Welcome!

We're glad you're here.

Shay Upadhyay

Junior, Indiana University

- Joined ICADV Youth Council in 2016
- Youth Council President (2017-2018)
- Policy Advocacy workshop
- Collaboration with Jane Doe

Major: Nonprofit Management and Leadership

Certificate: Political Activism and Civic Engagement

Minors: Social Welfare Advocacy, Leaders+Leadership, Urban Planning and Community Development

Why should we ask young people about prevention?
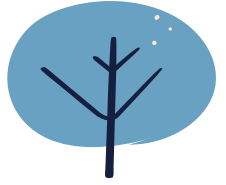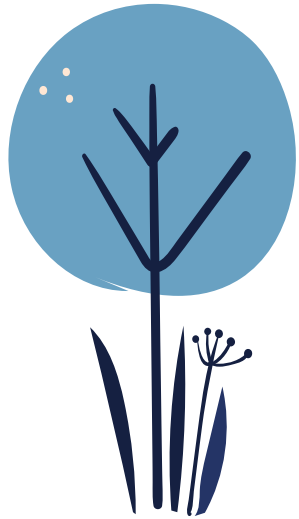
Aaron Nunes

Junior at Purdue University

"We want to equip the young people in our communities with the right resources to end the cycle of violence."

former member of the Monroe County Youth Council

Erin Doyle

Junior at the University of Utah

"It is important for [young people] to understand the specific systems in place that contribute to cycles of violence in the community."

former member of the Indiana Coalition Against Domestic Violence Youth Council

"Young people want to be engaged as world changers."

Skill Development

- Data Collection
- Data Analysis
- Legislative Advocacy trainings
- Public Policy Advocacy
- Marketing
- PSA development - storyboarding
- Blogging
- Conference presentations
- Radio interviews
- Youth Summit planning and facilitation
- Letters to the editor
- Letters to legislators

Why do we care about building safe, stable, nurturing communities?

Nidhi Krishnan

Sophomore student at Washington University

"Safe, stable, and nurturing communities are important in ensuring that no one falls through the cracks. We cannot just have safety and stability at the individual level; rather, when we have stable communities, we provide support structures for those who may need to rely on them."

former member of the Monroe County Youth Council

Safe, Stable and Nurturing Communities

- Promote optimal youth development—physically, socially and emotionally
- Promote resilience among individuals who have experiences of adversity
- Preventive of multiple forms of violence (Centers for Disease Control and Prevention, 2014)
- Preventive of adolescent substance use (National Institute on Drug Abuse, 2016)
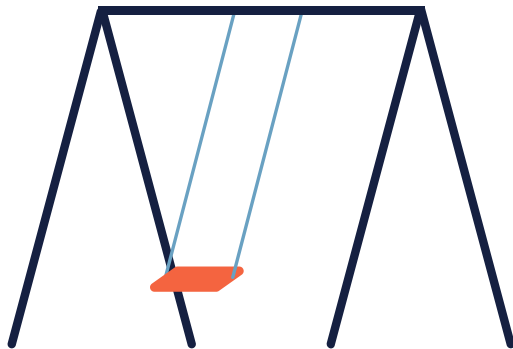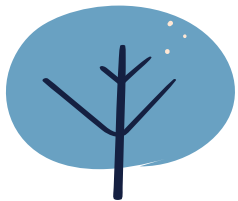
Your turn!

What comes to mind when you think of "safe," "stable," and "nurturing" communities?

Doing the Work

01

We collected data from four different youth councils in the State of Indiana to find out what makes students feel safe, nurtured, and stable.
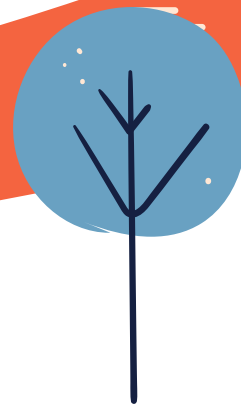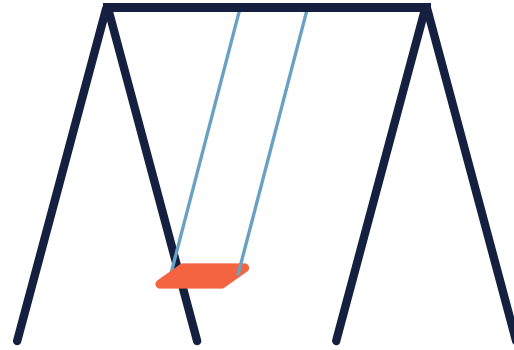
- **Council On Domestic Abuse** (Terre Haute)
- **Monroe County Youth Council** (Bloomington)
- **Indiana Coalition Against Domestic Violence Youth Council** (Indianapolis)
- **County-Wide Youth Council for Leadership and Engagement** (Greencastle)

MOM

inviting

ACCEPTANCE

Always be SAFE!

