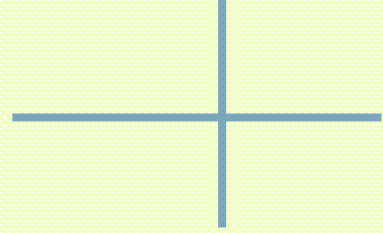


YOUTH TOWN HALL REPORT *2018*



TABLE OF CONTENTS



Memorandum_____	3
Mayors Youth Advisory Commission_____	4
Tempe City Council _____	5
MYAC History & Background _____	6
Youth Town Hall Overview _____	7
Youth Town Hall Topics	
Healthy Relationships _____	8
Mental Health _____	16
High School & College Readiness _____	24
Youth Town Hall Student Attendees _____	31



#MYAC

Dear Mayor and City Council,

The Tempe Mayor's Youth Advisory Commission (MYAC) is pleased to present this year's findings from its Youth Town Hall held on February 15, 2018. We are also happy to report that there was an overwhelmingly positive response from students who participated at the 38th Annual Youth Town Hall based on our event evaluation.

In the spirit of "Making Waves in the Desert," MYAC seeks to continue to evolve in its scope and approach to best serve the youth of Tempe and be an integral part of the community. In doing so, we reviewed suggestions from students that will help us provide an even more meaningful experience for the next year.

Focusing on we have accomplished this year, MYAC is grateful for the opportunity to, once again, bring the Tempe youth, community leaders and subject matter experts from the community together to discuss social challenges concerning youth.

A summary of the event's topics and recommendations are detailed in this report. These recommendations are the original ideas of Tempe's youth to solve problems our community faces. To promote further youth civic engagement, you will notice that certain recommendations are directed for MYAC and Tempe youth to address.

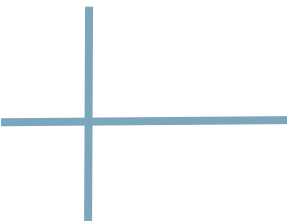
We also understand that some action items will require further review to determine the feasibility of implementing the recommendations. Therefore, we hope that this report will serve as a reference and create an ongoing dialogue between MYAC and the City Council.

On behalf of the Commission, I would like to thank you again for your dedication and commitment to the youth of Tempe. The successes we have had could not have been achieved without your support.

Sincerely,

Hayden Eastwood, Chair

MAYOR'S YOUTH ADVISORY COMMISSION



MAYORS YOUTH ADVISORY COMMISSION

2017-2018



Hayden Eastwood
CHAIR

Emma Moriarty
VICE CHAIR

Carter Miller
ADMINISTRATIVE RECORDER

Juliet Farr
TREASURER

Clara Moffit
YOUTH TOWN HALL CHAIR

ANDREA LARA ROMERO
COMMUNITY SERVICE PROJECT CHAIR

Aerowyn "Piper" Allen

Jose Bernal Martinez

Satavia Chest

Ali Cohen

Natalie Edgington

Bhavanapriya Giridar

Noble Harasha

Regan Hatch

Liam Huggins

Nandini Mishra

Alissa Montano

Alexia Moreno

Amber Price

Sophia Price

Synthia Ramos

Aviva Sanchez

Safivah Zubair

MEMBERS

TEMPE CITY COUNCIL

Mark Mitchell
MAYOR

Robin Arredondo-Savage
VICE MAYOR

Kolby Granville
Randy Keating
Lauren Kuby
Joel Navarro
David Schapira

COUNCIL MEMBERS



MYAC HISTORY & BACKGROUND

About the Commission



The Mayor's Youth Advisory Commission was established in 1980 in response to the challenges youth often face such as teen violence, substance abuse, mental and emotional issues and lack of positive outlets. Recognizing the importance of youth collaboration, Tempe has offered an advisory commission made up 100% of youth. The commission reports directly to the Mayor and City Council.

Commission Purpose

To promote youth involvement by:

- Offering a platform for youth to express their views, and interests
- Initiating and coordinating activities for Tempe youth
- Providing opportunities to develop leadership qualities
- Representing youth's interests, needs and ideas

Commission Members

The commission consists of 18-24 members in 8th-12th grade who reside in Tempe and/or attend school with the City of Tempe. Members represent a variety of youth perspectives and interests



Commission Goals

- Explore solutions for local youth issues and relay suggestions directly to the Mayor and City Council
- Represent Tempe youth's interest and perspectives
- Sponsor annual youth events
- Support community efforts that recognize youth's accomplishments
- Represent Tempe youth at local, state and national events



YOUTH TOWN HALL OVERVIEW

Youth Town Hall is an annual event planned and sponsored by the Mayor's Youth Advisory Commission (MYAC). Youth Town Hall gives teens the opportunity to have direct input into policy affecting them and experience the results. The annual event brings students together in Tempe with community decision makers, including school board members, civic and business leaders, public service agencies, and elected officials. Youth and adults exchange ideas and propose viable solutions for issues facing Tempe's youth.

