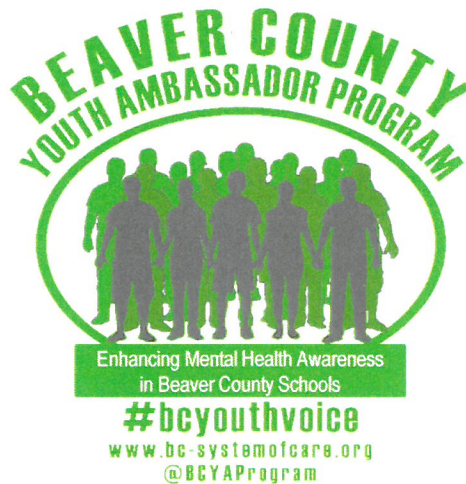


Youth Ambassador 101



HOW TO START A YAP GROUP

Schedule regular meetings
– once a month, twice a
month, whatever works for
your group!



INCLUDE AN ACTIVITY

- What's on my plate
- Talk and toss ball
- Random acts of kindness
- Inspirational messages

DISCUSS A TOPIC

- Coping with stress
- Dealing with anxiety
- Transitioning to adulthood
- Self-advocacy
- How culture effects MH awareness



HELPFUL RESOURCES

Find out about local mental
health resources and come
up with ways to educate
your
friends, family and school
community.

BE A YOUTH AMBASSADOR!



Beaver County Youth Ambassador Program



IDEAS FOR YAP CLUB ACTIVITIES

- Create posters with positive messages and crisis information
- Create mental health awareness videos in media class
- Resource tables at lunch
- Kindness cards
- Compliment cards
- Chalk Talk
- Inspirational bulletin board/kindness bulletin board
- Make friendship bracelets
- Create Mental Health Trivia for announcements
- Include positive messages and inspirational quotes for announcements
- Create yard signs
- Create a tree of positivity
- Yoga
- Meditation
- Aromatherapy

IDEAS FOR YAP FUNDRAISERS

- Sports tournaments – volleyball, soccer, kickball, dodgeball
- Selling awareness ribbons
- Selling t-shirts
- Dance party
- Pizza party

IDEAS FOR CLUB/SCHOOL EVENTS

- Green-out day to support mental health
- Mental health pep rally
- Therapy dog visit
- Elementary school visits/teaching about feelings
- Elementary school movie and then talk about feelings
- Elementary school visit and do an activity
- Nature walk
- Field day

OTHER IDEAS TO CONSIDER

- Contact other school YAP programs
- Adopt a freshman
- Round table discussions
- Creating a quiet corner
- Stress relief activities during test weeks
- Fun activities before test week
- Skits that demonstrate how to listen, how to validate, how to help
- Assemblies or guest speakers
- Themed days
 - Green out
 - Insomnia awareness – pj day
 - Neon day – brighten your mood
 - Hat day – self care
 - Child grief awareness day
 - Rainbow day – inclusion
 - Inside out day
- Awareness artwork
- Bracelets to correspond to emotions/feelings

SUGGESTIONS FOR MONTHLY YAP ACTIVITIES

September- Suicide Prevention Month

- Suicide Prevention week
 - September 10-16
 - Crossword puzzle or word search
 - At the end of the day or week first three people who bring it to the office win some sort of prize (gift card, no homework pass)
 - <https://www.samhsa.gov/sites/default/files/npw-23-crossword.pdf>
 - <https://www.samhsa.gov/sites/default/files/npw-23-word-search.pdf>
 - Create posters with crisis number, positive affirmations
- Toolkit:
<https://www.health.state.mn.us/communities/suicide/documents/suicideawarenessmonth22.pdf>
 - Week one: You Matter. Changing the narrative on mental health and suicide
 - Week two: You matter. Today and everyday
 - Week three: You matter. Support others
 - Week four: You matter. Talk with us

October – National Depression and Health Screening Month (education and awareness)

- Share information on depression
- World Mental Health Day October 10th
 - Make an announcement
 - Plan an activity
 - Wear green

November- Coping skills

- Discuss and share information about coping skills.
- Example: Mindful breathing
 - Deep inhale for three seconds, hold your breath for 2 seconds, exhale for four seconds
- In gym class, offer yoga

December- Making the Holidays Brighter

- Make holiday cards for local nursing homes or veterans
- Play some games: <https://mymef.org/wp-content/uploads/2021/06/4-Mental-Health-Activity-Games-2.pdf>

January- Self Improvement

- Encourage students to identify something they want to work on and the steps to take to accomplish their goal
- Create a space in the classroom or around the halls with affirmations
 - Post it notes, note cards
- Pep assembly

February- Random Acts of Kindness (rack)

- Kindness activity wall: a wall or bulletin board
- Kindness jar
- Do something to show your appreciation for others
- Thank a school employee
- Smile

- Leave kind notes
- Open doors for others
- Sit with someone new

March- Springing into Action

- Guest speaker on mental health awareness/ self-care
- Support kids through the last couple months of school
 - Something to motivate
 - Sport tournaments
 - Field day
- Provide information on anxiety (handouts, group discussion)
 - Share some ways to cope- example:
 - Grounding technique
 - 5 things you see around you
 - 4 things you can touch around you
 - 3 things you can hear around you
 - 2 things you can smell around you
 - 1 thing you can taste in your mouth

April – Stress Awareness Month

- Talk about stress management and wellness resources
 - With testing and finals being right around the corner create posters with encouraging messages around the school
- During PSSA's and other testing
 - Pass out encouraging notes/ posters
 - Snacks
 - Plan a school dance

May- Mental Health Month

- Chalk on outside sidewalks
- Mental Health Bingo:
 - Could either do an announcement of a question that they have to answer correctly to or do something that they do throughout the whole month
 - Ask questions like what is ... or how can you ..
 - At the end of the week or month they bring their card to the office only if they have gotten bingo
 - Win a basket full of YAP stuff or just stuff/ gift card
- <https://emmresourcecenter.org/system/files/2019-03/Green%20Ribbon%20Door%20Hanger%20w%20die%20lines.pdf>
 - Print out green ribbons, write messages of hope
- Have a theme week
 - Monday: Bright colors to “brighten your day”
 - Tuesday: Talk to others and lift them up – say something positive to another student
 - Wednesday: Green out
 - Thursday: Take care of yourself- practice self-care
 - Friday: Relaxation/ Stress free- wear comfortable clothes/ pjs
- Go to elementary schools and teach about emotions and feelings
 - Example: watch the Inside Out movie and then talk to them about their feelings.