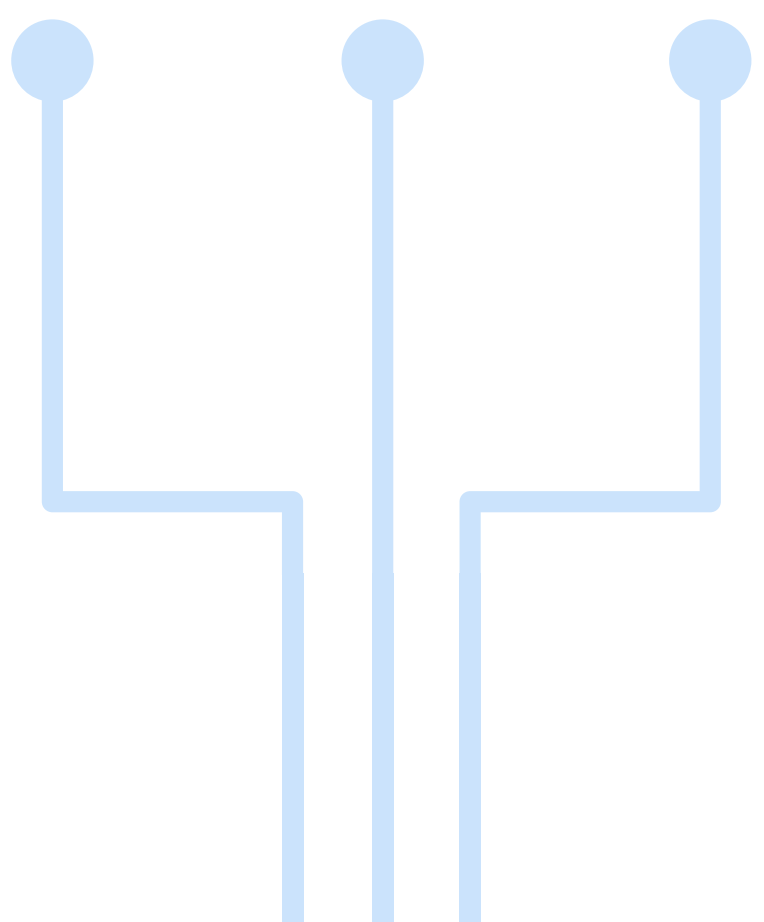




# Build Your Group

Groups Built by Youth for Youth





# What does youth-guided really mean?

Youth-guided means that you have the right to be **empowered, educated, and given a decision-making role** in the care of your life as well as the policies and procedures governing care for all youth in your community, state, and nation.

This includes young people like you having a **sustainable voice and others listening to that voice.**

Youth-guided organizations create safe environments that enable young people to gain **self-sustainability** in accordance with the cultures and beliefs with which they identify.

Further, a youth-guided approach recognizes that there is a continuum of **power** that should be shared with young people based on their understanding and maturity in a **strength-based change process**

Youth-guided organizations recognize that this process should be **fun and worthwhile.**

--Youth M.O.V.E. National





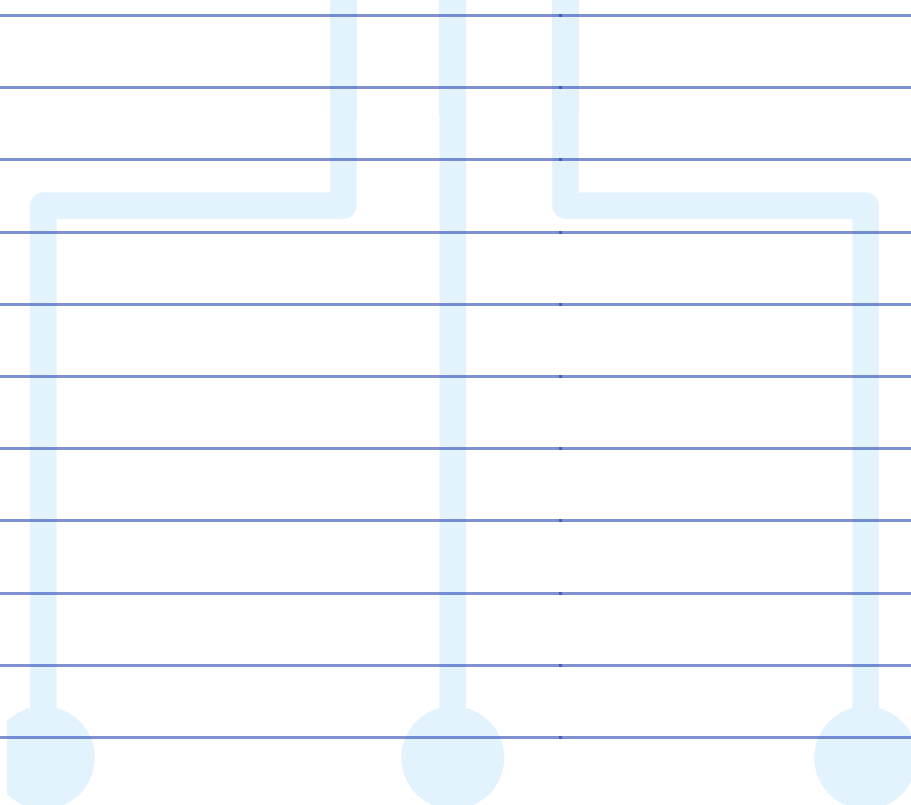
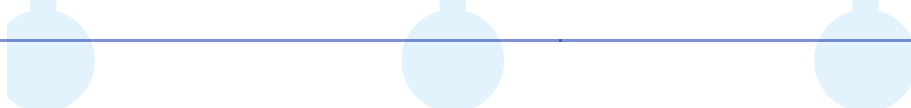


