

# Engaging Youth in a Comprehensive School Physical Activity Program

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Laurie Jo Wallace; Lauren Ansong; Brandon Morgan; Ivy Schmalzried  
Health Resources in Action  
October 16, 2019 2-5pm EST



**Health Resources in Action**  
*Advancing Public Health and Medical Research*

# Technology Overview

The screenshot displays a Zoom meeting interface. At the top, a green status bar indicates "You are viewing Brittany Chen's screen". To the right of this bar is a "View Options" dropdown menu, which is open, showing options: "Zoom Ratio", "Fit to Window", "Request Remote Control", "Annotate", "Exit Full Screen", and "Side-by-side Mode". The "Annotate" option is highlighted with a red rectangle. In the top right corner, there are buttons for "Speaker View" and "Exit Full Screen". The main area of the screen shows a presentation slide with the title "Engaging Youth in a Comprehensive School Physical Activity Program". Below the title, the authors "Laurie Jo Wallace; Lauren Ansong; Brandon Morgan; Ivy Schmalzried" and the event details "Health Resources in Action" and "October 16, 2019 2-5pm EST" are listed. The slide also features the "Health Resources in Action" logo. On the right side of the screen, there are two video thumbnails: one labeled "Another participant" and another labeled "You" with a yellow border. At the bottom of the screen is a toolbar with several icons: "Mute", "Stop Video", "Invite", "Participants" (with a count of 2), "Share", "Chat" (highlighted with a red rectangle), and "Record". A "Leave Meeting" button is located in the bottom right corner.

You are viewing Brittany Chen's screen

View Options

- Zoom Ratio
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Speaker View Exit Full Screen

Engaging Youth in a Comprehensive School Physical Activity Program

Laurie Jo Wallace; Lauren Ansong; Brandon Morgan; Ivy Schmalzried

Health Resources in Action  
Advancing Public Health and Medical Research

Another participant

You

Mute Stop Video Invite Participants 2 Share Chat Record

Leave Meeting



# Special Thanks

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*National Collaboration to Promote Health, Wellness, and Academic  
Success of School-Age Children*

Cooperative Agreement CDC-RFA-DP16-1601 with  
the Centers for Disease Control and Prevention (CDC)



# Welcome and Introductions

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**Kate Holmes**  
Program Manager



**Brittany Chen**  
Director,  
Policy & Practice



**Health Resources in Action**  
*Advancing Public Health and Medical Research*



**Laurie Jo Wallace**  
Managing Director,  
Training & Capacity Building



**Brandon Morgan**  
Program Associate



**Lauren Ansong**  
School Coordinator



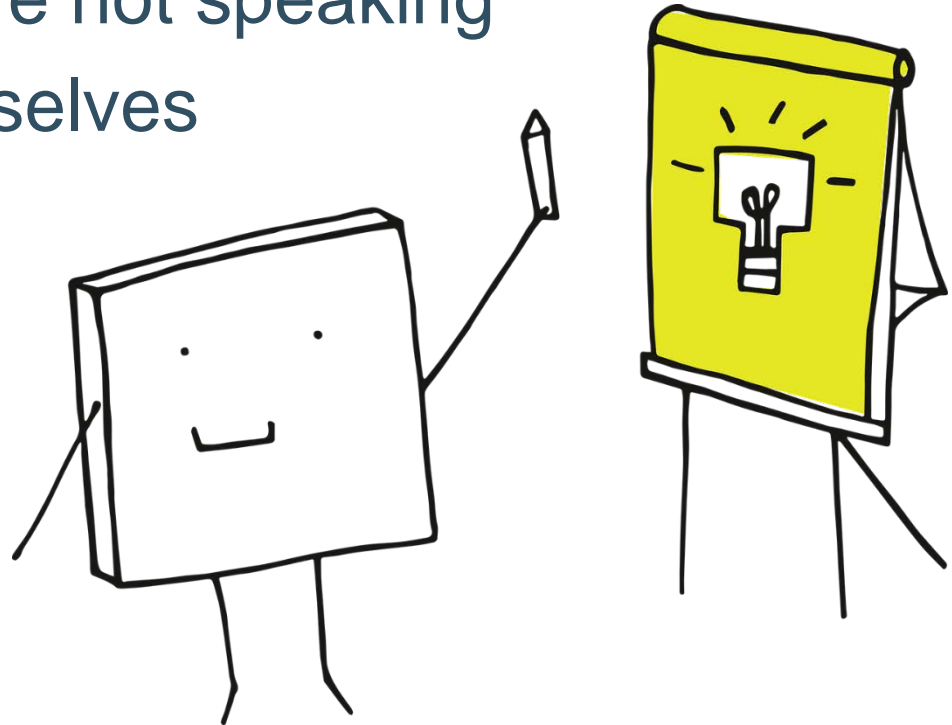
**Ivy Schmalzried**  
Senior Program Manager



# Group Agreements

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- Be present and engaged
- Step up, step back
- Mute when you are not speaking
- Take care of yourselves
- Be flexible
- Others?



