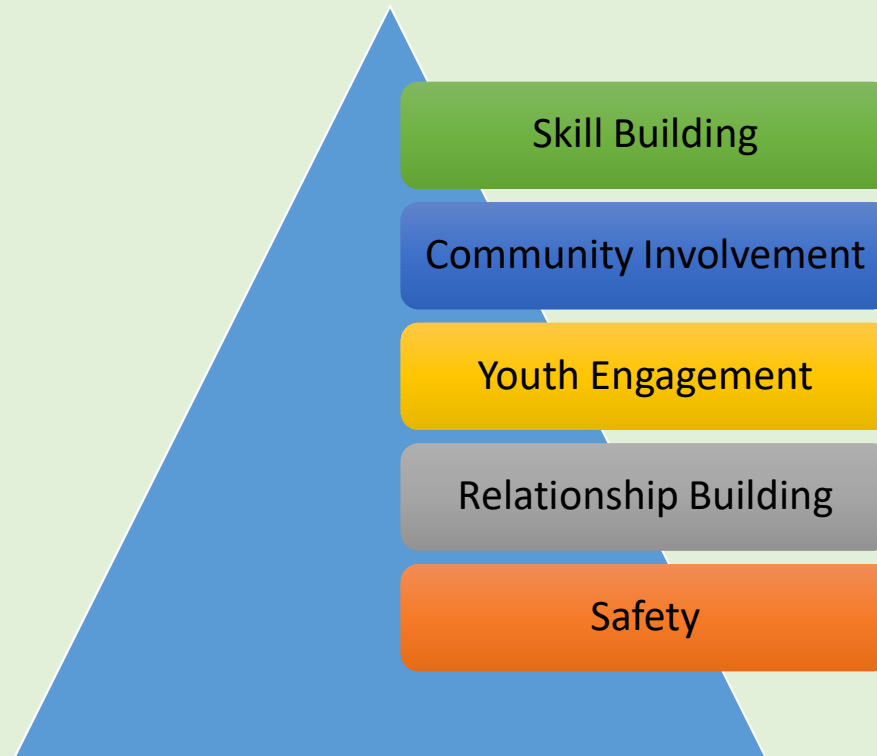


Peer to Peer Education: Reflection

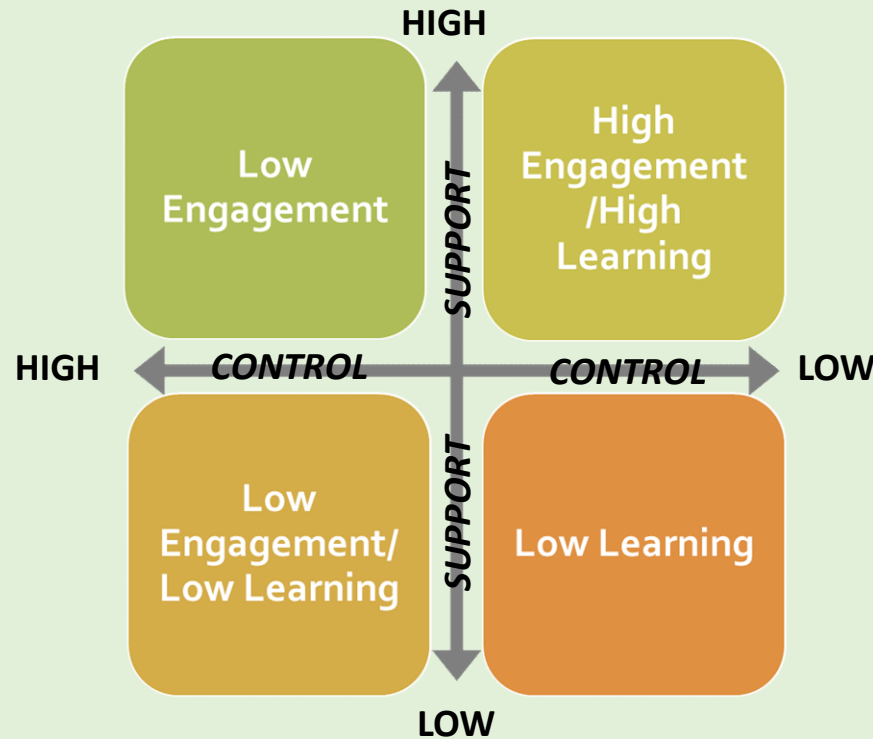
- What activities in your program could be lead by youth leaders?
- How can you recruit motivated leaders?
- How will you modify your beliefs around what will and will not work?