Safe — I can go to for help around me out without fear...

FOOD IS SAFE LOL

Love

PROTECTION

HOME

RESPECT BOUNDRIES

SAFE = SECURITY

FAMILY

Security

fully trusting

Relationships w/ others

NEVER feeling persecuted or in danger of my life

Knowledge

LOVE

ARMY

Church

Stable

HEALTHY
People I TRUST!
Relationship with out

STABLE

Able Body Stable Mind you

Stable: consistent, positively. cozy. tranquil, reliable.

No⁺ + Cl⁻ = ¿BALANCED = S

Close connections with others
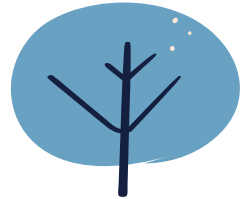
FRIENDS
Who are always there
for you

Routine
in work &
family life

Accessible
mental health
RESOURCES

Helpful neigbors =
Happiness :)

Strong
Support
Systems

a heart
Healthy,
Consistent

Consistency
makes me
feel stable
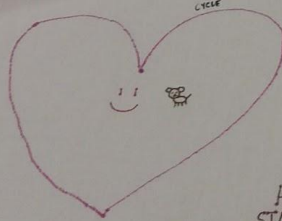
HORSE
STABLE?
um.. no?

LOVE ♥

LOVE

ICADV

O₂

Nurturing

Leadership Councils

Affection

ICADV unconditional thoughts of care + love + respect

Nurturing homes...

THOSE WHO CARE MAKING YOU THE BEST YOU CAN BE

BE...
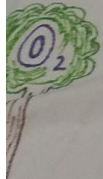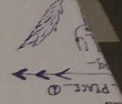
help me grow & become the BEST version of myself.

Nurturing relationships, organizations, communities

People care about what I do and what happens to me

Nurturing friendships

Valuing & Supporting

Love ♥

ICADV $

♥

CREATIV Resources to be

THE Quicker THE Healing Process THE Better

Putting others before Yourself!

Community Centers

Collecting the Data

02

ICADV staff and partners coded the data into different "areas of need" based on the responses we received.
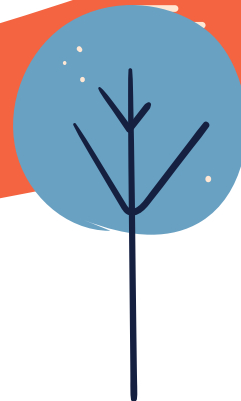
"Safe"

MCYC	Bloomington, Indiana	12/1/2016	"good neighborhood"		C--environment:	HR	C	c	c
MCYC	Bloomington, Indiana	12/1/2016	"legislation"		C, S--SDOH: public	OS	S	s/c	S
MCYC	Bloomington, Indiana	12/1/2016	"Healthcare"		S--SDOH: health	H, RS	S	o	S
MCYC	Bloomington, Indiana	12/1/2016	"constant source of food"		C,S--SDOH: food	R	C/S	c	C
MCYC	Bloomington, Indiana	12/1/2016	"consideration for others"		R--kindness	R	R	r	r
MCYC	Bloomington, Indiana	12/1/2016	"kindness"		R--kindness	L	C/R	r	r
MCYC	Bloomington, Indiana	12/1/2016	"Being able to protect yourself/others		O--security	P	R/C	c	O
MCYC	Bloomington, Indiana	12/1/2016	"security"		O--security	P	O/C/S	c	O
MCYC	Bloomington, Indiana	12/1/2016		Drawing: "$$"	S--SDOH: financial	RS	S	c	S

"Stable"