# Comprehensive School Physical Activity Program (CSPAP) Overview



**Active Students = Better Learners**

[www.cdc.gov/healthyschools/PEandPA](http://www.cdc.gov/healthyschools/PEandPA)





# Training Objectives

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1. Define youth development and youth developmental outcomes.
2. Identify levels of youth engagement and its forms.
3. Identify practical strategies to increase youth engagement in physical education/ physical activity in schools.
4. Identify opportunities to initiate or increase youth engagement in physical education/ physical activity in schools.



# Agenda

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Welcome and Introductions



Ice Breaker/Activity



Introduction to Youth Development and Engagement

- › Definition and positive youth outcomes
- › Levels and forms of youth engagement



Physical Activity Break



Engaging Youth in CSPAP

- › Identifying forms
- › Busting barriers



Next Steps and Questions





# Group Introductions

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- Name
- Organization
- With no explanation, share **one word** that describes you when you were 16 years old



# Pre-Assessment

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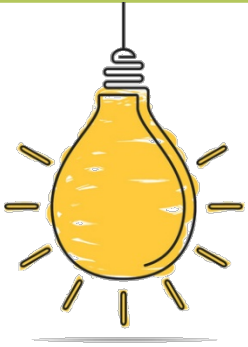
# Introduction to the Youth Development Approach

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# ACTIVITY: Icebreaker

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**Think of a child you teach who you would describe as healthy and moving toward success.**

How do you know this? How do they present and what skills and attitudes do they have?



# ACTIVITY: Positive Youth Outcomes

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# Positive Youth Outcomes

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## Achievement

- Getting a job
- Certification
- High school diploma
- Recommendation
- Referral
- Training
- Passing the state competency exam
- Internship
- College
- Scholarship
- Scoring within the Healthy Fitness Zone

## Developmental

- Confidence
- Relationship/ social skills
- Organizing skills
- Presentation skills
- Leadership skills
- More outgoing
- Appreciating diversity
- Sense of responsibility
- Respect of environment
- Ability to control behavior

## Prevention

- Gang violence
- Unsafe sex
- Violence
- HIV
- Domestic violence
- Crime
- Dropping out
- Unhealthy eating
- Drugs
- Not getting pregnant
- Overweight/obesity
- Limiting screen time
- Bullying



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# Youth Developmental Outcomes

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## Aspects of Identity

- Safety and structure
- Self-worth
- Mastery and future
- Belonging and membership
- Responsibility and autonomy
- Self-awareness and spirituality

## Areas of Ability

- Physical health
- Mental health
- Intellectual ability
- Employability
- Civic and social ability
- Cultural ability