Working *with* Youth Leaders



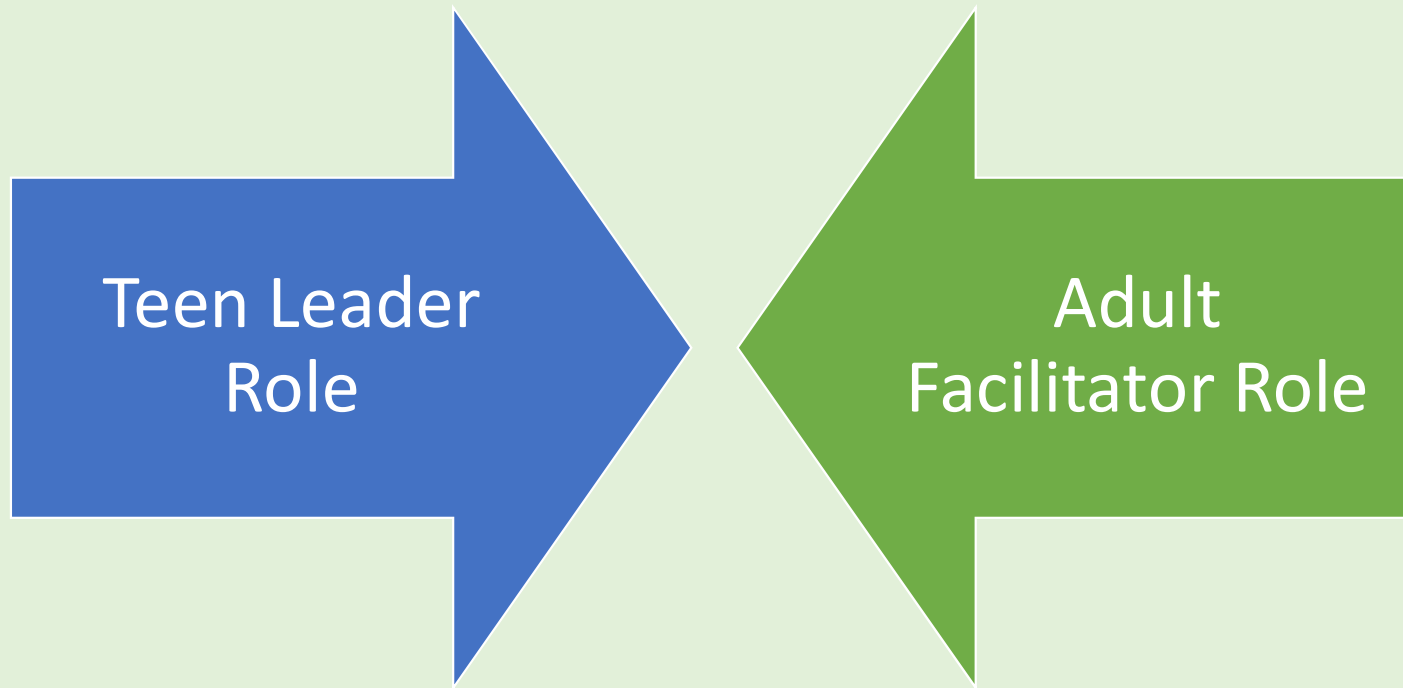
Relationship Building: Youth-Adult Partnerships



