

Starting Soon!

Youth Engagement Community
of Practice Webinar

Fighting the Unseen Impacts of COVID-19

Thursday, April 16, 2020
9:00-10:00 am ET



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Fighting the Unseen Impacts of COVID-19

YouthPower Learning
Youth Engagement
Community of Practice
April 16, 2020



Advancing solutions to transform the lives of young people



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YouthPower Learning

Advancing knowledge to transform the lives of young people

YouthPower Learning generates and disseminates knowledge about the implementation and impact of positive youth development (PYD) approaches in international development.



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YouthPower Learning

Advancing solutions to improve the lives of young people

- **YouthPower Learning** advances solutions through integrated research and development programs to improve the capacity of youth-led and youth-serving institutions.
- By engaging youth, their families, communities, and governments in innovative programs, we build young people's skills, assets, and competencies; foster healthy relationships; strengthen the enabling environment; and transform systems.

What is Positive Youth Development (PYD)?

PYD programs recognize youth's inherent rights and result in youth who have assets, the ability to leverage those assets (agency), and the ability to contribute to positive change for themselves and their communities, surrounded by an enabling environment that supports them

<http://www.youthpower.org/positive-youth-development>



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Key YouthPower Learning Activities

- Learning Hubs: YouthPower.org, YouthLead.org
- Research (e.g., PYD measurement, systematic review)
- Grants, e.g., Young Women Transform Prize
- Knowledge sharing events, e.g., webinars
- Networks:
 - **Young changemakers**, 15-35 years old – on YouthLead.org
 - **4 Communities of Practice** – practitioners, youth serving and youth-led organizations
 - Gender and PYD
 - **Youth Engagement**
 - Youth in Peace and Security
 - Cross-Sectoral Skills



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YouthPower Learning Team



Cassandra Jessee
Director, YouthPower
Learning



Maria Brindlmayer
Senior KM Specialist,
Coordinator, YouthLead



Sarah Sladen
Senior Youth Engagement Adviser,
YP2LE and Youth Engagement Co-
Champion, YouthPower Learning



Rachel Stepka
Communications
Manager,
YouthPower Learning
& YouthLead



Abolaji Omitogun
Knowledge Management
& Communications
Atlas Corps Fellow
(Nigeria)



Ikenna Anyadike
Knowledge Management
& Communications
Atlas Corps Fellow
(Nigeria)



Nilima Raut
Consultant,
YouthPower Learning,
YouthLead
(Nepal)



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2020 YouthLead Activities

YouthLead Ambassadors Cohort 2

ANNOUNCING THE NEW YOUTHLEAD AMBASSADORS!



YouthLead Peer Advisors



YouthLead Sponsors

Founder



Financial Sponsors



In-Kind: International Youth Network Sponsors



In-Kind: Select Content Sponsor



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YouthLead Response to the Global COVID-19 Pandemic

[YouthLead COVID-19 Information Page](#)

[A “You\(th\) #StoptheSpread” Call to Action](#)

[Youth Led Engagement on COVID-19](#)

[YouthLead COVID-19 Webinar](#)



<https://bit.ly/2xxfNRK>



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<https://bit.ly/2VuCwGc>



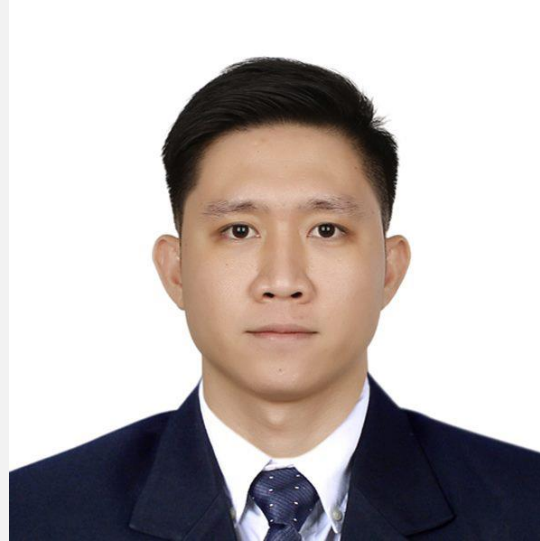
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4/16/2020



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Speaker

Mark Fredelben G. Gravillo

YouthLead Ambassador,

Philippines



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Check-in with your friends. <small>Day 1</small>	Cook your favorite food! <small>Day 2</small>	Spring Clean: Clean your bathroom! <small>Day 3</small>	Have a looong bath. You deserve it! <small>Day 4</small>	List down 5 things you're grateful for today. <small>Day 5</small>	Help online initiatives. <small>Day 6</small>
Write about your most memorable experience. <small>Day 7</small>	Have a conversation with your loved ones. <small>Day 8</small>	Start reading a new book. <small>Day 9</small>	Revisit your friends or followers list on your social media accounts. <small>Day 10</small>	UPSCALE: Transform recyclable items in your house to something useful. <small>Day 11</small>	Write a poetry or story on things you love. <small>Day 12</small>
Drink at least 8 glasses of water. <small>Day 13</small>	Do a 20-minute home workout. <small>Day 14</small>	Check-in with yourself. Write your thoughts and feelings for the day. <small>Day 15</small>	Binge-watch your favorite movie/ series. <small>Day 16</small>	Spring Clean: Organize your digital files or physical files. <small>Day 17</small>	Try a 4-hour social media or digital detox. <small>Day 18</small>
Translate "thank you" to different languages. Tag or send it to someone. <small>Day 19</small>	Share a new music discovery or do a cover of your favorite song. <small>Day 20</small>	Watch Ted videos or video documentaries. <small>Day 21</small>	Share a childhood photo. What's the story about it? <small>Day 22</small>	Read another book or finish the book you started. <small>Day 23</small>	Spring Clean: Clean your room and closet! <small>Day 24</small>



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4/16/2020

#ZOOMDATES



**APR 09
2020**
THURSDAY

Mental Health Promotion During Enhanced Community Quarantine

Speakers: Jarvin Enosh Tan, RPh and Kenneth Roy Aranas, RPh
7:00PM via FB Live

**APR 11
2020**
SATURDAY

Resilience Amidst COVID 19

Speaker: Renz Christian Argao, MA, RPsy, RPh, DAAETS
3:00PM via FB Live (also available in Beyond COVID 19 FB Group)



DROP YOUR QUESTIONS! via bit.ly/Y4MHAskUs

#Y4MH #HelpIsHere #MoveForMH



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Lingap : DONATION DRIVE FOR NCMH AND SERVICE-USERS