# Definition: Youth Development

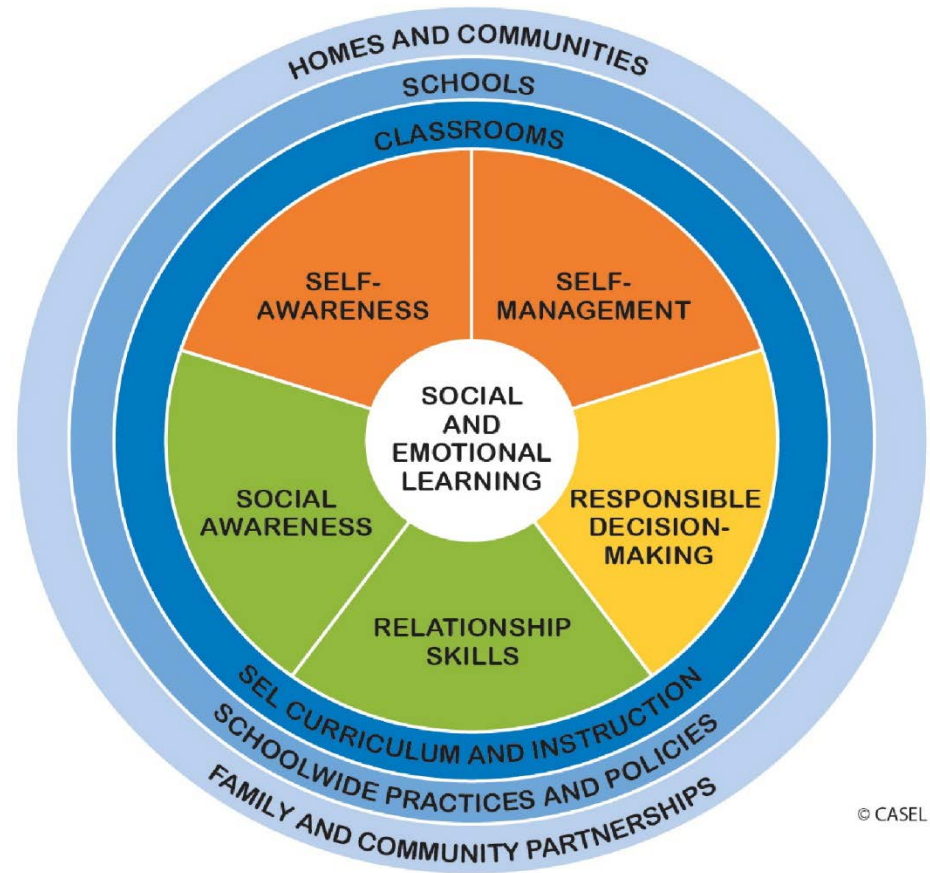
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An approach to supporting youth that focuses on outcomes necessary for adolescence and adult life based on their capacities, strengths and formative needs.



# Youth Development & Social-Emotional Learning

- › Social and emotional learning (SEL) enhances students' capacity to integrate skills, attitudes, and behaviors to deal effectively and ethically with daily tasks and challenges.
- › **Youth engagement helps to build positive SEL & developmental outcomes**