This year's event was held on Thursday, February 15, 2018 at the Tempe Westside Multi-Generational Center. During this year's event, more than 100 participants gathered in discussion groups in order to address three topic areas including Healthy Relationships, Youth Mental Health, and High School and College Readiness. Recommendations generated at Youth Town Hall are published in the accompanying Youth Town Hall Report. The report is presented to the Tempe City Council for possible action and policy changes. The report is also widely disseminated in our community and will be presented to local school district governing boards.



HEALTHY RELATIONSHIPS



GROUP 1

EMMA MORIARTY
YOUTH FACILITATOR

ZORAIDA ETRICK
ADULT FACILITATOR

SAMANTHA HINCHEY
SUBJECT MATTER EXPERT

GROUP 2

CARTER MILLER
YOUTH FACILITATOR

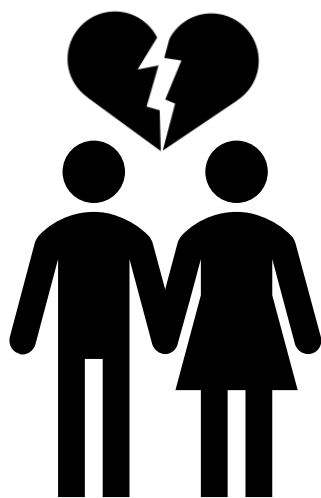
MARY MEZEY
ADULT FACILITATOR

LINDSAY ASHWORTH
SUBJECT MATTER EXPERT

ISSUE BACKGROUND

Both healthy relationships groups addressed teen dating violence, a type of intimate partner violence (IPV). The Center for Disease Control and Prevention defines teen dating violence as any physical, psychological, sexual, or emotional aggression within a dating relationship.

Teen Dating Violence



Among high school students who dated....

21%

of females experienced physical and/or sexual dating violence¹

10%

of males experienced physical and/or sexual dating violence¹

33%

of teens who were in a violent relationship told anyone about their abuse²

BACKGROUND

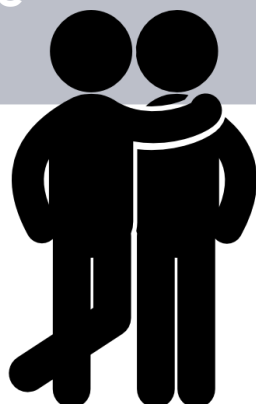
Students identified the following characteristics of **healthy** behaviors vs unhealthy behaviors within a relationship.



- Mutual respect
- Calm discussions
- Feeling of equality
- Open-mindedness
- Support for each other
- Act as a team
- Freedom to be yourself
- Maintain independence and space



- Possessiveness
- Verbal abuse
- Emotional manipulation
- Physical abuse
- Controlling
- Threatening
- Sexual abuse
- Infidelity
- Lying



ISSUES IDENTIFIED

There are several factors that can create a high-risk relationship and eventually lead to teen dating violence.