Relationship Building: Crossing the River



Relationship Building: Know Your Role



Relationship Building: Planning for Success



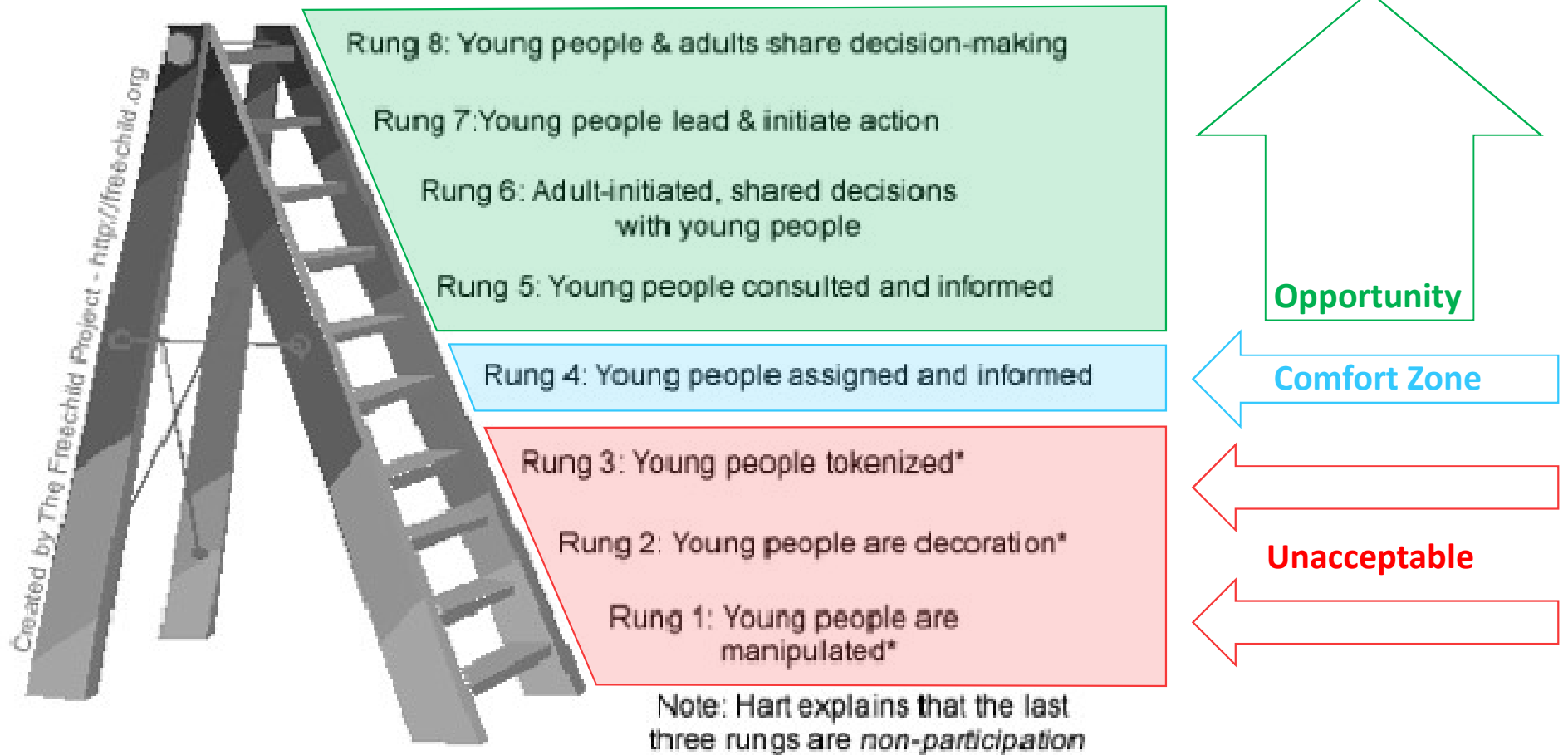
Relationship Building: Coaching Teen Leaders

- The Key to Coaching: Relationships
- Goal of Coaching: Fully Equipped
- Tool: The Coaching Sheet (Handout)
- Coaching Strategy: The Compliment Sandwich



BREAK TIME

Roger Hart's Ladder of Young People's Participation



Group Activity



1. Identify a program you are currently working on or planning with a group of youth
2. What rung of Hart's Ladder is this program currently functioning at?