© CASEL 2017



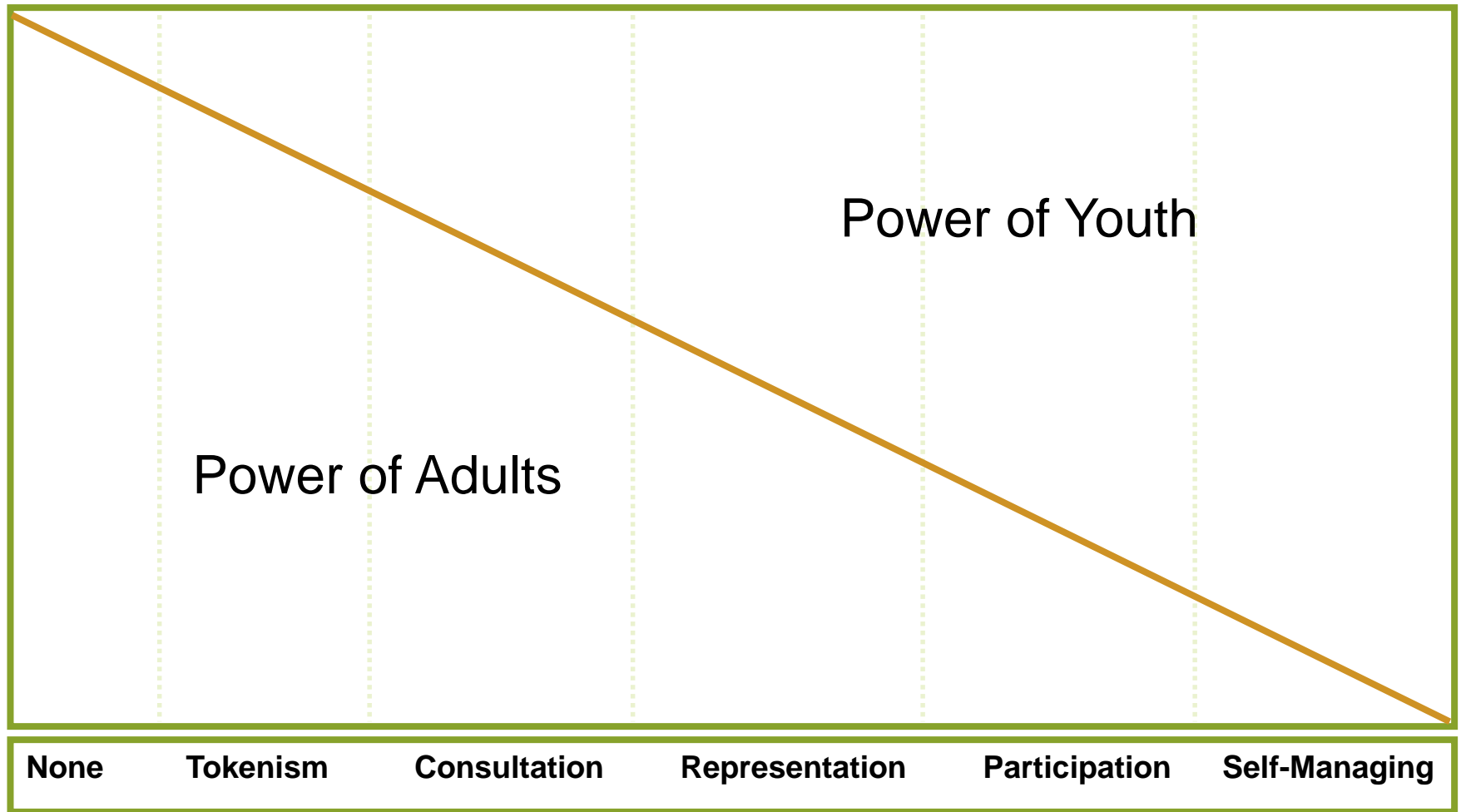
# Levels of Youth Engagement

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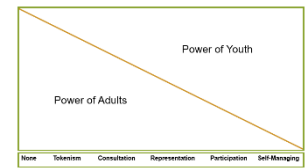


# Levels of Youth Engagement

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# Levels of Youth Engagement



*Adapted from Northern Ireland Youth Council*



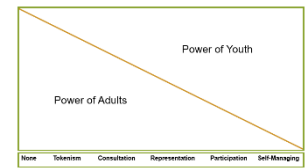
**None:** Youth are not included.

**Tokenism:** Adults set agenda and make decisions. One or two young people may be consulted or visible, but their views are not necessarily considered.

**Consultation:** Adults consult young people within adult parameters.



# Levels of Youth Engagement



**Representation:** A select number of youth are put forward for their peers, in collaboration with adults.

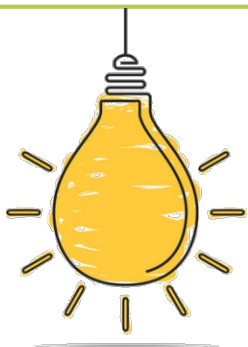
**Participation:** Youth set agenda, decide on issues and activities, and have joint accountability with adults.

**Self-managing:** Youth work with little or no adult authority.



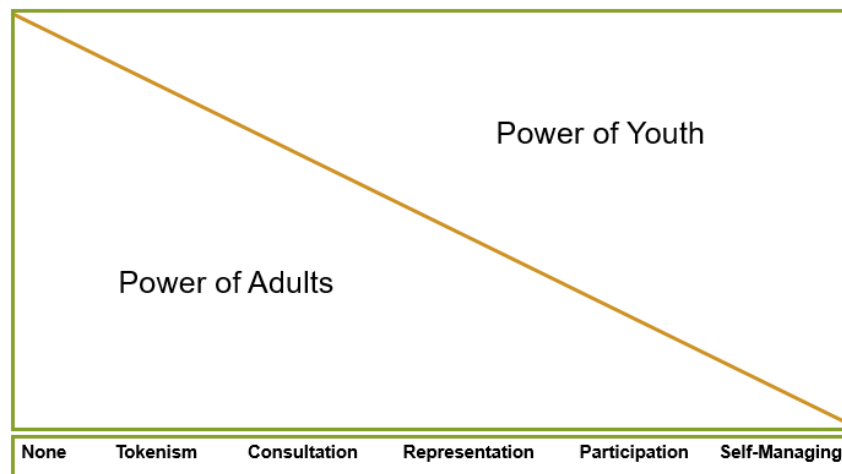


# ACTIVITY: *Bump it Up!*



**Think about where you see physical activity occurring most frequently within your context.**

- Describe where you see it.
- Where does it fall across the levels of youth engagement?
- How could you “bump it up” to the next level?