Lack of support network

Past trauma & abuse

Low-esteem

Mental Health Issues

Family Challenges

Unhealthy behaviors

SOCIAL CHALLENGES



INDIVIDUAL

Fear of asking for help

Lack of self-worth



COMMUNITY

Lack knowledge of what an abusive relationship is

Inappropriate use of social media and communication among peers



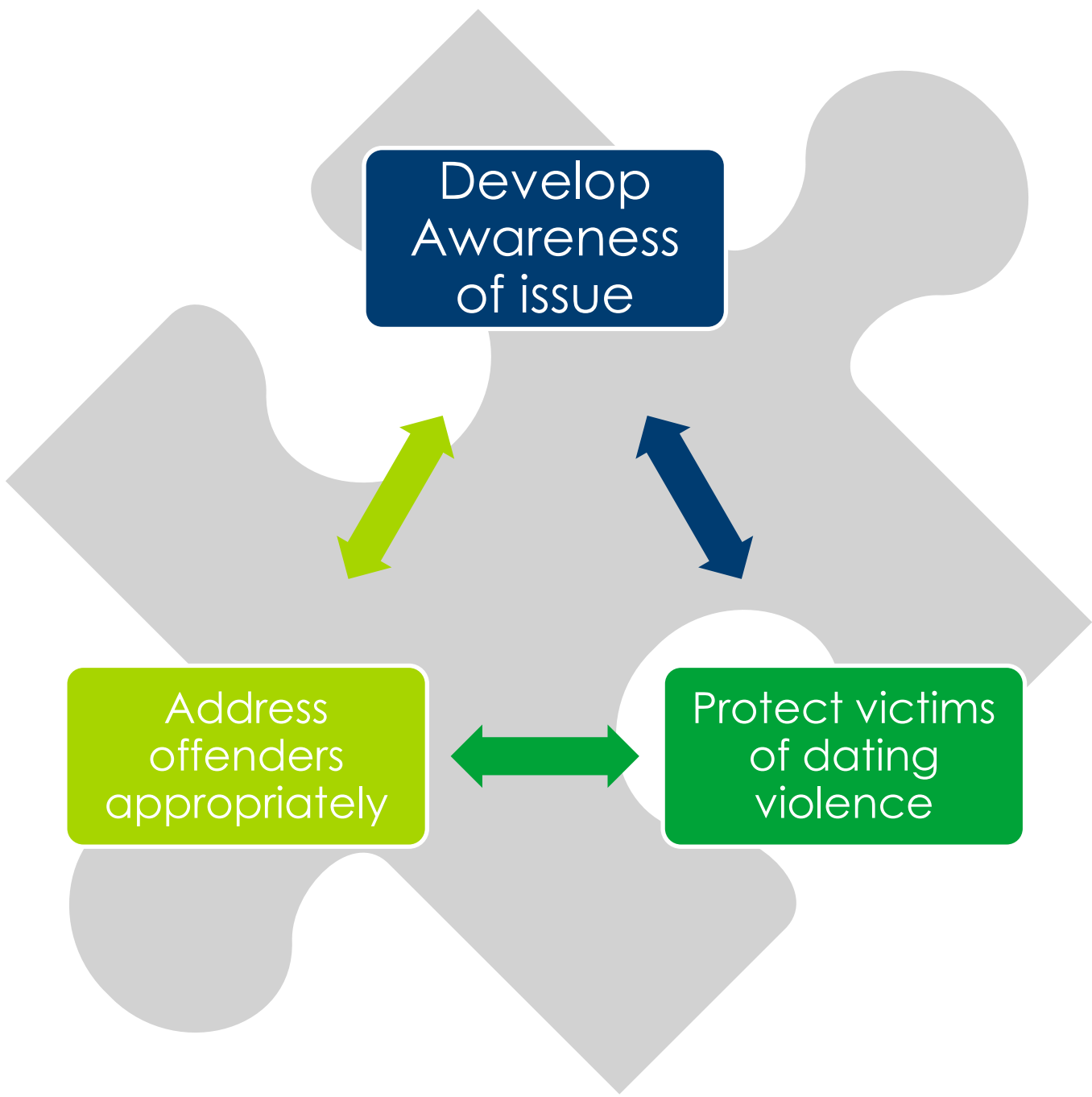
SYSTEMATIC

Victims of domestic violence need to feel protected

Offenders need proper treatment and services









RECOMMENDATION THEMES

Common themes from the recommendations:



TOP RECOMMENDATIONS

Below are the topic recommendations identified by teen participants in these two groups:







RECOMMENDATION	DETAILS	RESPONSIBLE PARTY
Make a healthy relationship curriculum mandatory as part of class. 	Provide training to health teachers on abusive behavior, healthy boundaries, negotiation skills and resources.	 MYAC/TEMPE YOUTH  SCHOOL DISTRICT
Create and sponsor a campus youth-led group/club focusing on empowerment and encouraging self-keep.	Club can be extracurricular and perform the following tasks: create educational posters, raise funds for activities, share survivor stories, provide support to students.	 MYAC/TEMPE YOUTH  SCHOOL DISTRICT
Have a district-wide healthy relationship awareness week.	Organize an assembly to include speakers who have lived dating violence experience, create poster contest, poetry/spoken word performance and a resource fair. Could coordinate in February during Teen Dating Violence Week.	 MYAC/TEMPE YOUTH  SCHOOL DISTRICT
Raise awareness of issue on social media.	Develop strategies for an online campaign i.e. create hashtags to raise awareness, short videos, etc.	 MYAC/TEMPE YOUTH



Both groups identified similar recommendations

ADDITIONAL RECOMMENDATIONS

Below are additional recommendations identified by teen participants in these two topic groups:

RECOMMENDATION	DETAILS	RESPONSIBLE PARTY
Establish points of contact at schools to handle teen dating violence concerns.	School Resource Officers to take complaints of dating violence and can make appropriate referrals for both the victims and offenders.	 CITY COUNCIL  SCHOOL DISTRICT
Create and maintain a campus committee that will review cases relating to teen dating violence and other abusive behavior	Committee to consist of teachers, counselors, resource officers, etc. Would determine consequence for offenders.	 SCHOOL DISTRICT
Identify a standard approach to address offenders.	Have controlled regulations and actions that could lead to expulsion if necessary. Provide educational workshops for offenders and determine "fines" for offenders.	 CITY COUNCIL  SCHOOL DISTRICT
Create a safe environment on school campuses to protect the victim and offender.	Offer controlled classrooms and an option for off campus opportunities to learn to protect the victim.	 SCHOOL DISTRICT

MENTAL HEALTH



GROUP 1

REGAN HATCH
YOUTH FACILITATOR

HILARY CUMMINGS
ADULT FACILITATOR

HILARY CUMMINGS
SUBJECT MATTER EXPERT

GROUP 2

JULIET FARR
YOUTH FACILITATOR

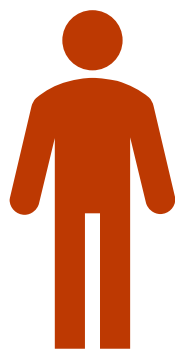
LORI ROBINSON
ADULT FACILITATOR

JUDY BUTZINE
SUBJECT MATTER EXPERT

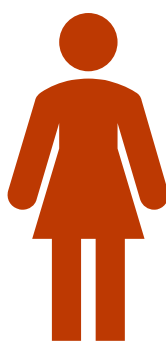
ISSUE BACKGROUND

Mental health has gained attention in light of many tragic events in the past decade. The two mental health areas that Youth Town Hall participants addressed is the stigma about mental illness and the effect of stress on youth's mental health.