3. What leadership opportunities do youth currently have in this program?

4. What leadership opportunities could be available for youth in this program?

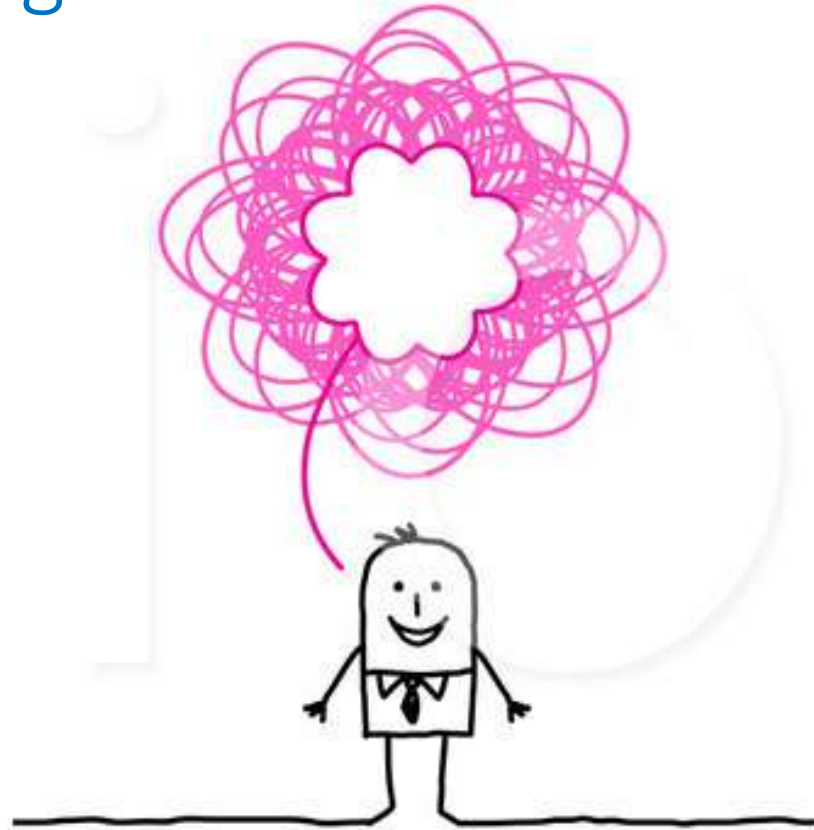
5. What do you have to do to support young people to take on this leadership in this program?

6. If these changes are made, what rung of Hart's Ladder will this program function at?

7. What do you have to do to ensure these program changes and/or any PSE changes are sustainable?

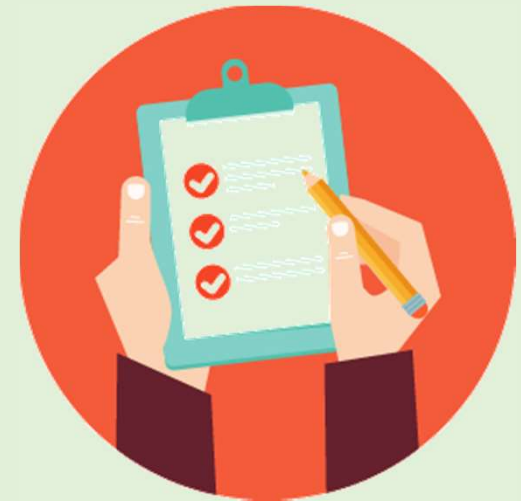


Closing Thoughts



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.