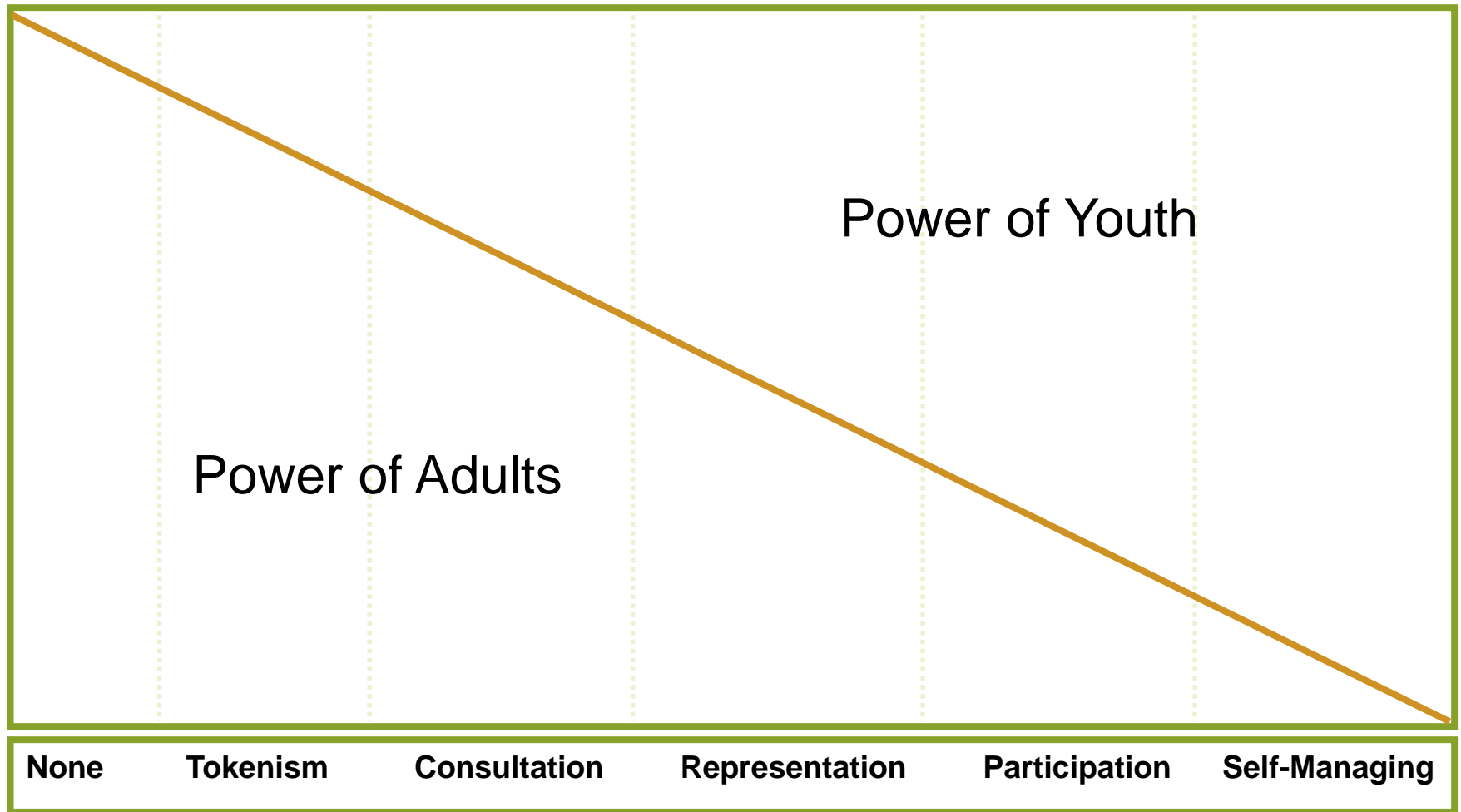


**Brainstorm ideas and then share!**



# Levels of Youth Engagement

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# Let's Take a Physical Activity Break!

