

# YouthMove Tips, Techniques for Education

Dare to Dream Award 2010  
Rv.11/11

Nico Viano  
YouthMOVE Massachusetts



## Tips on Involving youth in Education Plans

The purpose of education plans are to help children, youth and young adults. It is important to remember that all youth realize that they are “different” or have plans to help. Especially in youth that have emotional, behavioral, and/or mental health we do not look like we need help. It irritates me when people say.. “You can do this your just lazy” and don’t realize what anxiety, depression or posttraumatic stress disorder looks like on the outside.

Youth Voice is crucial. When we met as a group, asked others and then brainstormed ideas we came up with a lot. I hope you enjoy taking a piece of this and helping students feel like children and high-schoolers feel like young adults with voices.

Sincerely,  
Nico

## Keep it simple!!

Use simple language to help youth connect.

- ❖ Use a “template” plan to understand language.
- ❖ Use a “template” for words that you do not understand.
- ❖ Ask for clarification on what role everyone has.
- ❖ Ask the youth if they are “ok”.
- ❖ Positive, Positive, Positive!  
GO around and have everyone say one positive thing!

## Joining the team:

What does it look like?

- ❖ Use tent cards for all professionals, it’s confusing.
- ❖ Have pens and paper for people who forget it, it helps us feel included.
- ❖ Have an agenda, ask us what parts we want to be there for ahead of time, and don’t assume that we are stupid!
- ❖ Start on time, and end on time. NO three hour meetings!
- ❖ Ask us if we want a peer in the room, it helps the process.
- ❖ Include professionals who understand who we are-being positive goes a long way!

### Positive Language Youth Need :

Everyone Learns Differently!

We can help you get through this!

MCAS can be done in “chunks” to help.

Is there a seat that works better?

You are fun to be around!

Keep your head up, tomorrow is a clean slate!

Would you rather type this?

### Helpful Links:

- ◆ [www.ppal.net](http://www.ppal.net)
- ◆ [www.youthmove national.org](http://www.youthmove national.org)
- ◆ [www.ffcmh.org](http://www.ffcmh.org)
- ◆ [www.pacer.org](http://www.pacer.org)
- ◆ [www.wrightslaw .com](http://www.wrightslaw .com)





As youth we work hard to stay youth driven. It amazes me how often we talk about the triangle of youth driven and people look at us like we are talking the truth.

We are fortunate to have won a Dare to dream grant so that we can as “Young People Promote Positive Mental Health Awareness Across America”. We hope we start in Massachusetts.

Many of us at YouthMOVE Massachusetts teach policy, systems, families, siblings, and schools on how to listen to youth.

### Ages and Stages: Ideas for each age

*“You are not your mental illness”,*

*Chandra Watts*

*YouthMOVE Massachusetts*

*Member*

*Age 24*

### Children ages 5-8

- ❖ Remember to explain why plans help kids.
- ❖ Remember to explain that everyone makes progress.
- ❖ Build on strengths and what youth are good at.
- ❖ Remind each child that they try their best everyday and to tell youth how adults help them.
- ❖ Show your child “simple” plans on what works. (Start with a goal sheet)

### Pre-teen ages 9-12

- ❖ Explain what Special Education is... everyone talks about us
- ❖ Ask your child to express how school is going, whether it be a poem, a drawing, etc.
- ❖ Keep your cool if they are saying they feel “dumb”
- ❖ Remind your child that everyone learns differently
- ❖ If they ask about their diagnosis talk about it

### Youth ages 13-18

- ❖ We want to be included, and have a choice.
- ❖ Show us a template of what this plan looks like.
- ❖ Help us enjoy school, ask us what we enjoy and want to do better in.
- ❖ Transition is important to us. Let us be involved.
- ❖ Do not assume that we do not want to go to college or do more after school.
- ❖ ASK US more then TELLING US.