Help fight COVID-19 by providing the following for the frontliners and patients of the National Center for Mental Health (NCMH):



Patrick Wincy Reyes
2289 1177 36



Ray Alyannah Lagasca
00645 0166 923



Patrick Wincy Reyes
0906 048 1115



Kenneth Aranas
0917 723 0902

SEND DEPOSIT SLIP OR
SCREENSHOT OF CASH TRANSFER TO
y4mhfinance@gmail.com

DROP-OFF POINT:
Unit 507 Dela Rosa Building, Lacson
cor. Dapitan Sts., Sampaloc, Manila

For queries/other concerns, you
may contact us at:

0915 422 4588
MONETARY DONATIONS

0945 738 6292
IN-KIND DONATIONS AND/OR
TO VOLUNTEER

PERSONAL PROTECTIVE EQUIPMENTS



FACE MASK



GOWN/SUIT



GLOVES



FACE SHIELD

SANITIZING PRODUCTS



SOAP



ALCOHOL



DISINFECTANTS

MEAL PACKS / WATER



MEAL PACKS



WATER



FOOD



@YouthForMentalHealth

@Youth4MH

#Y4MH #Lingap
#HelpIsHere #MoveForMH



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#ZOOMDATES

Stress Faced by Frontliners

Join us for a **FREE** Zoom
Live session on Saturday,
April 4, 2020, from **3 to**
4:00 pm.

WITH GUESTS



Dr. Gia Sison
Occupational Medicine Specialist



Dr. Ed Tolentino
Psychiatrist



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CALL FOR DONATIONS

  @ZeroHungerPilipinas
 @ZeroHungerPH

Zero Hunger PH is a youth-led movement sparked by the recent work suspension under the **enhanced community quarantine for COVID-19**. The movement aims to **provide food bags for 10,000 families** in select Luzon provinces through crowdfunding and donations.



Food Bag



BANK ACCOUNT DETAILS



EastWest Bank
Account Name: JOHN ALBERT R. SIVILA
Account Number: 2000 2430 5917



GCash
0905 361 5006



Paymaya
09562204988



BDO Checking Account
Account Name: JANA D. DIVINAGRACIA
Account Number: 008188005164



PayPal
<http://paypal.me/DurrellAngco>



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MENTAL HEALTH BINGO

SELF CARE EDITION

 Practiced a new skill	 Gave yourself a compliment	 Created a Gratitude List	 Helped someone	 Reminded yourself that you're enough
 Took a break from social media	 Exercised	 Said No	 Read a book	 Input your emotions in a journal
 Practiced meditation	 Did some arts & crafts	 Baked a pastry	 Danced to a favorite song	
 Took a hot bath	 Drank 8 glasses of water	 Had 8 hours of sleep	 Made yourself a meal	 Dropped a negative habit
 Decluttered your space	 Got some sunlight	 Listened to a self-help podcast	 Learned a new language	 Connected with friends

TAG THREE FRIENDS!



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EPISODE 1

Coping With Anxiety & Uncertainty

GUEST:

Dr. Cornelio G. Banaag, Jr.
Psychiatrist
The Medical City

HOSTED BY:

Nykko Bautista
#MentalHealthPH

April 2, 2020 (Thursday)

12:00nn - 12:45pm

Live in #MentalHealthPH Facebook Page



SERIES 1:
Protecting our Mental Health vs COVID-19



EPISODE 2 Strengthening the Resilience of our Youth and Families

GUEST:
Dr. Vanessa B. Calinghug
Child and Adolescent Psychiatrist
The Medical City

HOSTED BY:
Nykko Bautista
#MentalHealthPH

April 5, 2020 (Sunday)
12:00nn - 12:45pm
Live in #MentalHealthPH Facebook Page

Facebook Twitter YouTube @mentalhealthph



SERIES 1:
Protecting our Mental Health vs COVID-19



EPISODE 3 Ensuring Mental Well-Being During Physical Illness

GUEST:
Dr. Jannel Gatlabayan - Cleto
Consultation - Liaison Psychiatrist
The Medical City

HOSTED BY:
Nykko Bautista
#MentalHealthPH

April 8, 2020 (Wednesday)
12:00nn - 12:45pm
Live in #MentalHealthPH Facebook Page

Facebook Twitter YouTube @mentalhealthph



SERIES 1:
Protecting our Mental Health vs COVID-19



EPISODE 4 Supporting our Frontline Healthcare Workers

GUESTS:
Dr. Maria Imelda B. Batar
Psychiatrist,
The Medical City
Dr. Lourdes Jimenez
Head, Emergency
Department,
The Medical City

HOSTED BY:
Nykko Bautista
#MentalHealthPH

April 13, 2020 (Monday)
12:00nn - 12:45pm
Live on #MentalHealthPH Facebook, Twitter, and Youtube!

Facebook Twitter YouTube @mentalhealthph



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TARA, USAP TAYO!



This March 20, 2020, at 7pm to 8pm, join us on Twitter in the discussion by answering the following questions:

1. How do we address mental health conditions during isolation?
2. How do we help address other concerns of the people that are related to mental health such as food, job and security?
3. What is your message to the frontline health workers and the rest of the skeletal workforce?



#UsapTayo
is regular tweetchat about mental health happening every zeroes (10, 20, 30) of the month from 7pm to 8pm.

Join the tweetchat by using the hashtag #UsapTayo!

Together, let's zero the suicide cases and the stigma against mental health!



This March 30, 2020, at 7PM to 8PM, join us on Twitter in the discussion by answering the following questions:

1. Check in with yourself, how are you feeling right now?
2. Have you checked in with your family and friends? If so, how do you keep yourself up-to-date with them?
3. What are the ways we can **#RecoverTogether** from this pandemic?



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ENSURING WELLBEING amidst COVID-19

#EnsuringWellbeingAmidstCOVID19

WWW.PMHA.ORG.PH | @PMHAofficial

Show support by using our campaign's Facebook Frame for your profile photo!


Just follow these easy steps:

1. Go to your Profile Photo
2. Click "Add Frame"
3. Search for "Ensuring Wellbeing Amidst COVID-19"
4. Click Save or Use as Profile Picture

You can also click this link:
<http://tiny.cc/WellbeingAmidstCOVIDFrame>



#ENSURING WELLBEING amidst COVID-19



PMHA ONLINE SUPPORT

(English Version)

Let's talk about it!

#EnsuringWellbeingAmidstCOVID19

#EnsuringWellbeingAmidstCOVID19

PMHA ONLINE SUPPORT

Let's talk about it!