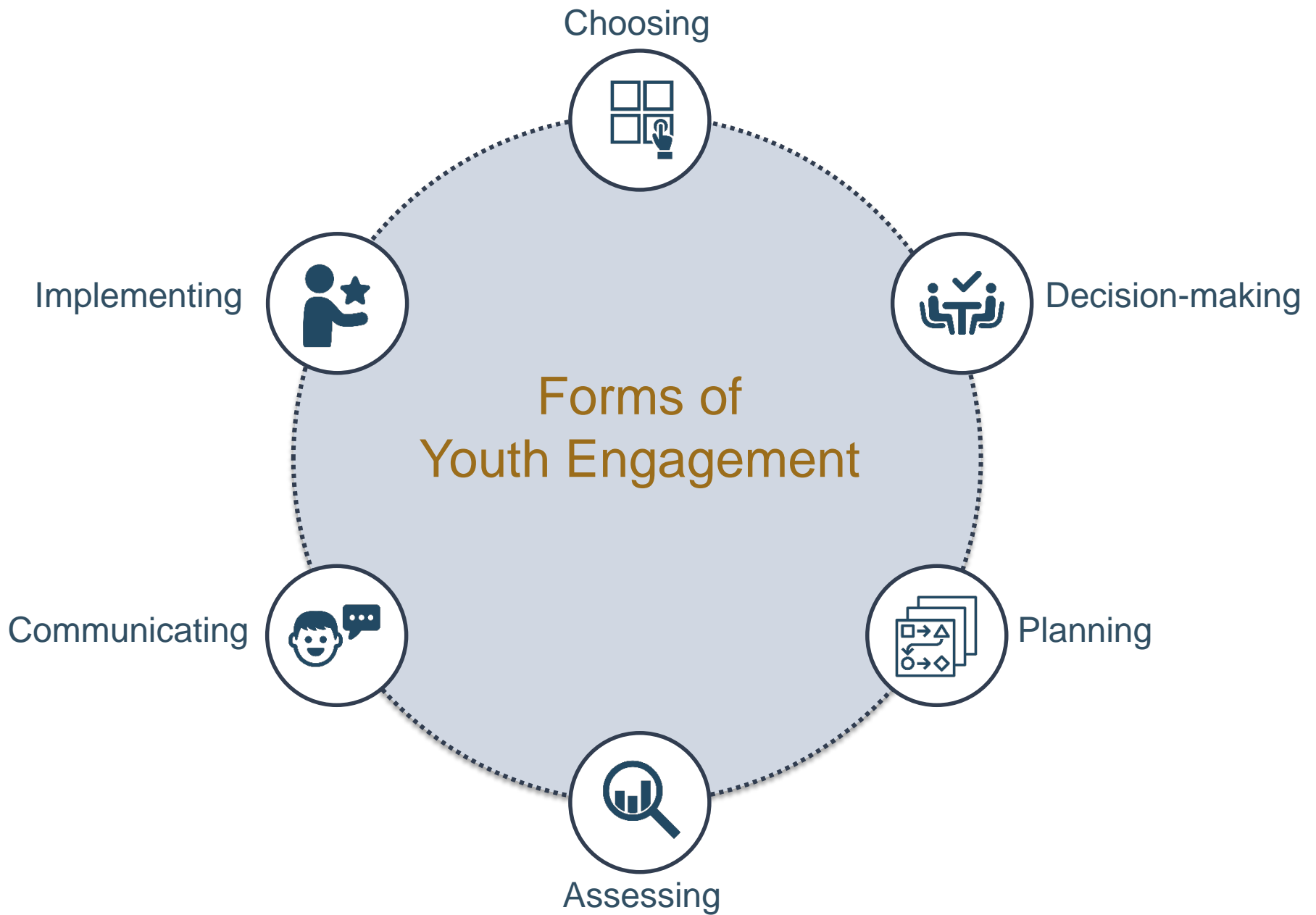
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# Forms of Youth Engagement

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# Forms of Youth Engagement

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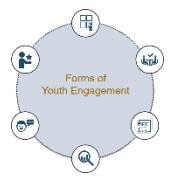
**Choosing:** Young people can choose which activities they wish to participate in and how they wish to participate.



**Decision-making:** Young people can meet regularly to discuss and modify existing classroom policies, program rules and procedures.



**Planning:** Young people can meet regularly to plan future classroom activities, games or curriculum.



# Forms of Youth Engagement



**Assessing:** Young people can give feedback and engage in program and school evaluation activities.



**Communicating:** Young people can regularly present the school program to outsiders, such as tours, talks to community audiences, presentations to parents and funders.