CYCLE	Greencastle, In	8/26/2017	"close connections with		R: social	R, HR	R	r
CYCLE	Greencastle, In	8/26/2017	"healthy relationships		R: social	R, HR, AC	R	r
CYCLE	Greencastle, In	8/26/2017		Drawing: heart drawing with a :) and a dog inside	R: pets	RS, L	R	r
CYCLE	Greencastle, In	8/26/2017	"Able Body stable mind	Drawing: heart with a bunch of hearts inside of it;	C: SDOH:	L, H	I/R	i
CYCLE	Greencastle, In	8/26/2017	"Stable"	Drawing: "dad" on the left, "me" in the middle,	R: Family	OS, HR, R	R/C	r
CYCLE	Greencastle, In	8/26/2017	"ease... Peace..."	Drawing: peace symbol with arrows pointing to	O, C:	L	S	i...s
CYCLE	Greencastle, In	8/26/2017	"positively beautifully	Drawing: feather	O, C:	L, RS	C	i
CYCLE	Greencastle, In	8/26/2017	"comfortable"		?	L	R/C	c/i
CYCLE	Greencastle, In	8/26/2017		Drawing: a heartbeat with a heart on the end	?	L, H	I/R	r
CYCLE	Greencastle, In	8/26/2017	"Family"	Drawing: two people (one appears female and	R: Family	OS, HR, R	R	r
CYCLE	Greencastle, In	8/26/2017	"horse stable?"		? jokey stuff	?	UH? ENVII	?

"Nurturing"

Nurturing	MCYC	Bloomington, Indiana	12/1/2016	"Mentor"		R: Role models	HR, R	O/C
Nurturing	MCYC	Bloomington, Indiana	12/1/2016	"Mentor"		R: Role models	HR, R	O/C
Nurturing	MCYC	Bloomington, Indiana	12/1/2016	"boss"		R: Role models	HR, R	O
Nurturing	MCYC	Bloomington, Indiana	12/1/2016	"praise"		R: Normative	R, L	R
Nurturing	MCYC	Bloomington, Indiana	12/1/2016		Drawing: thumbs up	R: Normative	R	I?
Nurturing	MCYC	Bloomington, Indiana	12/1/2016	"encouragement"		R: Normative	R, L	R
Nurturing	MCYC	Bloomington, Indiana	12/1/2016	"support systems for when you're		R, O: Social support	HR, R, L	O/C
Nurturing	MCYC	Bloomington, Indiana	12/1/2016	"positive friends and family"		R: social support	HR, R, L, OS	R

03

Presenting the Data

Where do we go from here?

INDIANA YOUTH ARE

In Search of A Hidden Treasure

AND WITH THE RIGHT MAP, EVERYONE IN INDIANA CAN HELP THEM FIND IT.

TO DETER MULTIPLE FORMS OF VIOLENCE AND TO CREATE CONDITIONS THAT HELP ALL OF OUR KIDS THRIVE, EVERYONE NEEDS TO BE ON THE SAME PATH, SEEKING THE SAME TREASURE. Parents, siblings, colleagues, teachers, mentors, extended family, partners, employers, legislators, neighbors, faith leaders — everyone in Indiana can act, to move all of us toward safe, stable and nurturing relationships and environments.

We gathered Indiana high schoolers and asked them to share their thoughts, feelings, experiences and expectations of safety, stability and nurturance in relationships and the community.

We analyzed their responses and categorized them into five areas of need. These needs form a clear path for everyone in communities to follow if we want to point our youth toward safe, stable and nurturing futures. Collectively, it's a playground of opportunity — a collaborative adventure where we work together for the common good, and everyone succeeds.

Social, Family & Organizational Connectedness

POLICY MAKERS CAN • support • universal paid family leave programs • support diverse programs and alternatives to prison, when appropriate • increase access to substance-abuse treatment programs • EMPLOYERS CAN • pay living wages • allow employees flexibility to respond to unexpected family needs • provide employees with consistent work schedules so that they can plan for family life and child care • ORGANIZATIONS CAN • adopt inclusive family engagement policies to include grandparents, foster parents and other caregivers • provide community-supported youth programs and extracurricular activities • offer early-intervention parenting programs, parent support groups and parenting education

Support for Personal Growth

POLICY MAKERS CAN • invest in public K-12 schools and affordable, post-secondary learning and training opportunities to ensure great educational opportunities for young people • adopt restorative justice practices (eliminating zero-tolerance policies) • EMPLOYERS CAN • offer job readiness, shadowing and training opportunities for youth • create opportunities for ongoing learning, training and career development among employees • ORGANIZATIONS CAN • offer mentoring programs • create volunteer programs for youth • provide extracurricular activities that allow young people to explore their interests, including music and arts • adopt positive discipline techniques

Acceptance and Inclusion

EMPLOYERS CAN • adopt inclusive organizational policies, practices and structures that increase access across a range of cultures, languages and abilities • engage staff in implicit bias trainings • recruit and retain an inclusive workforce so that youth can see people who are like them serving in a range of roles • ORGANIZATIONS CAN • conduct developmentally appropriate empathy education for youth • create trauma-informed organizations • provide culturally inclusive programming