We are promoting a **healthy virtual environment** that **encourages self-expression** and a **nonjudgmental community** that respects the rights and dignity of every individual. Hence, we ask each chat participant to achieve that goal by **not using language that is threatening, abusive, obscene, and inappropriate** or using information that is **deceptive and misleading**.



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Mark Fredelben Gomez Gravillo
@gravillo_mark

World Health Organization (WHO)
Safe Hands Challenge
youtu.be/90hvav1mq_k via
[@YouTube](#). Join the [@who](#)
[#SafeHands](#) 🧼 Campaign and
promote the power of clean hands
in protecting yourself, your family,
and community safe from COVID-
19! [@youthleadglobal](#)
[@YPLearning](#)

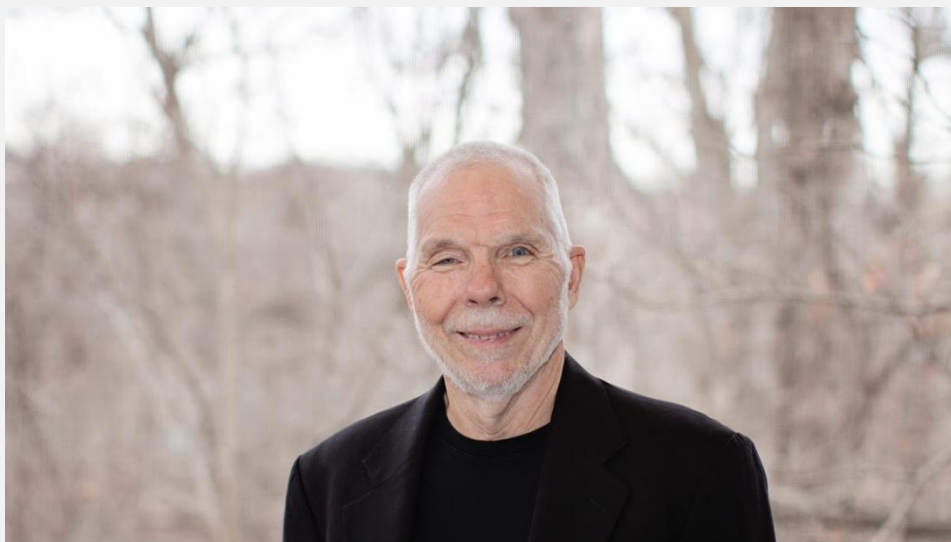


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Speaker

Peter C. Scales
Senior Fellow,
Search Institute



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Youth LEAD When We Help Youth RISE:

Relationships, Interests & Sparks, and Empowerment
During the COVID-19 Pandemic

Peter C. Scales, Ph.D.
Search Institute

For YouthLead Webinar, “Fighting the Unseen Impacts of COVID-19: Tools and Strategies for Promoting Mental Health and Wellbeing in Ourselves and Other Young People During the Coronavirus Global Pandemic,” April 16, 2020.



Discovering what kids need to succeed

2 COVID-19 Realities

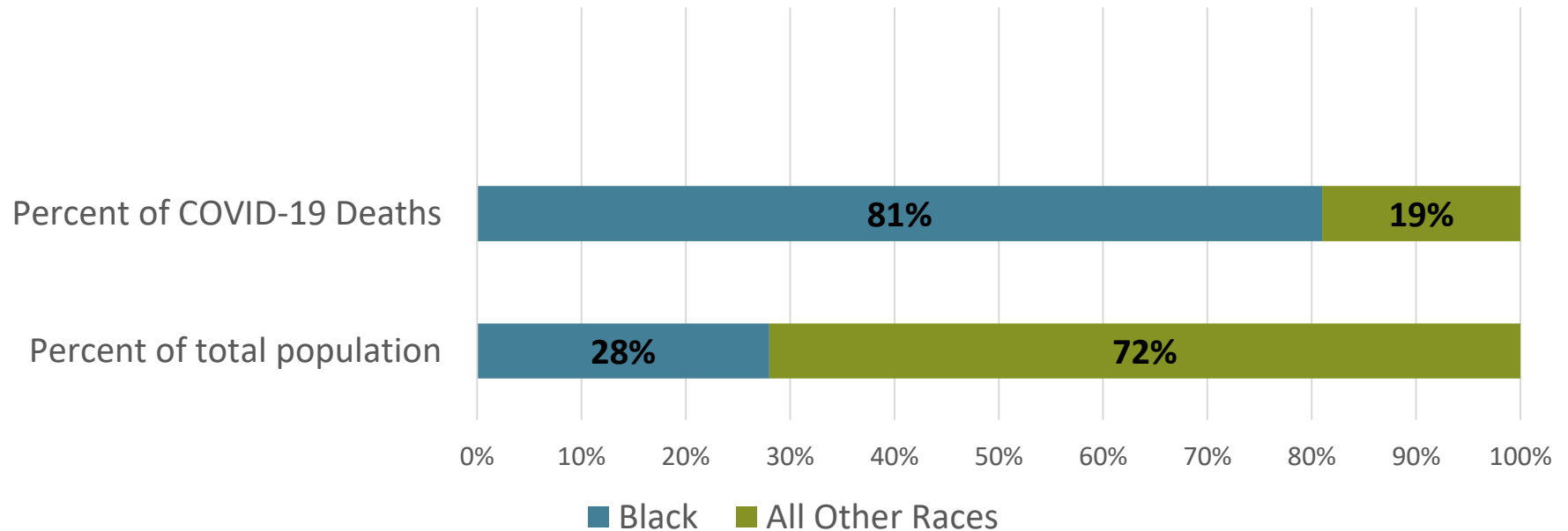


- Coming together creatively through technology
- Employed and can work at home
- Using time at home to strengthen family
- Can practice social distancing
- Noticeable but non-critical economic impact
- Less infection, less death, more health care
- Some to moderate stress, but also can manage adequately

- Less access to technology
- Now out of work, or not able to work at home
- Family stressed, domestic violence increases
- Work in services provided to those now working at home
- Broke, bankrupt or on verge
- Higher infection and death rates, less health care
- More anxiety, fear, loneliness, depression