**Implementing:** Young people can lead activities and sports, and engage their peers in meaningful discussions.



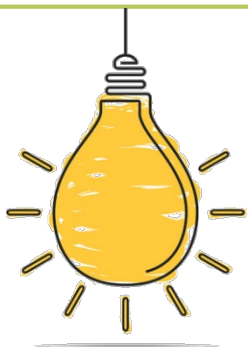


# Integrating Forms of Youth Engagement in CSPAP and Identifying Barriers

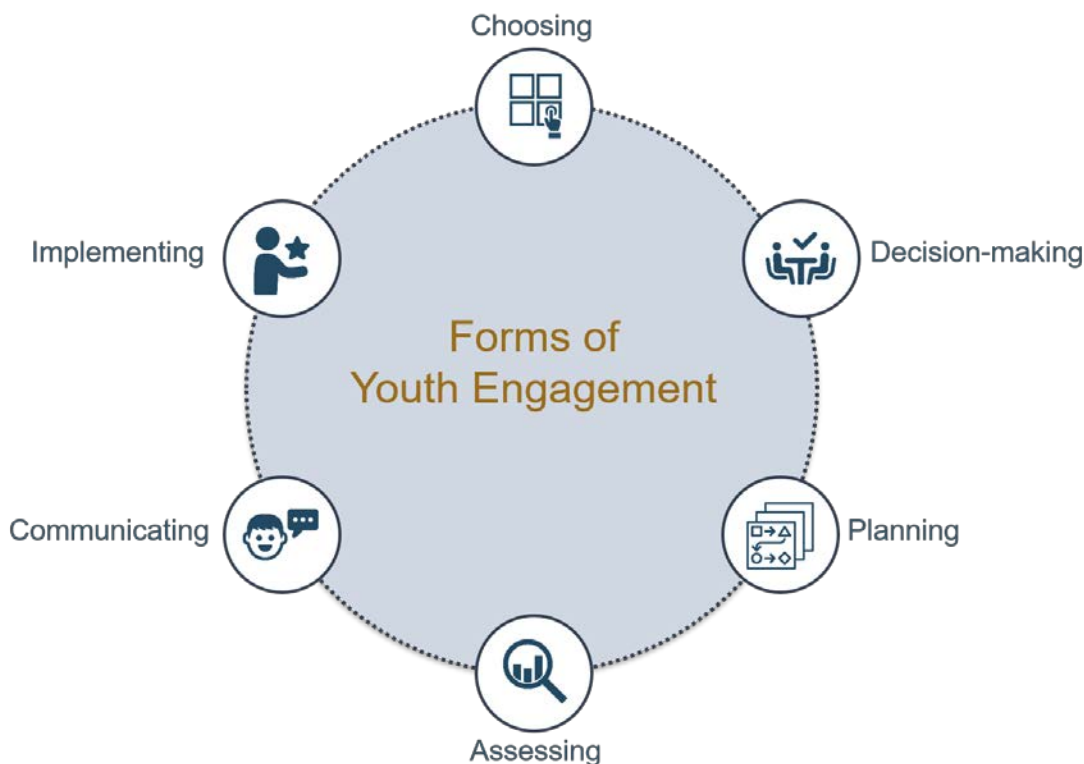
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# ACTIVITY: Identifying Forms

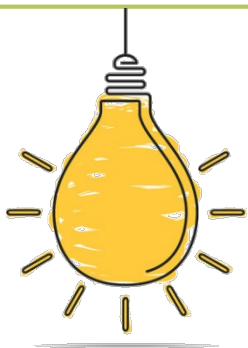


What forms of youth engagement can you integrate into CSPAP components at the elementary, middle, and high school levels?



# ACTIVITY: Identifying Barriers

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As you level up youth engagement, what barriers do you anticipate?

How might you bust these barriers?

What tools, resources, or training are needed to increase opportunities to engage youth in leading PE/PA?



# Common Barriers to Involve Youth

- Recruiting youth
- Advocating for youth within your school or program
- Training other adults to value and to work with youth
- Building relationships with diverse young people
- Time





# Core Principles for Engaging Youth

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# Questions?



Health Resources in Action

*Advancing Public Health and Medical Research*

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## Online Learning Institutes

**OCTOBER 16, 2019** // Engaging Youth in a Comprehensive School Physical Activity Program

**DECEMBER 16, 2019** // Moving for Success: Concrete Strategies for School Leaders to Implement High-Quality Enhanced Physical Education Policy and Practice

**FEBRUARY 6, 2020** // Moving Towards Equity: Reaching Every Student Through Physical Activity and Physical Education in Schools

**MAY 27, 2020** // Bringing It All Together: Creating a Culture of Physical Activity

*All Institutes are held 2 to 5 PM EST*







# Thank you!

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