

Protocols for Supporting Youth and Young Adults in Transition (Y/YAT) for Participation on Committees That Serve Youth

- **Transportation Supports**
 - Transition age youth and young adults require planned and paid for transportation supports.

- **Translation Support**
 - Avoid use of lingo or acronyms
 - Be ready and willing to explain concepts under discussion

- **Respect, Validation, and Valuing**
 - Youth are experts in their life experiences and should be treated as such

- **Training and Experiences**
 - Assist youth in organizing annual conferences/gathering -- for youth -- to learn about leadership and advocacy skills

- **Meeting Preparation Supports:**
 - Help youth prepare their own talking points
 - Coach youth on appropriate dress
 - Coach youth on what to expect and how to handle themselves
 - Have paper and supplies for youth. Make sure they have something to write on to take notes or to jot down questions or points they want to make. Role play the meeting with the youth prior to the meeting
 - Make sure youth feels a part of the meeting by including them in group emails and meeting reminders
 - Supply list of names of people attending the meeting and their roles and positions
 - Explain the mission and purpose of the group to the youth.

- **Structure meetings for youth participation and involvement**
 - Shorter meetings
 - Have more than one youth/young adult present (Just one is intimidating)
 - Have a youth/young adult break out meeting to facilitate youth voice and then reconvene with spokesperson to represent their views
 - Be specific about what input you are asking them for
 - Youth need more interactive –engaging talk/activities
 - Supply food
 - Consider holding meeting in youth friendly environment – meeting on their turf – where they are comfortable

- **During the Meeting**
 - Have meeting mentor go to meeting with youth member and position mentor near-by to youth. Meeting mentors function as language and process translators for the youth member.
 - Remind youth member to write questions as they come to mind during the meeting. The mentor can send back a quick written response or clarification, and/or encourage the youth to voice their feedback or question during an appropriate time in the meeting.

- **Follow-up with youth**
 - Make sure to follow-up and debrief with youth immediately after the meeting and later in the week to process their experience and to answer any questions they may have
 - Re-invite to next meeting
 - Have meeting leader connect with the youth pre and post meeting

- **Advocate with organizations** on the merits of having youth involved in their organization or group