



Youth Advocacy Board

Board Member Application

Youth Leader

Adult Partner

Full Name:

Agency or County:

Contact:

Full Name:

Title:

Contact:

What is the Youth Advocacy Board?

Region 4's Youth Advocacy Board is a smaller branch of Region 4 Youth in Progress (YIP). This Youth Advocacy Board is dedicated solely to empowering youth in care to get involved in policy and decision-making that affects their lives, develop their leadership strengths, and advocate for themselves and others! We are seeking a youth representative to join the board from each participating agency and county. If you are interested in making a difference in the lives of youth in care, please keep reading!

Am I Eligible to Become a Board Member? You are an eligible board member if:

- you are between the ages of 14 and 24;
- you are a Youth in Care or a Former Youth in Care; and
- you have a desire to advocate for yourself and others!

What are the Benefits to Being a Board Member?

- **Develop Your Leadership Strengths:** Learn how to share your experiences to empower yourself and others, improve your communication and presentation skills, articulate and share your strengths, and how to advocate for yourself and others!
- **Network and Build Peer Support:** Collaborate with youth leaders and adult partners from other agencies and counties, meet and work directly with policy makers, trainers and curriculum developers, and have fun while doing it!
- **Enhance Your Resume:** Being a member of the Youth Advocacy Board, and the leadership roles you may take within the Board, will make your resume stand out. And having a resume that stands out will help you in applying for jobs, colleges, and/or scholarships!
- **Make a Difference** in your life and the lives of those around you!

What Commitments do Board Members have?

- Attend YAB Meetings (Twice a Month: May - August. Monthly: September – April)
- Develop and Help Run the Annual Region 4 Youth Voice Event (in August)
- Represent the Voices of the Youth from Your Agency or County
- Seek Out, Listen To and Respect Others Opinions and Experiences
- Advocate for Yourself and Others



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Tell Us About Your Strengths! For the Youth Leaders

Please share three of your strengths (You can use the attached list of strengths for ideas!).

- 1.
- 2.
- 3.

Why did you choose these strengths? What do they mean to you?

How do you think you developed these strengths?

NOTE: Need more space to answer these questions? You are more than welcome to attach additional pages to your application!

“Resilience is that indescribable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes” - Psychology Today

How do these strengths make you resilient? (See quote above for inspiration!)

How might you use these strengths to help advocate for yourself and others?

Is there anything else you'd like to share about yourself?

By signing below, I acknowledge that I am an eligible youth leader who is committed to taking on the responsibilities of a Youth Advocacy Board Member in order to advocate for myself and others!

Youth Leader

Adult Partner

Signature:

Signature:



List of Possible Strengths

Action Oriented (I know what needs to get done and I'm there to get it done)

Adventurous (I seek out, and I'm excited by, new things, people and places)

Ambitious (I take on the big ideas)

Analytical (I notice the detail and help make things work)

Appreciative (I see and acknowledge other's strengths and contributions)

Artistic (I express myself through art e.g. writing, drawing, music, acting etc.)

Athletic (I enjoy being physically active e.g. running, yoga, basketball, gymnastics etc.)

Authentic (I'm genuine to myself no matter who I'm around)

Clever (I'm quick to think, create and respond with a witty or thought-provoking comment)

Compassionate (I find myself caring about other's even if they don't affect my life)

Charming (I'm smooth and likable to all types of people)

Good at Communicating (I can explain things to others in a way they understand)

Confident (I believe in myself and my abilities)

Considerate (I think of others needs as often as my own)

Courageous (I choose to face the things I fear)

Creative (I'm able to come up with ideas others haven't thought of)

Critical Thinker (I dig deep to think about all aspects of an issue)

Curious (I'm interested in things I don't yet know or understand)

Determined (I will find a way to get it done)

Empathetic (I'm able to "walk in others' shoes" and feel what they are feeling)

Energetic (I'm lively and active. Who needs sleep?)

Entertaining (I can bring energy and excitement to a room)

Justice (I treat others fairly and I'm committed to helping others be treated fairly)

Flexible (I can adapt for others and to make things work)

Funny (I make people laugh and smile whenever I can)

Generous (I give my time and efforts to others)

Honest (I'm able to tell the truth even in difficult situations)

Optimistic (I feel and/or believe in positive possibilities, in a happy future)

Peaceful (I'm able to remain calm when the world is chaotic)

Inspirational (I can help others get excited or feel hope)

Knowledgeable about _____ (I know about this and I'm happy to share!)

Leadership (I'm good at bringing people together and organizing them to take action)

Love of Learning (I'm always looking to learn something new)

Motivated (I'm interested, excited and ready to start!)

Observant (I notice things that others may overlook)

Open Minded (I listen to, and I'm accepting of, other ideas and ways of being)

Organized (I'm able to keep things clean, orderly and logical)

Outgoing (I'm social and willing to reach out to new people)

Patient (I'm able to wait things out and understand that some things take time)

Convincing (I know how to get others on board with an idea)

Problem Solving (When there's a problem I feel the urge to start fixing it)

Respectful (I try to treat everyone with dignity and courtesy)

Responsible (I take on, and fulfill, my commitments)

Emotionally Intelligent (I understand people)

Skillful in _____ (A skill, trade or ability that I have and will share!)

Social Skills (I'm good with people)

Straightforward (I say it like it is)

Team Player (I like to work with, and support, teams)

Thoughtful (I think about my intentions before I act)

Thrifty (I can make today's trash into tomorrow's treasure)

Trustworthy (I keep my promises)

Visionary (I have big ideas, stories and plans)

Warmth (People feel safer around me)

Feel free to use a strength that is not listed here 😊.