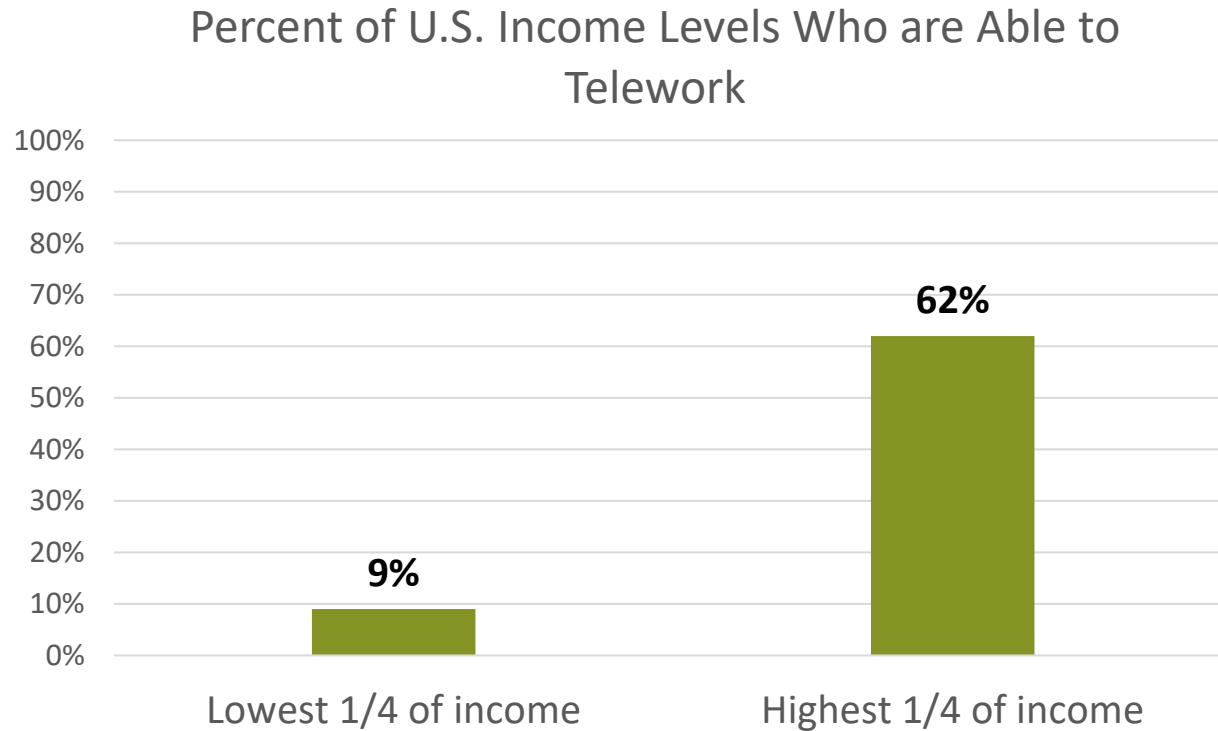
COVID-19 Inequality

COVID-19 Deaths in Milwaukee County, Wisconsin



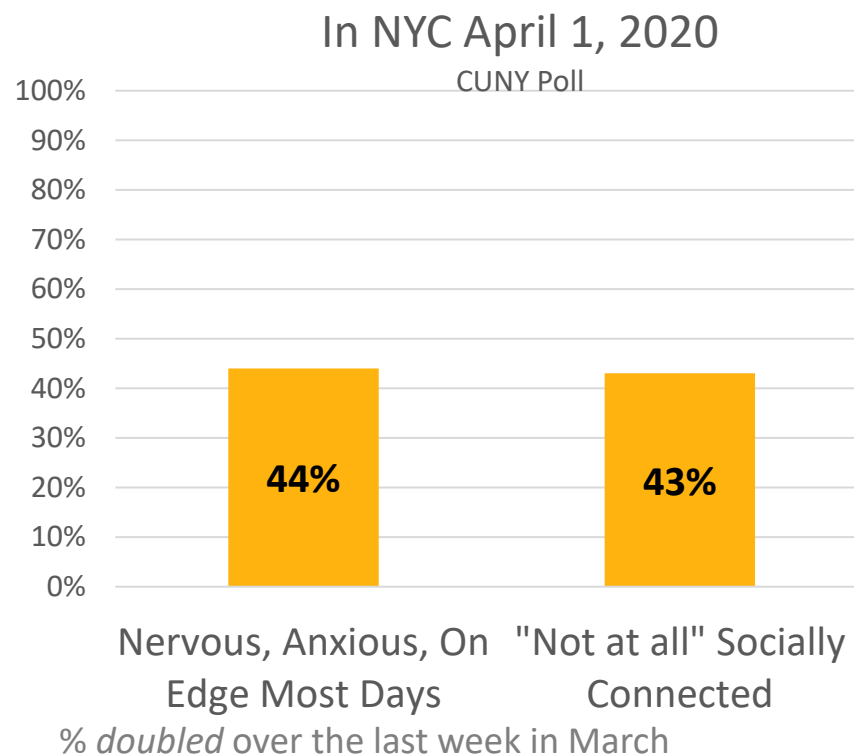
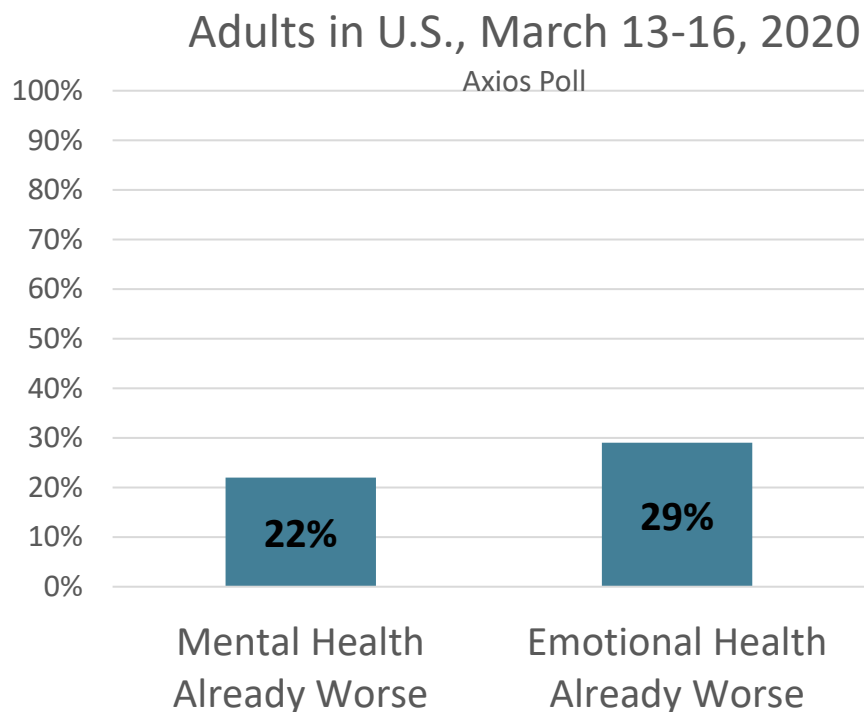
Source: Charles Blow, New York Times, April 6, 2020

