

# Winter Workshops - Recharging Youth Development

Friday, January 31<sup>st</sup>, 2020

8:30am - 5:00pm

Baker Middle School - 8001 S. J Street

Tacoma, Washington 98408

Winter Workshops - Recharging Youth Development is an all-day training experience where Youth Development Professionals have the opportunity to engage in best practices focusing on Racial Equity, Social Emotional Learning (SEL) and a deeper dive on Youth Program Quality Methods. The trainings are designed to equip professionals with strategies and activities that they can implement in real-time.

Participants will have the opportunity to choose from a variety of training offerings:

## **Racial Equity Journey** (\*\*Recommended: Attend together\*\*)

### **Explore Structural Racism (AM - 9:30am - 12:30pm)**

A thorough understanding of structural racism can help all professionals provide effective services for youth and their families. In this session we will explain structural racism, provide examples of and data on structural racism, and discuss implications for youth. The material can be emotionally challenging and we will provide what we hope will be a helpful structure for understanding and a learning environment for every participant to grow.

Learning Objectives:

- Increase their knowledge of why understanding race and structural racism is crucial to achieving cultural competence
- Understand how history, laws, policies, practices & belief systems have interacted to produce racial disparities (also known as “structural racism”)
- Identify connections between historical racial injustices & present-day realities for youth and their families

### **Cultural Responsiveness - An Inclusive Approach for Youth Programs (PM - 1:30 - 4:30pm)**

The Cultural Responsiveness: An Inclusive Approach for Youth Programs workshop explores cultural identities, perspectives, and relationships that impact youth and shares best practices for an inclusive, welcoming, and respectful environment for all youth.

This offering trains professionals to understand and implement the guiding principles of Cultural Responsiveness: Quality programs respect and are responsive to the diversity of program participants, their families, and community.

Learning Objectives:

- Define terms of power, privilege, equality and equity issues that impact youth
- Learn the characteristics of inclusive, welcoming, and respectful environments for all youth
- Begin recognizing best practice behaviors; and discuss ways to incorporate aspects of Cultural Competency and Responsiveness into your program

## **Social Emotional Learning (SEL) Adventure** (\*\*Recommended: Attend together\*\*)

### **Promoting Responsibility & Leadership (AM - 9:30am - 12:30pm)**

Youth leadership and responsibility opportunities are not only foundational to high quality youth development programs, but are also important social emotional abilities for young people to build, develop, and practice. In this workshop participants will explore how responsibility and leadership fit within a broader SEL framework and develop practical skills to model roles and responsibilities and support youth in leveraging their strengths, interests, and leadership style as part of groups and relationships. Participants will practice applying techniques learned to their programs with an eye toward facilitating youth ownership.

#### Learning Objectives

- Define responsibility and leadership within the larger SEL framework
- Utilize skills to support youth in understanding how their interests, strengths and leadership style influence relationships and group dynamics
- Apply techniques that encourage youth ownership, accountability, and decision-making over tasks
- Model skills that builds clarity of roles and responsibilities among youth.

### **Fostering Teamwork (PM - 1:30 - 4:30pm)**

Teamwork – for some of us the word generates excitement, for some of us dread. With time, support, and facilitation youth workers can help young people have both strong teambuilding skills and a sense of trust and group identity. Participants in this workshop will learn and apply norm building and facilitation techniques. Time will be spent applying and scaffolding techniques to support youth in managing their communication styles and applying conflict resolution skills.

#### Learning Objectives

- Define teamwork and understand its role within an SEL framework
- Apply 2-3 norm-building techniques
- Understand common challenges of group dynamics.
- List 2-3 facilitation skills that build group identity and trust among youth
- Apply scaffolding techniques that guide youth to build awareness of, and manage challenges related to, their communication styles
- Apply conflict resolution techniques.

## **Youth Work Methods Excursion**

### **Deep Dive “Building Community” (AM - 9:30am - 12:30pm)**

This workshop will take a deep dive into why it is important to build community in youth programs. This training will also provide opportunities for participants explore implementation strategies in building community, network and share best practices with other youth development professionals.

Participants will learn best practices in:

- Helping young people feel that they belong
- Help young people get along and be productive
- Increasing youth participation and attendance
- Increasing student engagement and learning

### **Deeper Dive “Ask, Listen & Encourage” (PM - 1:30 - 4:30pm)**

This workshop will take a deep dive into why it is important to carry out positive, purposeful interactions with young people. The method includes practices that can both foster positive relationships with youth and support young people in learning new skills. This training will also provide opportunities for participants to explore implementation strategies, network and share best practices with other youth development professionals.

Participants will learn best practices in:

- Asking relevant and challenging questions while seeking youth input
- Listening to the needs of young people and meeting them where they are
- Encouraging youth participation to inspire confidence