

Youth Ambassador Program

Instill hope and confidence by creating more leadership roles for the youth.

Checklist/Task List

<input type="checkbox"/>]	STEP 1	Volunteerism is IN, be a leader!
<input type="checkbox"/>]	STEP 2	Identify the issues to be addressed-who, what, where, within your community and region.
<input type="checkbox"/>]	STEP 3	Identify existing youth opportunities in your community and state.
<input type="checkbox"/>]	STEP 4	Promote Youth Representative positions with your Tribes, Organizations, and Corporations.
<input type="checkbox"/>]	STEP 5	Create youth opportunities in order to engage the youth with your task force.
<input type="checkbox"/>]	STEP 6	Encourage Exercise & Community Gardening-A healthier body leads to a healthier mind.
<input type="checkbox"/>]	STEP 7	Promote your efforts with media!

STEP 1: Volunteerism is in, be a leader!

- **Give back to your community. If you don't have time, make time! Every community would benefit significantly if everyone volunteered a few hours of their time every week and/or month.**
 - If your community has a Suicide Prevention Task Force ask to join.
 - If your community does not have a Suicide Prevention Task Force, work on creating one.
 - Look into after school programs e.g. Girls on the Run, Boys & Girls Club, Big Brother/ Big Sister, etc. Find out how you can get involved.
 - Encourage your peers to get involved.
 - Ask the organization you work at to consider signing an MOU to allow employees to work at an organization that benefits the youth for a few hours a week.

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STEP 2: Identify the issues to be addressed-who, what, where, within your community and region.

- Identify and clarify the specific needs in your community and region. Examples might include:
 - More Bullying Prevention in the community.
 - More Suicide Prevention in the community
 - Lack of fresh produce.
 - Lack of after school programs.

STEP3: Promote Youth Representative positions with your Tribes, Organizations, and Corporations.

- If your Tribal Government or ANCSA Corporation doesn't offer Youth Representative positions encourage the board/council members to create one or more to keep the youth engaged with what is happening in their community, and how they can stay involved.

STEP 4: Identify existing youth opportunities in your community and state.

- Promote the youth opportunities that already exist in your community and state.
 - Create a timeline to show the different opportunities students have starting from elementary to college.
 - Ask that this timeline be included on the school website, somewhere in the school itself, and/or anywhere else that the youth may access the information easily.

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STEP 5: Create youth opportunities to engage the youth with your task force.

- If your community and/or region currently have a suicide prevention task force, encourage your task force members to consider engaging the youth.
 - Create your very own Youth Ambassador Program!

STEP 6: Encourage Exercise & Community Gardening-A healthier body leads to a healthier mind.

- Please keep in mind at nearly 17%, American Indians and Alaska Natives have the **HIGHEST** age adjusted prevalence of **DIABETES** among **ALL** U.S. racial and ethnic groups. It is time we get back to our roots!
 - Encourage your school to invest in a green house, to educate the students about growing their own fruits and vegetables, and serve everything produced during lunch at school. Share vegetables with senior centers, homeless shelters, etc.
 - Invest in your own green house, and start your own garden.
 - Gardening will benefit the residents of all communities because it is a healthy activity. It promotes positive social interaction, provides possible economic growth, and encourages people to eat more fruits and vegetables which will lead to a healthier diet. Many communities in rural Alaska receive their produce by barge, selection is limited, cost is outrageous, and less nutritious alternatives are often more affordable. Unfortunately, the affordable alternatives lead to obesity, poor self image, lower self-esteem, and poor health.
 - It is time to promote sustainability and resilience through community gardening opportunities.

STEP 7: Promote your efforts with media!

- Utilize the media to promote your efforts!
 - Facebook-**Free!**
 - YouTube-**Free!**
 - Television
 - Radio
 - Billboards
 - Internet Ads