



Welcome!

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Youth Voice in Advocacy

A Guide to Strategic Sharing



NATIONAL FEDERATION OF FAMILIES

For Children's Mental Health

Thanks to our supporters!!!!!!

- National Federation of Families for Children's Mental Health



- Youth M.O.V.E. National



- Research & Training Center for Pathways to Positive Futures, Portland, Oregon



Youth Voice in Advocacy

History of strategic sharing

Why do I want to share?

Benefits & risks of sharing

Preparing for your event

General tips on being strategic

Additional features of the guide



History of Strategic Sharing



What is Strategic Sharing?

Strategic Sharing - is a method of effectively telling your personal experiences in a safe manner in order to achieve a goal.

History of Strategic Sharing

- The first guide was created by Casey family programs and Foster Care Alumni of America
- The next guide was created by the National Resource for Youth Development
- We are now releasing our guide around how to share your story strategically.



Importance of Strategic Sharing

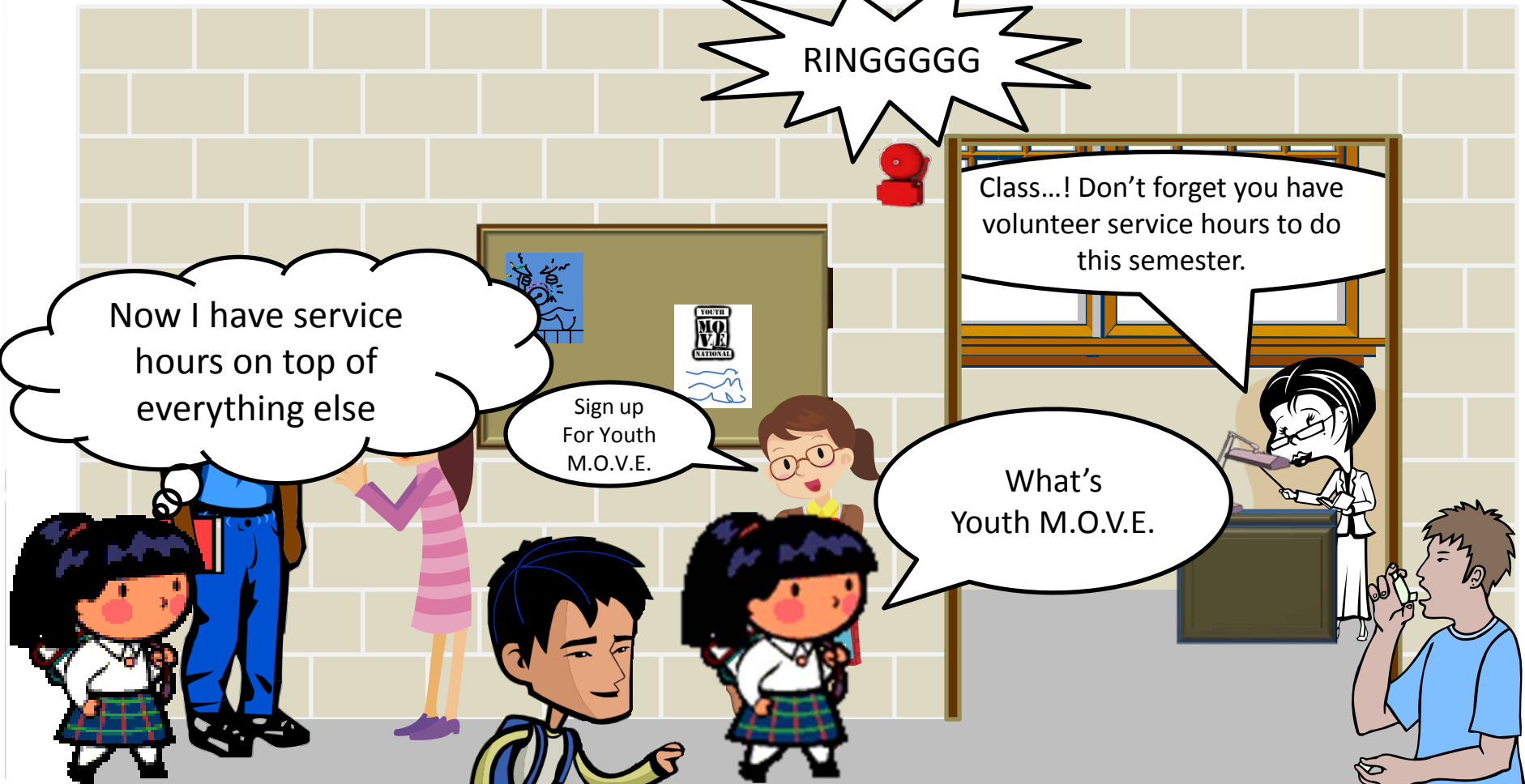
RINGGGGG

Class...! Don't forget you have volunteer service hours to do this semester.