Students with mental illness worried....

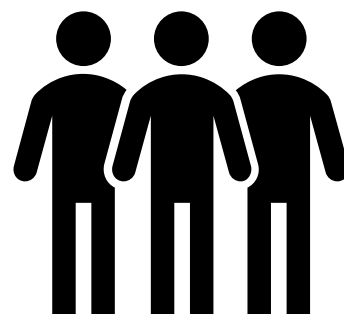


that they will be looked down, "seen as different" or misunderstood.¹



discussing their illness would be labeled as attention seeking aka a "drama queen."¹

Stigma



Students shared that feeling stressed, overloaded and depressed are the new normal.¹

Stress

On average, teens report significant stress during the school year that are at greater levels than adults. Many teens admit to feeling overwhelmed, depressed because of stress.²



¹ <https://med.stanford.edu/content/dam/sm/psychiatry/documents/CntrforYouth/MajorThemesFindingsFinalReport.pdf>

² Hey Sigmund "The effects of toxic stress on the brain & body <https://www.heysigmund.com/toxic-stress/>

ISSUE BACKGROUND (STIGMA)

Mental health challenges are not always visible and can be difficult for others to identify. This becomes more challenging when youth struggle to address their mental health concerns. Therefore, it is common to minimize one's illness, to fear judgment from others, and to feel like there is no one who can understand.

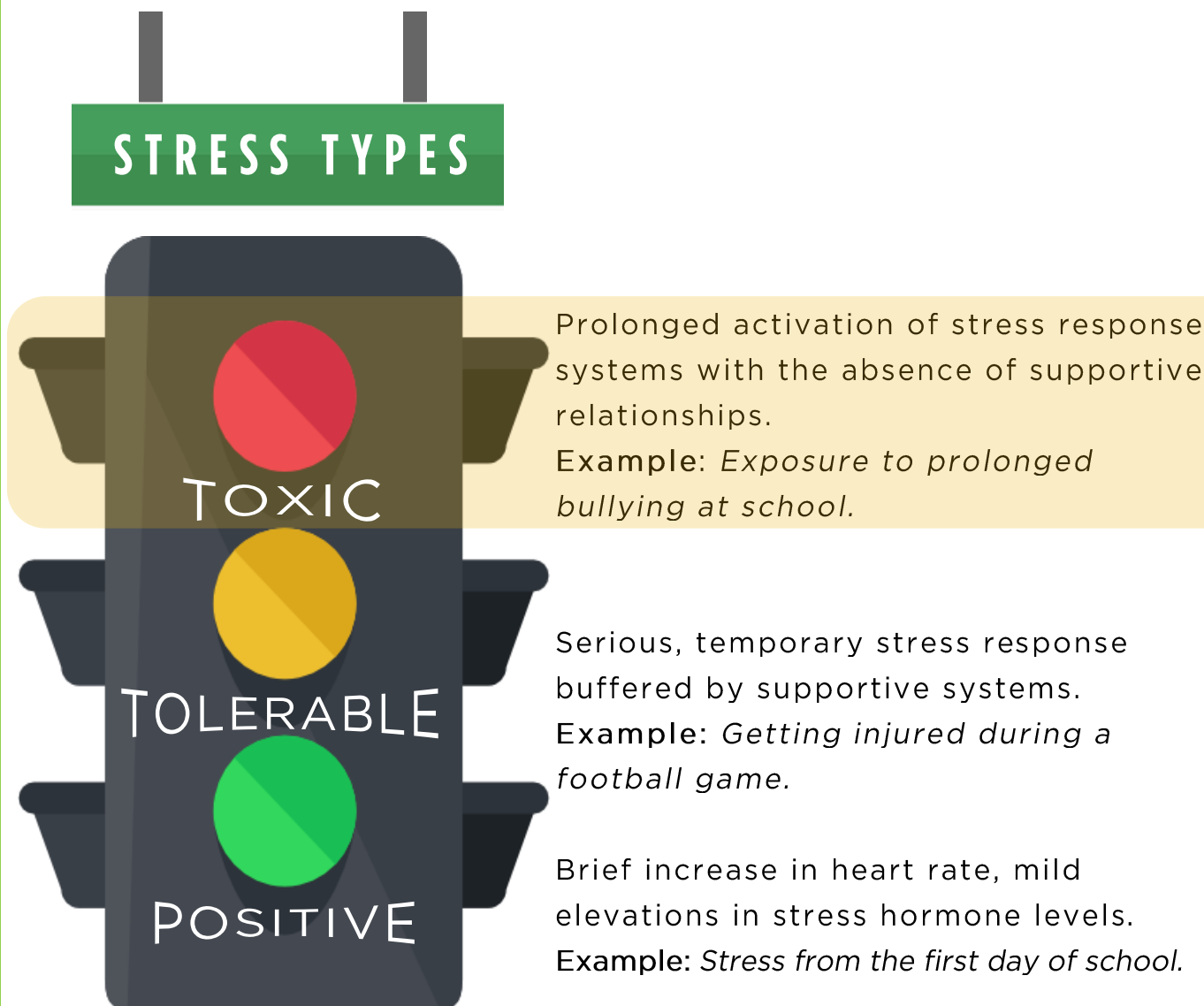


Group 1 focused on the stigma that mental health issues can have and ways to help normalize mental health illness for youth.

