



ABOUT MYAC



Photo: MYAC presents to City Council. From right to left (Sjaahn Washington/Vice Chair, Sofia Piraino/Project Management Chair, Issyss Kelly/Chair.

Tempe MYAC is a youth commission that was established in 1980 to address challenges facing young people and provide a youth voice. MYAC reports directly to the Mayor.

VISIT TEMPE.GOV/MYAC FOR MORE INFO

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A year in review

by Sofia Piraino/MYAC Project Management Chair

2020 presented a unique set of challenges for our communities. In response to this uncertainty the Mayor's Youth Advisory Commission has used the last year as an opportunity to adapt and support the youth of Tempe. Early on, the use of online applications and meetings helped to ensure increased access to MYAC, even in our new semi-virtual world. One key change MYAC made was the introduction of subcommittees. MYAC subcommittees were composed of commissioners and worked to address pressing issues facing teens by taking on projects with City of Tempe departments and organizations related to their topic areas. See the following page for topics MYAC covered this school year.



Monthly Motivation

by Denzel Higiroy/MYAC Communications Chair

I would like to congratulate all of the Tempe Union District Scholars for their dedication and hard work throughout their journey this school year. We all had some good and bad memories from this school year, as the COVID-19 pandemic caused a dramatic rise in mental health issues as students across the nation experienced higher levels of stress and anxiety while struggling to cope with new ways of learning and feeling connected to others. During the hot summer break, we all need to take this time and reflect on our mental and physical health to stay strong for the next school year.

"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." -Christian D. Larson

MYAC formed committees to address:

- Diversity & Inclusion
- Emotional Well-Being
- Environmental Sustainability
- Police & Youth Engagement
- Teen Professional Development

[CLICK HERE](#) to view Committee Details

Summer Wellness Tips

1. Make a list about things you wish you had time to do during the school year whether they're fun activities or productive projects.
2. Take advantage of all your resources and take summer school classes if you can.
3. Make sure to step out if you're getting bored and change your daily routine to always maintain a healthy diet and drink lots of water.
4. Get plenty of sleep, be active by taking walks, cycling or swimming and always volunteer when possible.



If you connected with one of **CARE 7's Youth Specialists** during the school year, you can still talk with them over the summer. [Learn more here.](#)

Join MYAC!

Are you interested in local government and contributing to your community? MYAC is recruiting new youth commissioners for the 2021-2022 school year.

Visit tempe.gov/myac to learn more and apply.

Students are welcome to visit a MYAC meeting! MYAC meets on the 2nd and 4th Tuesday of the month from 4:30-5:30pm.

Visit tempe.gov/myac for more information.

For more program details, contact Senior Social Services Coordinator Adrian Cascio at adrian_cascio@tempe.gov