COVID-19 Inequality

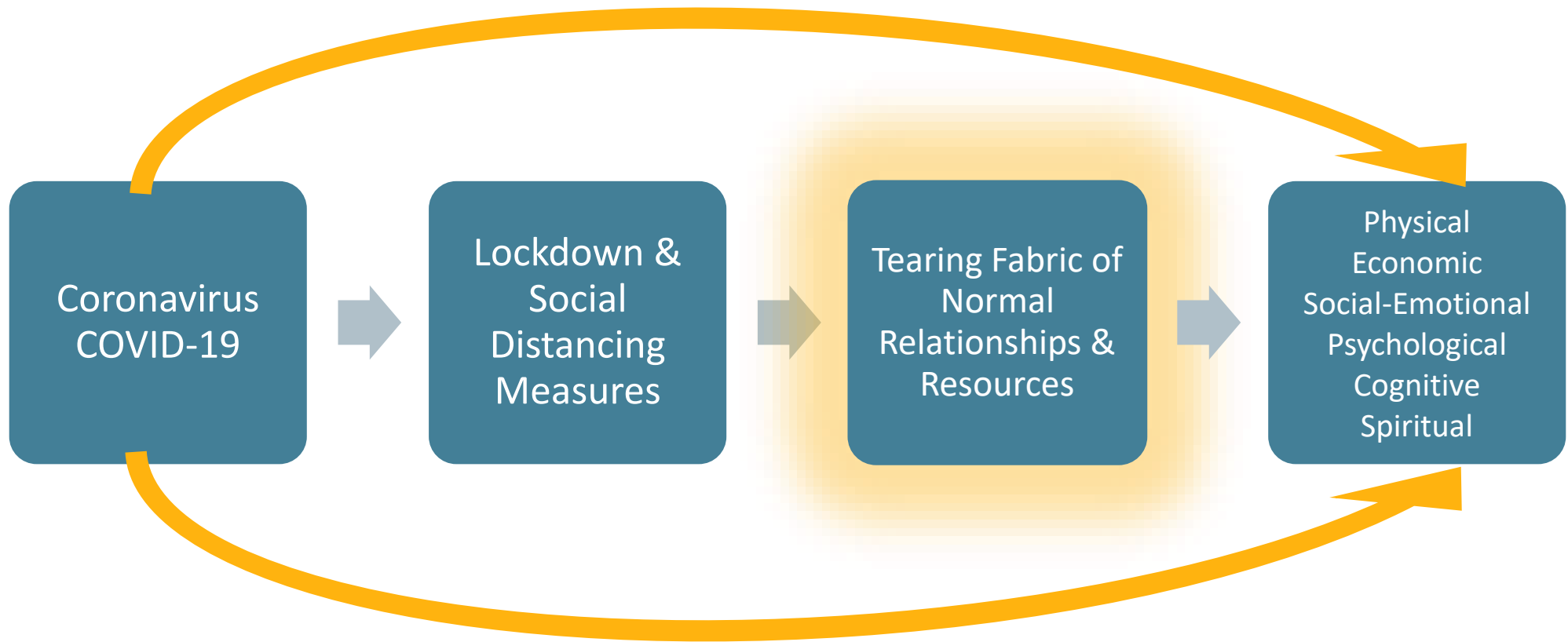


Source: Charles Blow, New York Times, April 6, 2020

Mental & Emotional Fallout from COVID-19



Impacts of COVID-19 on Wellbeing



Youth **LEAD** When We Help Youth **RISE**:

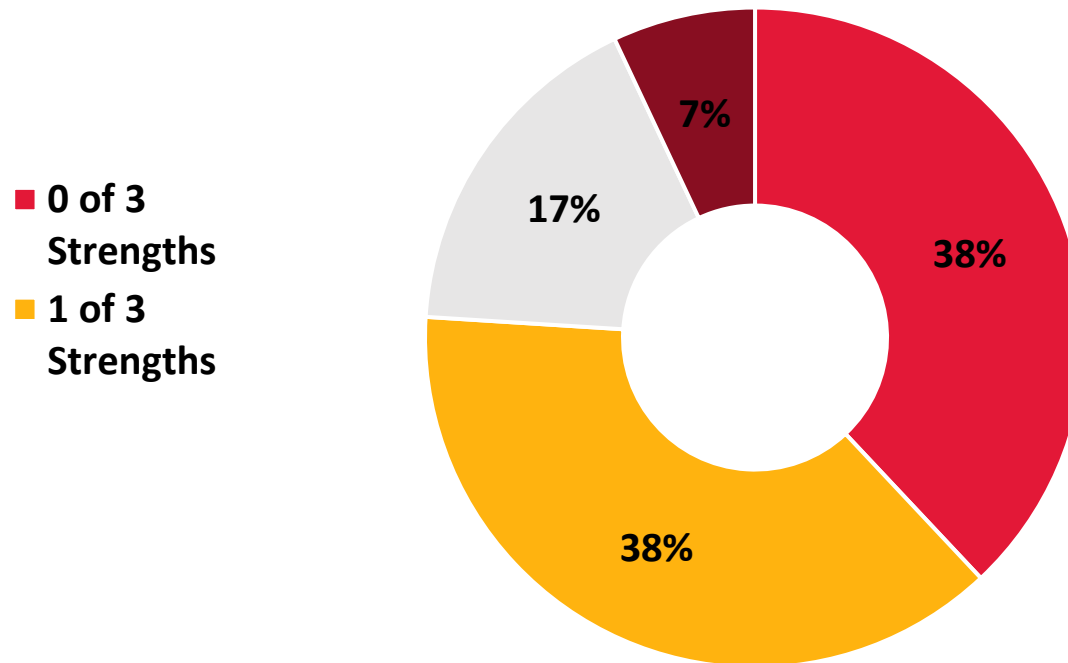
- Developmental Relationships
- Interests & Sparks
- Empowerment

The Power of RISE Among U.S. Teenagers

	High on All 3	High on None of the 3
Have a sense of purpose and hope for their future	77%	15%
Believe that it's important to help others and correct social inequities	69%	25%
Believe it's important to be involved in community issues	69%	23%
Volunteer 1 hour/week or more	57%	14%

Source: Scales, Roehlkepartain, & Benson, 2010 national survey of U.S. 15 year olds

Number of RISE Strengths Experienced by U.S. 15-Year Olds



Source: Scales, Roehlkepartain, & Benson, 2010 national survey of U.S. 15 year olds



STUDY AFTER STUDY FINDS . . .