ISSUE BACKGROUND (STRESS)

With the help of mental health professionals, youth identified the main types of stress and their implications to our well-being. Below is a summary these types of stress.

STRESS TYPES



Group 2 focused on toxic stress because that has a direct negative affect to one's mental health and how to provide support for youth in maintaining stress.

SOCIAL CHALLENGES



INDIVIDUAL

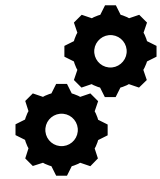
Teens feel uncomfortable about mental health issues

Not recognizing the effects of stress



COMMUNITY

Having a “safe place” to address mental health issues

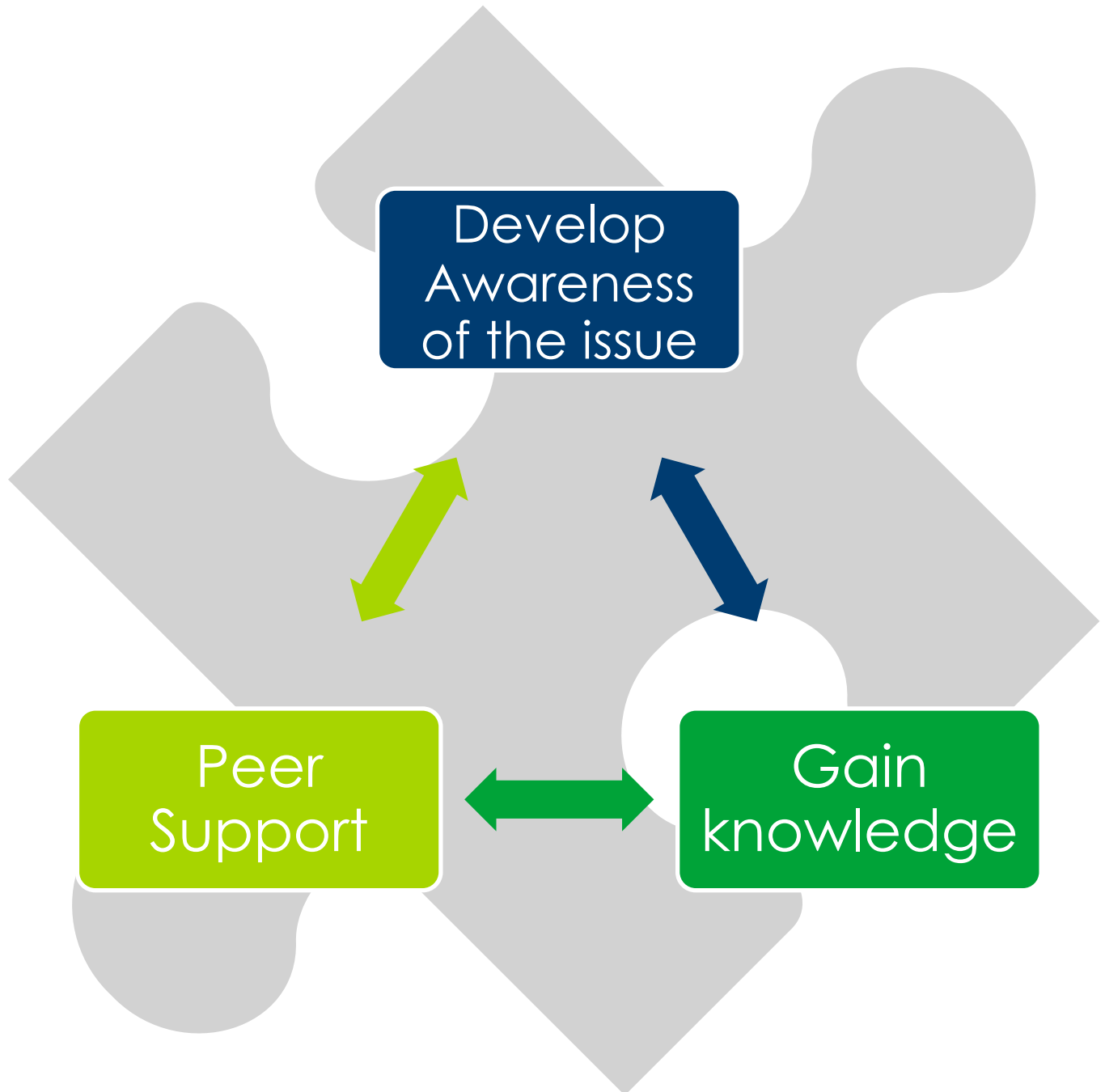


SYSTEMATIC









Awareness among educators and parents of the signs of mental health illness

RECOMMENDATION THEMES

Common themes from the recommendations:



RECOMMENDATIONS

RECOMMENDATIONS	DETAILS	RESPONSIBLE PARTY
<p>Make resources for mental health more accessible at schools</p> 	<p>Create a mental health toolbox that is created with youth. Provide self-care resources.</p>	 MYAC/TEMPE YOUTH  SCHOOL DISTRICT
<p>Provide more awareness about mental health issues to overcome stigma.</p>	<p>Host a student-led assembly with guest speakers. Have a mental health resource fair. Engage with Parent Council.</p>	 MYAC/TEMPE YOUTH  SCHOOL DISTRICT
<p>Educate and support teachers and parents.</p>	<p>Provide training to teachers on basic “mental health 1st aid.” Provide support to teachers with dealing with own stress Engage with Parent Council</p>	 MYAC/TEMPE YOUTH  SCHOOL DISTRICT
<p>Provide opportunities for youth to support each other.</p>	<p>Have check-in circles to start the day at school Promote “Lean on Me” Group that provides support through texting, a hotline and getting linked to a peer supporter Create an after-school group led by youth with adult support</p>	 MYAC/TEMPE YOUTH

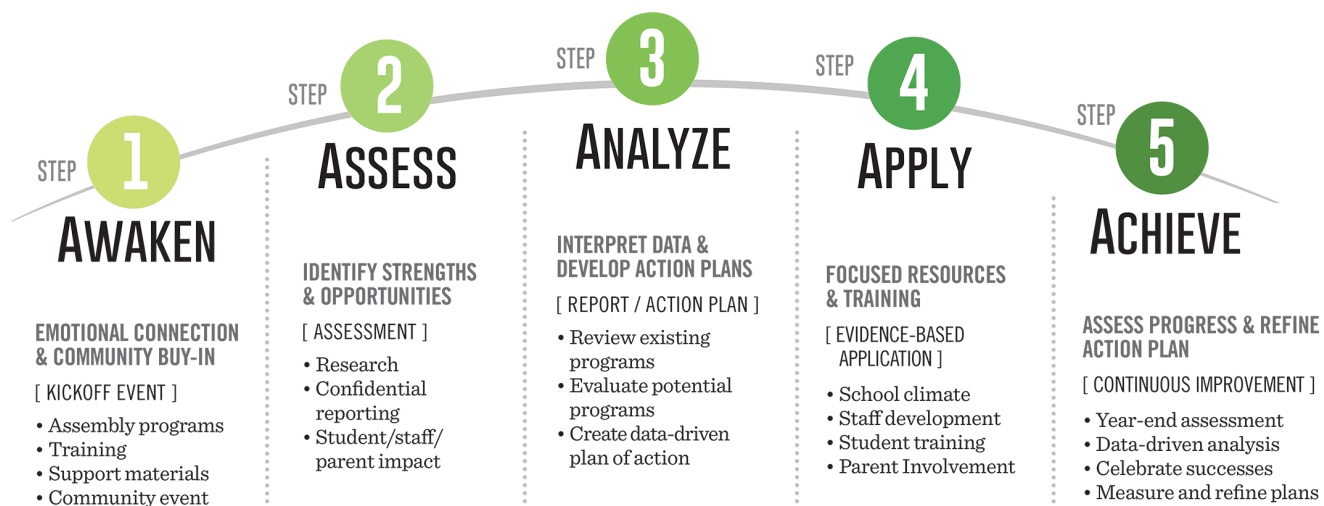
RECOMMENDATIONS

A top recommendation given by Group 2 is to continue the nationwide-wide program, Rachel's Challenge, that some Tempe schools already offer. This program provides strategies for schools to promote a safer and more positive atmosphere. Below is a basic blue-print for school to create this change.



THE STRAIGHT A's

[Our 5 full-circle steps to *Awaken the Learner*.]



Awaken the Learner is a continuing improvement process – not a one-time effort.

www.rachelschallenge.org

HIGH SCHOOL & COLLEGE READINESS



GROUP 1

H I G H S C H O O L

AEROWYN "PIPER" ALLEN
YOUTH FACILITATOR

KRISTI GRIFFIN
ADULT FACILITATOR

JENNIFER MORGAN
SUBJECT MATTER EXPERT

GROUP 2

C O L L E G E

ALISSA MONTANO
YOUTH FACILITATOR

ANGELA MARQUES
ADULT FACILITATOR

ANGELA MARQUES
SUBJECT MATTER EXPERT

ISSUE BACKGROUND

Transitioning from middle school to high school is a **significant** milestone in a student's life that comes with its share of growing pains.

Likewise, life after high school proves to be just a great of a challenge when not properly prepared for the transition.

For this reason, Youth Town Hall has recognized the need for students to have the support to be successful in both high school and college.



