



## TEENS LIFTING TEENS PROGRAM TERMS & DEFINITIONS

**At-risk Youth Populations**—The CDC identifies six categories of at-risk behavior. They include:

- Behaviors that contribute to unintentional injuries and violence.
- Tobacco use (when tobacco was first used & how many cigarettes smoked per day).
- Alcohol and other drug use.
- Sexual behaviors that contribute to unintended pregnancy, STDs, and/or HIV infection.
- Unhealthy dietary behaviors or physical inactivity, including obesity and asthma.

**Design Teams**—Design Team Trainings are for youth interested in putting on community events at the local, county, and state level. They will learn leadership skills designing, planning, & executing events.

**Examples of Design Teams:** Youth-led planning team that organizes things like multi-hour/day camp, events at city days, reading programs, bike safety rodeos, mental health awareness programs, etc.

**Fall Advisor Training**—At this training, advisors are given resources and tools to structure the program, teach positive youth development, solve issues in councils, and network with other youth advisors across the state.

**Full Mentoring Experience**—should be at least 1 hour, but doesn't have to be one-on-one. **Examples of a full mentoring experience:** Teaching experience, day camp, structured event lasting at least an hour (not just a booth where youth have light mentoring), A day at the park the youth are there for 3 hours, library events once a month for an hour, partner with a Jr. High, hospital read books to kids for an hour, Anything interacting with younger youth for a minimum of one hour.

**Light Mentoring Experience**—short mentoring experience or quick activity, around 10 minutes. **Examples of light mentoring:** booth at a fair, or outreach day at the park, family night out at different booths, school lunch booth, any light-contact peer mentoring. If the youth are at a booth for a few hours and have the opportunity to mentor several different youth for the equivalent of an hour then it's a full mentoring experience.

**Multi-Council Training**—Multiple youth councils/groups come together to model and showcase to advisors and youth how to run a council. The goal of this training is to create opportunities and skills to improve their programs and network with other councils. A meal is provided.

**Near-peer Mentoring**—Youth seek to teach a new skill or guide their peers (or younger youth) in a learning experience. This gives social identities to youth, helping them develop a sense of belonging by connecting to role models from similar groups.

Examples of Near-peer Mentoring: youth council working with Jr. high after school program teaching leadership curriculum, day camp where youth teach new skills they have learned from training

**Service Learning**—Intentional program used to learn and apply knowledge and skills from clearly articulated learning goals through the identification, planning and implementation of personally relevant community service. Examples of service learning: community garden, community outreach event for suicide prevention.

**State Youth Conference**—At this training youth have the opportunity to participate in workshops to develop new skills they can take back and apply to their own councils. They also get the chance to network with other youth across the state. ie. Teen Summit, Design team, Try team

**Teen Mentors**—The teens that are participating in various youth councils who will be mentoring other youth we refer to as teen mentors.

**TRY Teams**—TRY stands for “Teens Reaching Youth”. Teams of 3-5 teens with an adult advisor come together from across Utah to learn leadership skills and strategies to be a good teacher. In addition, they will receive a project related curriculum coupled with hands-on interactive lessons about that curriculum. Teens then return home to their own communities and teach what they have learned to younger youth and peers.

**Youth Mentees**—The youth being mentored to by the teens in the youth council.



## PURPOSE OF THE PROGRAM

Expand positive youth development skills and increase youth protective factors through near peer mentoring and service learning.

## DESIRED OUTCOMES

Increased resiliency and self confidence, leading to a reduction in risky behaviors.

Teens Lifting Teens is an affirmative action/equal opportunity program and is committed to a learning and working environment free from discrimination.