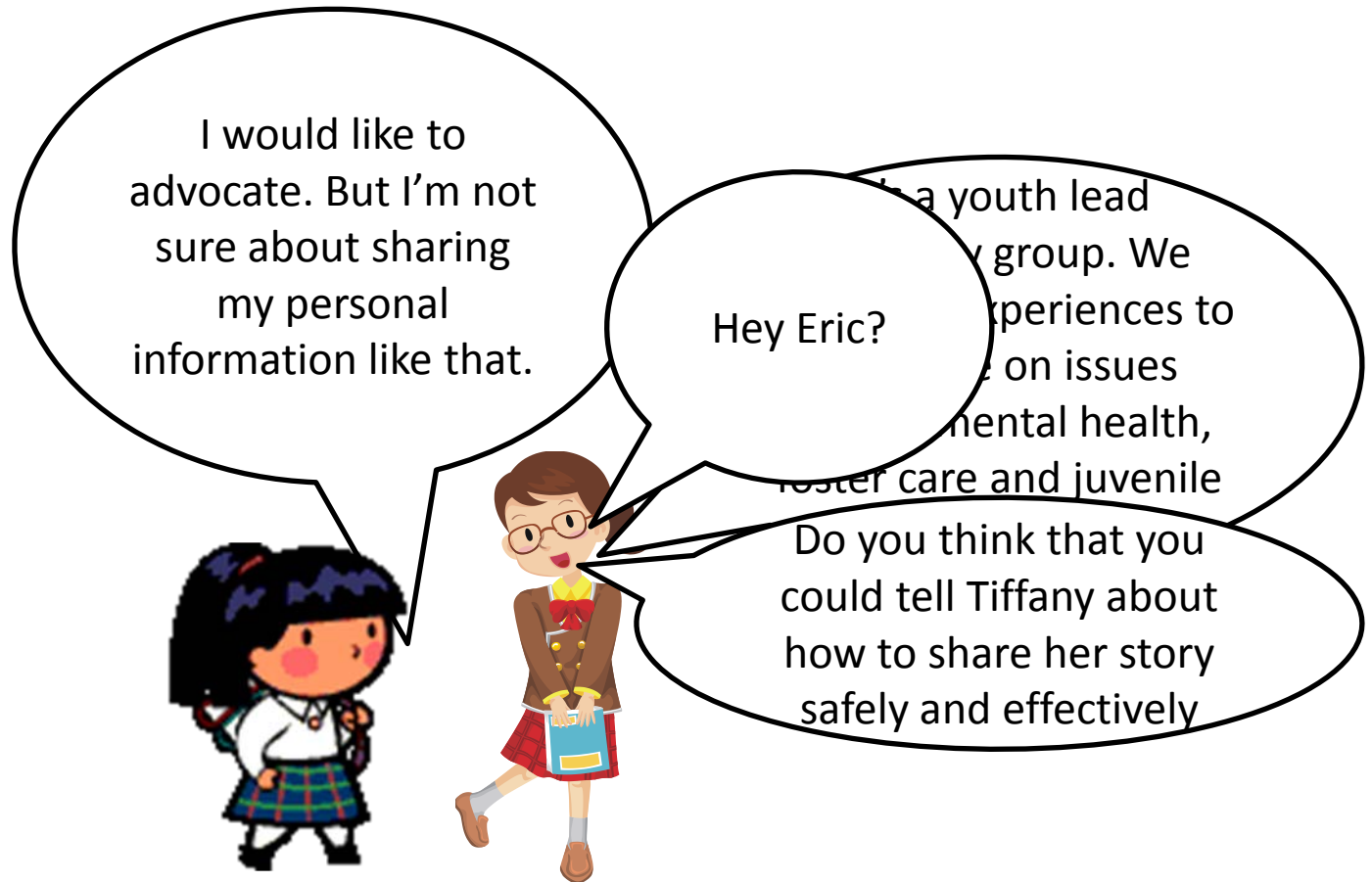
Now I have service hours on top of everything else

Sign up For Youth M.O.V.E.

What's Youth M.O.V.E.



Importance of Strategic Sharing



Reasons for Strategic Sharing

- It helps promote change

Okay this sounds like a great idea. Tell me more about your guide



- Helps keep you better protected



Promoting Change

How can our stories promote change?

- Your story has the ability to:
 - Affect policy and implementation
 - Influence changes in services and practices
 - Dispel Negative Stereotypes
 - Establish Credibility & Emotional Appeal
 - Build Relationships
 - Generate Funding

Better Protection

How does it keep me better protected?

- It protects you by teaching you how to :
 - Weigh the risks and benefits
 - Determine your comfortable level
 - Develop a safety plan
 - Deal with difficult questions
 - Process your feelings after sharing
 - Prevent yourself from being exploited

Why do I Want to Share?