Relationships are at the heart
of how youth grow, learn, and thrive

Relationships at the Heart

“Almost without exception, theories of psychological well-being include positive relationships with others as a core element of mental health and well-being.”

— Harry Reis & Shelly Gable, 2003

“Every kid needs at least one adult who is crazy about him or her.”

— Urie Bronfenbrenner, 1970

“Relationships are the oxygen of human development.”

— Peter Benson, 2008

So What are **Developmental** Relationships?



What developmental relationships...

are not:

Transactional

One directional

Static

Only about caring

are:

Close connections

through which young people

discover who they are,

gain abilities to **shape their own lives,**

and learn how to interact with and

contribute to the world

around them.

The Short Version:

Identity

Agency

Community



5 Elements of a Developmental Relationship



Express Care



Challenge Growth



Provide Support

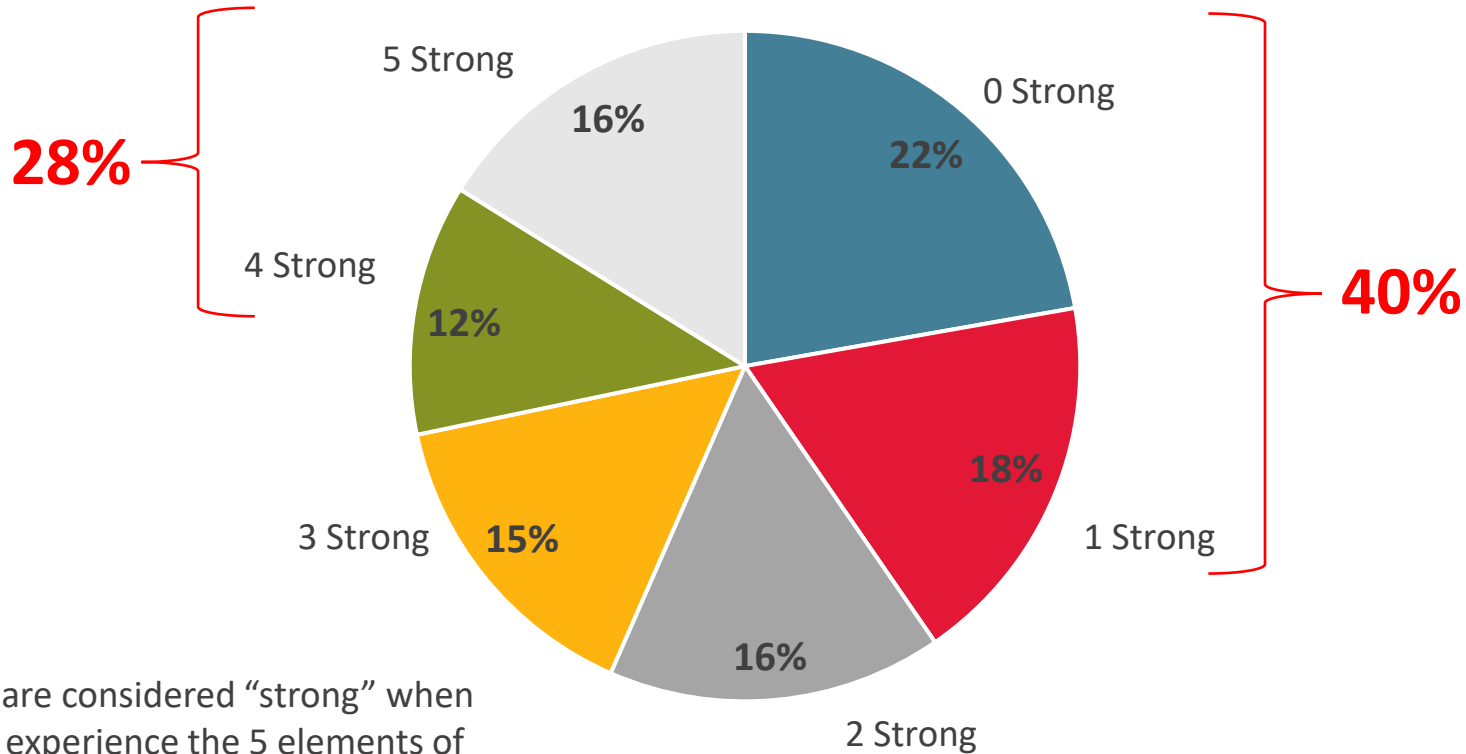


Share Power



Expand Possibilities

Number of “Strong” Relationships

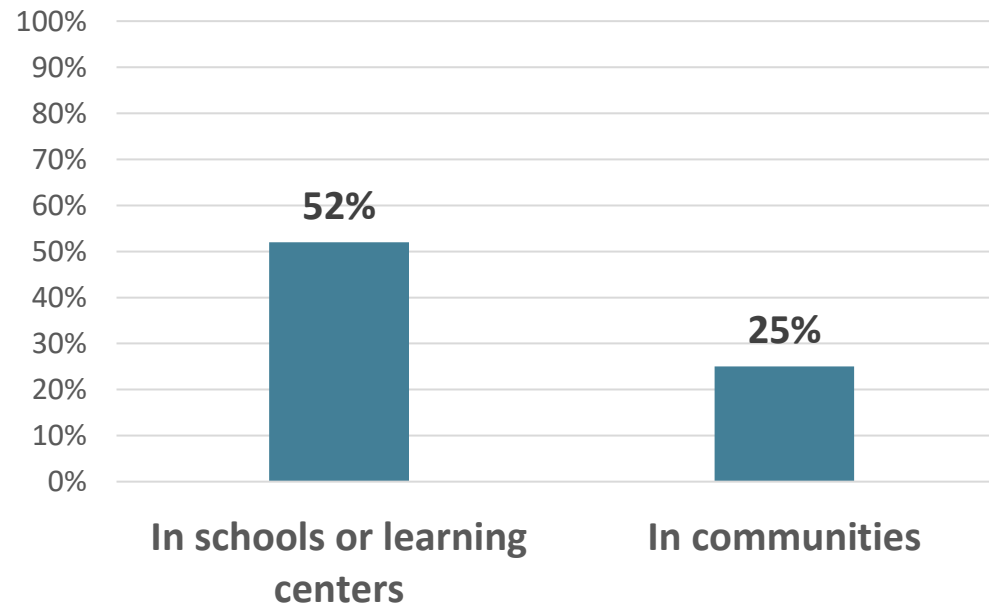


Relationships are considered “strong” when young people experience the 5 elements of developmental relationships, on average, often or very often.