Safe, Non-Violent Communities

POLICY MAKERS CAN • promote safe, connected neighborhoods by attending to infrastructure (sidewalks and roads) and by developing or improving mass transit options • ensure that their communities provide safe parks and recreational spaces • establish zoning practices that equitably share community protections and risks • EMPLOYERS CAN • partner with local governments to create community benefit agreements

Stable Basics

POLICY MAKERS CAN • invest in universal health care that is inclusive of mental and physical health • invest in social safety-net programs that sustain families through difficult times, including Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), the Women, Infants and Children Program (WIC) and childcare subsidies • increase housing stability by instituting initiatives that reduce evictions, increase housing options across income levels and protect credit ratings

Safe, Stable and Nurturing Relationships and Environments

SOURCES — Centers for Disease Control and Prevention. (2016). Essentials for Childhood: Steps to Create Safe, Stable, Nurturing Relationships and Environments. Atlanta and fact sheets can be found at http://www.cdc.gov/violenceprevention/childmaltreatment/essentials.htm. • National Institute on Drug Abuse (National Institutes of Health). (n). Department of Health and Human Services. (2016.) • Principals of Substance Abuse Prevention for Early Childhood: A Research-Based Guide. • Wilkins, N., Tsao, B., Hertz, M., Davis, R., Klevens, J. (2014). Connecting the Dots: An Overview of the Links Among Multiple Forms of Violence. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; Oakland, CA: Prevention Institute.

Social, Family & Organizational Connectedness

POLICY MAKERS CAN • support **universal paid family leave programs** • support **diversion programs and alternatives to prison**, when appropriate • increase access to **substance-abuse treatment programs** • **EMPLOYERS CAN** • **pay living wages** • allow employees **flexibility** to respond to unexpected family needs • provide employees with **consistent work schedules** so that they can plan for family life and child care. • **ORGANIZATIONS CAN** • adopt **inclusive family engagement policies** to include grandparents, foster parents and other caregivers • provide community-supported **youth programs and extracurricular activities** • offer **early-intervention parenting programs**, parent support groups and parenting education

POLICY MAKERS CAN • promote safe, connected neighborhoods by

Acceptance and Inclusion

EMPLOYERS CAN • adopt **inclusive organizational policies, practices and structures** that increase access across a range of cultures, languages and abilities • engage staff in **implicit bias trainings** • recruit and retain an **inclusive workforce** so that youth can see people who are like them serving in a range of roles • **ORGANIZATIONS CAN** • conduct developmentally appropriate **empathy education** for youth • create **trauma-informed organizations** • provide **culturally inclusive programming**

Support for Personal Growth

POLICY MAKERS CAN • invest in **public K-12 schools** and affordable, **post-secondary learning and training opportunities** to ensure great educational opportunities for young people • adopt **restorative justice practices** (eliminating zero-tolerance policies) • **EMPLOYERS CAN** • offer **job readiness, shadowing and training** opportunities for youth. • create **opportunities for ongoing learning, training and career development** among employees • **ORGANIZATIONS CAN** • offer **mentoring programs** • create **volunteer programs** for youth • provide **extracurricular activities** that allow young people to explore their interests, including music and arts • adopt **positive discipline techniques**

POLICY MAKERS CAN • promote safe, connected neighborhoods by attending to **infrastructure** (sidewalks and roads) and by developing or improving **mass transit options** • ensure that their communities provide **safe parks and recreational spaces** • establish **zoning practices** that equitably share community protections and risks. • **EMPLOYERS CAN** • partner with local governments to **create community benefit agreements**

Safe, Non-Violent Communities

Stable Basics

POLICY MAKERS CAN • invest in **universal health care** that is inclusive of **mental and physical health** • invest in **social safety-net programs** that sustain families through difficult times, including Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), the Women, Infants and Children Program (WIC) and childcare subsidies • increase **housing stability** by instituting initiatives that **reduce evictions, increase housing options across income levels and protect credit ratings**

Since 2017...

Commission on Social Status of Black Men

Indiana Minority Health Coalition

Indiana School for the Deaf

Interested in bringing a similar activity to YOUR community?

Reach out to us and we'll get you a physical copy!

contact Colleen Yeakle at cyeakle@icadvinc.org

Thank you!

Colleen Yeakle
cyeakle@icadvinc.org

Shay Upadhyay
slupadhy@iu.edu