# My Voice Matters



Speak your mind,  
even if your  
voice shakes.

Maggie Smith

How do you want your voice to be heard?



# What does a safe group look like to you?

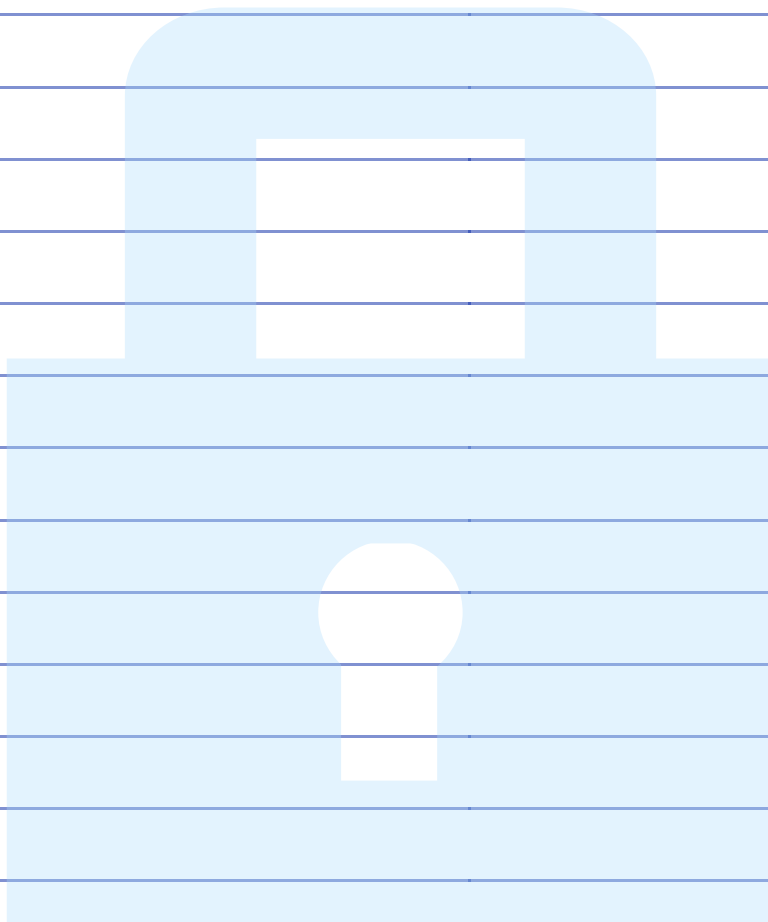
As a group, create a "comfort contract." These are rules you agree to as a group to ensure that everyone feels respected and welcome.

Your rules are up to you! Here are a few things to think about as you get started:

- Confidentiality
- Cultural Differences
- Interrupting
- Listening
- Questions
- Cell Phones
- Anonymity
- Decision Making
- Gender Identities
- Religious Beliefs

Which of these guidelines did you decide to use?

Were there other that you decided to add?







When you think about your ideal group, what comes to mind?

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Below are a few ideas of what you can do with this group. Discuss with your group which ones you're interested in. Add your own ideas, too!

- Build social skills
- Learn to develop and/or maintain healthy relationships
- Improve the ability to advocate, individually and collectively
- Improve relationship with parents/caregivers
- Volunteer in the community
- Provide support to your peers
- Work to help others understand what we're going through
- Learn about financial management
- Learn about resume and job preparation

Your ideas:

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# S.M.A.R.T. Goals

Crafting S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T. Goals use concise language, but include relevant information. These are designed to help you succeed, so be positive when answering the questions.

Initial goal (Write the goal you have in mind):

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1. Specific (What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?)

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2. Measurable (How can you measure progress and know if you've successfully met your goal?):

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3. Achievable (Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?):

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4. Relevant (Why am I setting this goal now? Is it aligned with overall objectives?):

5. Time-bound (What's the deadline and is it realistic?):

S.M.A.R.T. Goal (Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed):