N = 25,395 students, grades 6 – 12

Youth with Strong Developmental Relationships

Youth with Strong Developmental
Relationships with Non-Family Adults
Global Sample of 32,000+ 9-32 Year Olds



Source: Scales & Roehlkepartain, 2017

Interests, Sparks, and Empowerment

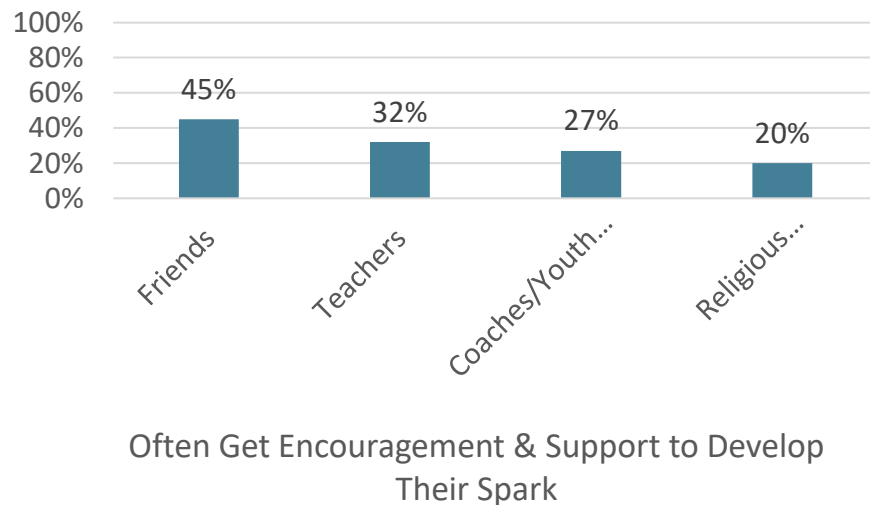
SPARKS:

Interests or talents that you are really passionate about, that are important to you, and that give you joy, energy, purpose, and focus.

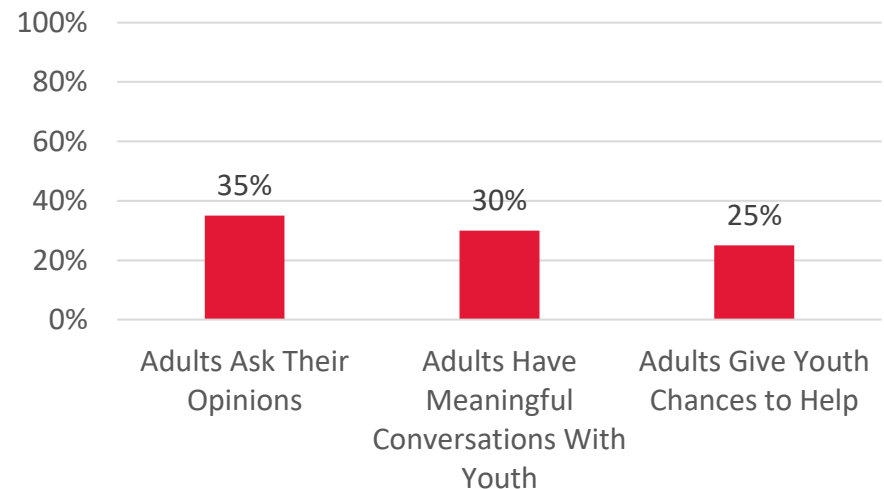
EMPOWERMENT:

Confidence, skills, and opportunities to speak up about and influence the things that matter to you.

SPARKS

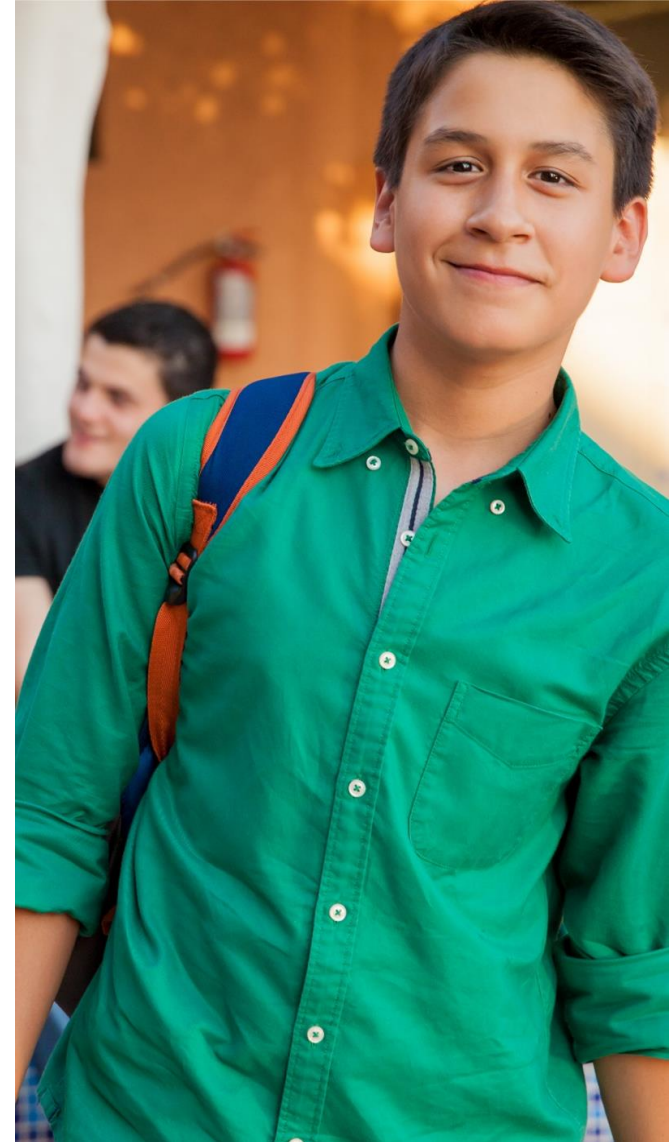
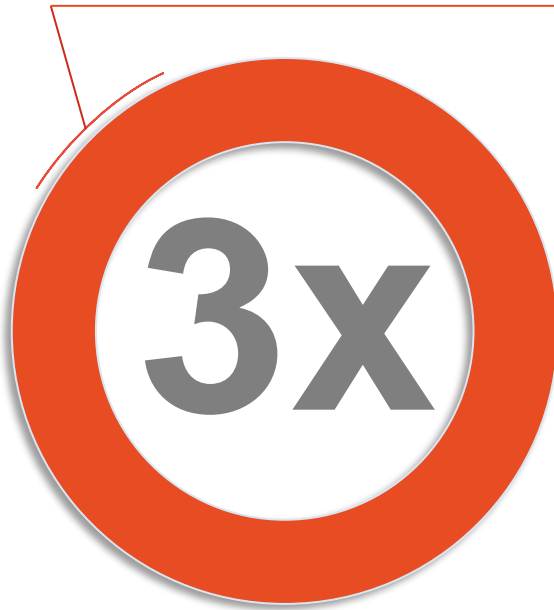