HIGH SCHOOL PREP

- Course failure is highest among 9th graders¹
- Behavior problems resulting in suspension or expulsion increase significantly early in 9th grade¹

COLLEGE PREP

- The US has the highest college dropout rate among industrialized nations²
- Over half of students who did not complete a college-ready curriculum missed more than one academic requirement³



¹ Education Partners Inc "Transition from Middle School to High School" <http://oregongearup.org/sites/oregongearup.org/files/research-briefs/transitiontohs.pdf>

² The Education Trust Transcript Outcomes of High School Graduates <https://edtrust.org/resource/meandering-toward-graduation/>

³ Stage of Life: College https://www.stageoflife.com/StageCollege/OtherResources/Statistics_about_College_Students.aspx

ISSUES IDENTIFIED HIGH SCHOOL READINESS

The social environment of high school can vary greatly from middle school in which a 9th grader may be struggling with personal identity and the anxiety of fitting in and dealing with greater peer pressure. These aspects can distract a student from doing well in their classes.

Obstacles with high school transition

FEELING SAFE

OVERWHELMED

DISTRACTIONS

LACK POSITIVE SUPPORT

ISSUES IDENTIFIED COLLEGE READINESS

“A high school diploma, no matter how recently earned, doesn’t guarantee that students are prepared for college courses. Higher education institutions across the country are forced to spend time, money and energy to solve this disconnect. They must determine who’s not ready for college and attempt to get those students up to speed as quickly as possible, or risk losing them altogether.”¹



¹ PBS News Hour “Most colleges enroll students who aren’t prepared for higher education”
<https://www.pbs.org/newshour/education/colleges-enroll-students-arent-prepared-higher-education>