What is **YOUR** reason for sharing!?

Self Advocacy

Exploitation

Stigma Reduction

Attention seeking

Community Advocacy

Anger





Negative Reasons for Sharing

Exploitation: You are sharing because you feel like you have to because someone else told you to or asked you to.

Anger: Sometimes people share their stories because they are angry about what happened to them and they want justice, or retribution.

Attention seeking: Being the center of attention can feel really good, it often raises your feelings of self worth and self importance, and you can begin to crave that feeling.

How to Address a Negative Reason

Exploitation:

- Talk to the people or person who is asking you to share your experiences
- Ask questions to better understand the topic
- If you feel uncomfortable simply say no and walk away



Anger:

- Wait until you have had the chance to calm down
- Seek help from a professional
- Check the facts



Attention seeking:

- Refocus your thoughts
- Take a break and take care of yourself





Positive Seasons for Sharing

Self Advocacy: Advocating for your own personal needs goals and desires.

Stigma Reduction: Stigma can cause many horrible things and for youth who have experienced a system it's all too common.

Community Advocacy: is where you use your voice as an advocate to create changes in your community!

Benefits and Risks of Sharing

Okay with Sharing

You will put all of the benefits of sharing over here



Not Okay with Sharing

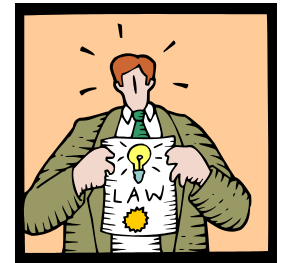
And put all of the risks of sharing over here

Benefits of Sharing

Education:

There are many people who can learn from your story:

- Policy makers
 - State legislators, Congressional members...
- Service providers
 - Child welfare agencies, Court systems, Juvenile Justice, Mental Health Agencies.....
- Key adults
 - Volunteers, Mentors, Teachers, Foster Parents, Coaches
- Other Advocates
 - Other youth advocates, coalition members....



Benefits of Sharing

Create Change:

Our stories are compelling, and inspire action

- Encourage legislators to vote for or against certain policies
- Train service providers on how to better work with youth
- Encourage people to become foster parents or CASA's and Mentors
- Change public's perspective about the youth you represent

Benefits of Sharing

Personal Growth and Development:

Sharing our stories provides us with an opportunity to be heard and to develop skills and relationship that can help us later in life.

- Make people aware of your individual needs
- Allows us to connect with individuals that can help improve our futures
- Provides opportunities for gaining public speaking and presentation skills
- Builds relationships with supports and peers

Risks of Sharing

Unintended Consequences:

Sometimes sharing our stories will have unintended consequences that can cause ourselves and others harm.

- Personal relationships
- Future job opportunities
- Labeling and stereotyping

Risks of Sharing

Mental Health Impact:

Sharing can sometimes backfire and have negative impacts on our mental health

- Sharing Remorse



- Bringing up Painful Memories



- Over Exposure

- Guilt and Pressure



Preparing for Your Event

Targeting your task

Targeting your audience

Studying your topic

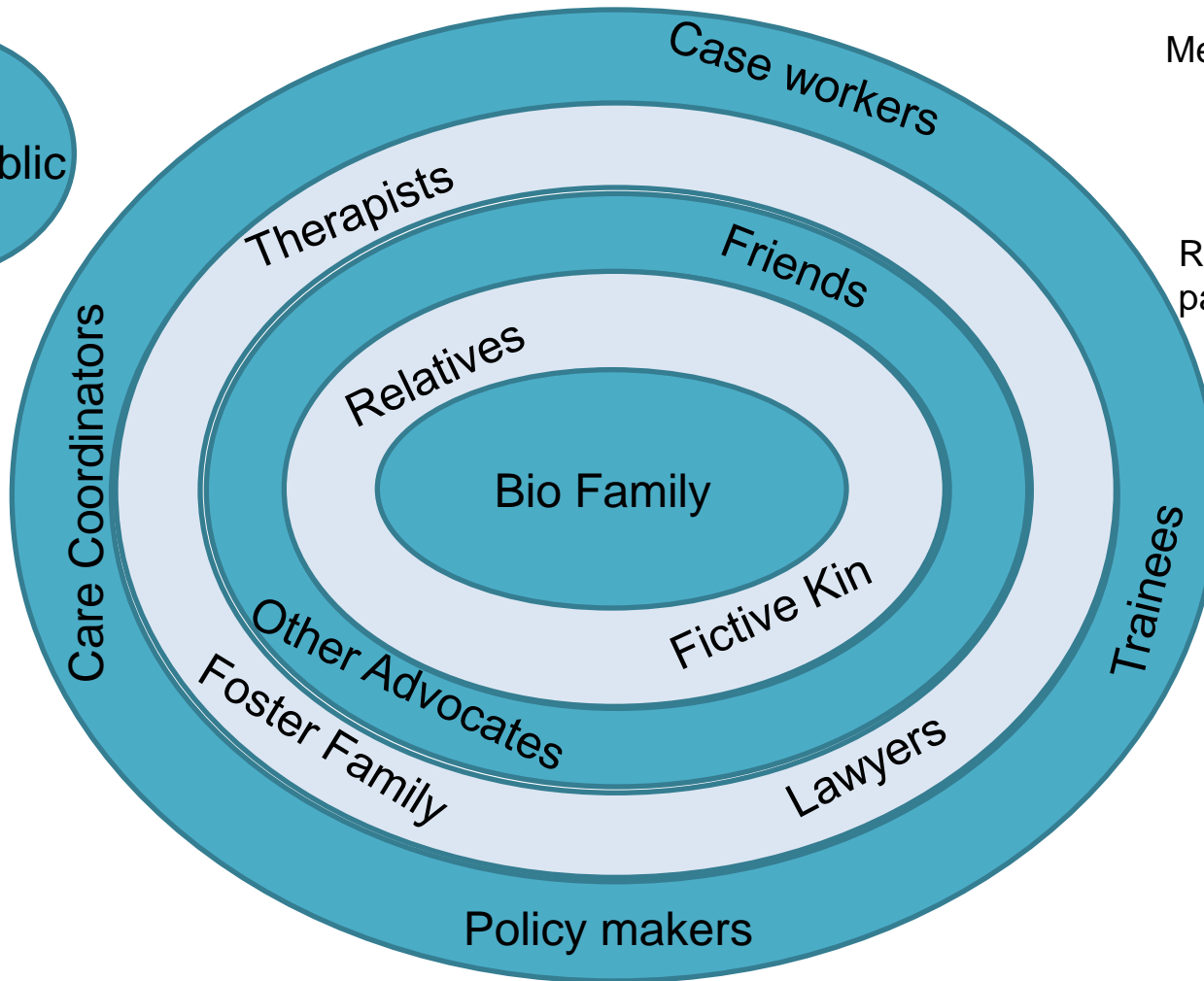
Choosing boundaries

Developing a safety plan

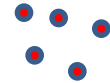
Targeting Your Audience

Who is in your audience?

Media
General Public



Mental Health



Relationship with foster
parents

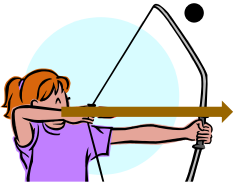


Studying Your Topic



How do you relate your story to your topic?

- Be real and be safe
- Identify your audience and how your story relates
- Interpret things for your audience
- Makes you sound more creditable



Choosing Boundaries

How to choose appropriate boundaries.



- Think about who is in the audience.
- Decide what you want to share with them.

~~Say what you need to say!~~

★ **Say what needs to be said!** ★

Choosing Boundaries

Remember why you are sharing, do not use this speech, presentation, or event to talk about difficult emotional issues that you haven't previously addressed in a therapeutic setting first.

“If you feel the need to share,
then take the time to prepare”

1. Talk to a counselor first
2. Develop a safety plan
3. Take ownership of the emotion

Developing Safety Plan

Identify triggers

Obtain supportive adult or peer

Identify coping mechanism

Develop your plan

Practice

General Tips on Being Strategic

How to answer difficult questions



– Redirect



– Open to the Group



– Reword the question to relate to your top



– Politely Decline



Tips on How to be Strategic

What to do after the event

- Debrief
- Assess strengths and needs
- Don't get addicted
- Take a break and take care of yourself

Additional Features of the Guide

- Developing your bios
- Sectional quizzes
- Personal answer opportunities

Resources

- FCAA- http://www.fostercarealumni.org/resources/Strategic_Sharing.htm
- Casey - <http://www.casey.org/Resources/Publications/StrategicSharing.htm>
- The National Resource Center for Youth Development
 - <http://www.nrcyd.ou.edu/learning-center/publications/Youth%20Leadership%20Toolkit/All>
- Youth M.O.V.E. National
 - <http://www.youthmovenational.org/youth-advocacy-and-policy>
- Or Pathways Research & Training Center
 - <http://www.pathwaysrtc.pdx.edu/index.shtml>

Strategic Sharing

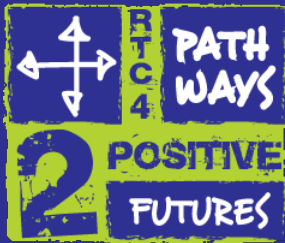


Wow thanks
Eric this guide
sounds like it
will be real
helpful.

Questions?

- Does anyone have any questions on what we covered?





Acknowledgments/Funders



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