EMPOWERMENT



Source: Scales, Roehlkepartain, & Benson, 2010 national survey of U.S. 15 year olds

YOUTH WITH STRONGER
FRIENDSHIPS ARE **THREE TIMES**
MORE LIKELY TO REPORT HIGH
LEVELS OF: **GOAL SETTING, SELF
AWARENESS, and SELF-EFFICACY**





YOUTH WITH STRONGER FRIENDSHIPS
ARE **THREE TIMES** MORE LIKELY TO
REPORT HIGH LEVELS OF:
**LEADERSHIP, COMMUNICATION
SKILLS, and BELONGING**



YOUTH WITH STRONGER FRIENDSHIPS
ARE **FOUR TIMES** MORE LIKELY TO
REPORT HIGH LEVELS OF **SOCIAL
COMPETENCE** and a **SENSE OF PURPOSE**

4x



At the end, how can we avoid this:

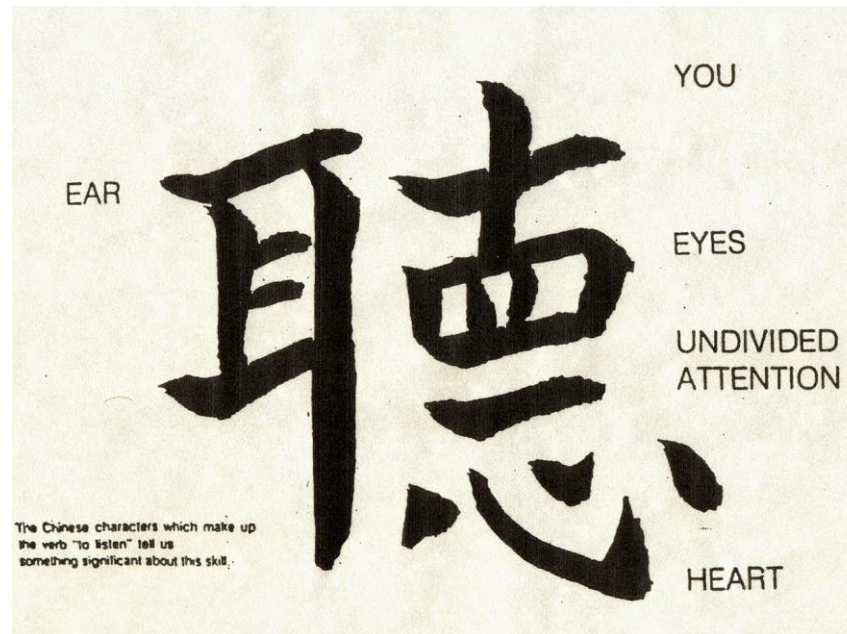
The Intention-Action Gap



Social Distancing ≠ Social Isolation

Active Listening

... is a way of listening and responding to another person that improves **mutual understanding**.



Express Care

Building Developmental Relationships During the COVID-19 Crisis



Express Care: Show me that I matter to you.

- Send a text, email, video, or note that says they matter to you personally and you are thinking about them during this crisis.
- Ask how they are spending their time at home during the crisis.



Challenge Growth: Push me to keep getting better.

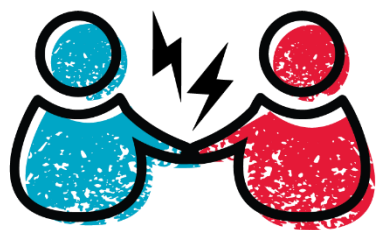
- Ask young people what they are or could be doing to help their parents, siblings, or others get through this difficult time, and how they can contribute to people staying safe and healthy.
- Ask young people to set one personal goal for something they want to achieve during the time away from your school or program, and then periodically check on their progress.

Building Developmental Relationships During the COVID-19 Crisis



Provide Support: Help me complete tasks and achieve goals.

- Ask young people how they are feeling about the world, themselves, and the future during the crisis.
- Show them where to find factual information about the pandemic rather than alarmist or unscientific opinions.



Share Power: Treat me with respect and give me a say.

- Ask young people what rules and norms a group should follow as you work together remotely. Give them voice and choice.
- Ask young people to teach you something they know, or to design and/or lead some of the virtual activities and lessons a class or group is doing.

Building Developmental Relationships During the COVID-19 Crisis



Expand Possibilities: Connect me with people and places that broaden my world.

- Send young people something to watch or read that will be new to them and that you normally wouldn't have time to focus on in your class or group.
- Ask young people to use the Web and social media to explore how young people very different from them around the country or around the world are experiencing the response to COVID-19 and are helping to contribute to or lead efforts in their communities.
- Hold a virtual chat using video or text with someone who works in a job or field that is the focus of your class or group, or that the youth you work with are interested in.

Please fill in the blanks on your index card

By _____ I will have _____
(what specific date?) (taken what specific action?)

to begin building more developmental relationships with _____.
(which young people?)

Today or tomorrow I am going to tell _____
(who in your life?)

about this goal to help me stay on track to achieving it.

Two Ways to Think About Relationships



Youth **LEAD** When We Help Youth **RISE**:

- Developmental Relationships
- Interests & Sparks
- Empowerment

THANK YOU!

STAY SAFE

STAY HEALTHY

STAY ACTIVE

STAY ENGAGED

TAKE CARE - AND GIVE CARE



Peter C. Scales
Senior Fellow,
Search Institute

scalespc@search-institute.org

www.SearchInstitute.org

Q&A



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What you can do next

- Spread the message of #PositiveYouthDevelopment.
- Join a YouthPower Community of Practice and/or register on www.YouthPower.org.
- Use the PYD resources, best practices, and knowledge shared on www.YouthPower.org
- Are you a young changemaker? Become a member on www.YouthLead.org and participate in the YouthLead Covid-19 Campaign #StoptheSpread <https://bit.ly/34GlhWC>.



www.YouthPower.org



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Thank you!

Thank you for participating in this YouthPower Learning event.

The recording of today's event will be shared with all registrants.

Please visit www.YouthPower.org for more.



[@YPLearning](https://twitter.com/YPLearning)



[YouthPower Learning](https://www.facebook.com/YouthPowerLearning)



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