SOCIAL CHALLENGES



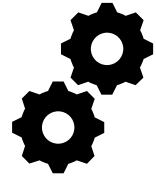
INDIVIDUAL

Student's
ability to
managing
time



COMMUNITY

Crating safe
environments
to focus on
academics

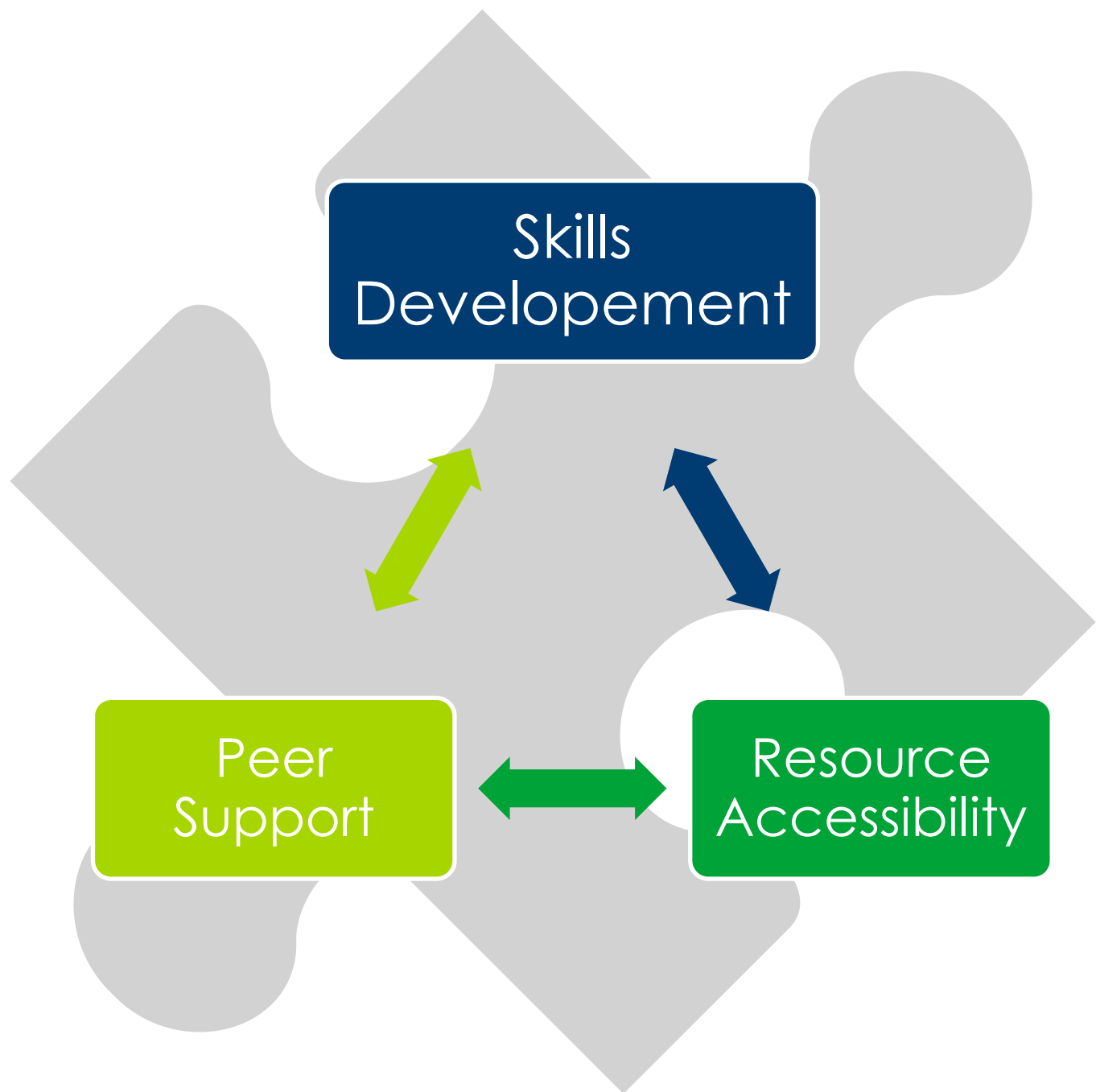


SYSTEMATIC










Emphasis on skill
development
not just
academic
achievement

RECOMMENDATION THEMES

Common themes from the recommendations:



TOP RECOMMENDATIONS

RECOMMENDATIONS	DETAILS	RESPONSIBLE PARTY
Promote skills development. 	Offer a class on “adulting 101” to address time management, self-care.	 CITY COUNCIL  SCHOOL DISTRICT
Encourage more peer-led activities to promote a safer school environment.	Create a youth-led program against bullying that includes peer support. Create a student mentor club where upperclassmen mentor underclassman.	 MYAC/TEMPE YOUTH  CITY COUNCIL
Revamp Academic Club (AC) Lab.	Provide more topic specific AC labs that can address skills that can help with transitioning into college Have students provide suggestions for content.	 MYAC/TEMPE YOUTH  SCHOOL DISTRICT
Make resources for high school and college prep more accessible.	Offer a “program rush” so students are aware of opportunities. Provide incentives like extra credit when participating in high school/college readiness events Provide parent/family evenings to promote college preparation	 SCHOOL DISTRICT  COLLEGE REPS



Both groups identified similar recommendations

SPECIAL THANKS TO THE YOUTH TOWN HALL STUDENT ATTENDEES

ALEXANDER, IVAN

ALLEN, JOSHUA

ALLEN, PIPER

ANDREWS, JONATHAN

AYER, SAMANTHA

BAUTISTICPEJAY, JASON

BEGAYE, CIARA

BERGERON, DEANN

BERNAL MARTINEZ, JOSE

BOBADILLA, DORA

BOWER, CARTER

CALLICOTE, GABRIELLA

CASTANDEA, LILIANA

CATERO, SHEA

CHACON, JENNA

CHANDER, KATRINA

CHEST, SATAVIA

CLARK, KELLY

COKER, JAYDEN

CONTRERAS, CRUZ

CRAIG, ANTHONY

CRYDER, MORGAN

CUNNINGHAM, CLAIRE

DOLLINS, RACHEL

DREW, BRACH

EARLY, RACHEL

EASTWOOD, HAYDEN

EDGINGTON, NATALIE

ENOCH, ALEXANDER

FARR, JULIET

FEE, EMMA

FIGUEROA, NUNEZ

GIRIDAR, BHAVANAPRIYA

GUISTO, MARISA

GURE, EMMANUEL

HARASHA, NOBLE

HATCH, REGAN

HENDERSON, HAILEY

HIDAYAT, ARSHIA

HUGGINS, LIAM

JIMENEZ, DONOVAN

KARTCHNER, CANNON

KAUSHE, ERNST-RICHARD

KIRK, BROOKE

KIRK, JACQUELINE

KUSASLA, MORGAN

LARA ROMERO, ANDREA

LAWRENCE, TORI

LEWIS, JOSHUA

LOVELADY, STELLA

LUPICA, MIA

MADINE, MIA

MARTINEZ-MASON, ARIEL

MCGREW, TRAVIS

MCINTOSH, CHARLOTTE

MILLER, CARTER

MIRANDA, EMILIARO

MOFFIT, CLARA

MONTANO, ALISSA

MORENO, ALEXIS

MORIARTY, ANNA

MORIARTY, EMMA

ORTIZ, LILYANNA

PAINTER, EMILY

PALANGIAN, ALEX

PIGON, KRISTEN

PRICE, AMBER

PRINCE, MILES

ORDAZ, IVAN

RAMOS, SYNTHIA

RICKEN, OLIVER

ROSENBAUM, PAUL

RUFF, JADA

SALAZAR, ENRIQUE

SAMPSON, HAYDEN

SANCHEZ, AVIVA

SERNA, SIFIA

SCHINNELLER, SKYLAR

SCHMOKER, ISABELLA

SEVER, PAIGE

SOTELO, ALEXA

TRAVIESO, KAMILA

VANDAHM, BREE

URGINCHEK, HARLEY

VILLEGAS, YASMIN

WAIT, ALEX

WAIT, LAINEY

WARRINER, ISABEL

WARRINER, ELAYNA

WEBSTER, CAROLINE

WILLIAMS, MOSS

WISE, TALIA

WONG, ALEX

ZUBAIR, SAFIYAH

2018