

HANDOUT FOR YOUNG PEOPLE



Why would YOU



Want to be a member of SACYHN's Child and Youth Advisory Council (CAYAC)?

Participating will give you the chance to:

- Have **fun** & make new **friends** working with youth from all over southern Alberta
- Be **creative** and share your **talents**
- **Add your opinion** and **share your ideas** about programs and services for children and youth people that support their health and well being

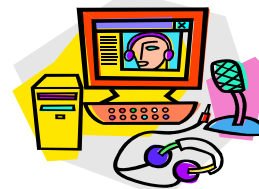


- **Help to develop new programs** and find ways to make existing ones better
- **Share some of your own experiences** with the health system and/or other child serving systems to teach others what it's like and how it could be better
- **Work on a team** with young people who might have different ideas and experiences than your own

- Create or add to your **resume**



- Learn to **think through challenging issues**
- Learn how to **share your thoughts clearly** and **put your ideas into writing**
- Experience **using video-technology**



- Be a **positive role model** for other children and youth
- **Show adults and other young people what positive and important contributions youth can make** by helping to plan the services and programs created for them

If you Join the Council you will Agree to:

- Be part of the Council for an **18 month term**
- Attend **five to six meetings per year between September and June**
- **Participate** to the best of your ability, **listen** to others, and **encourage** the sharing of ideas and viewpoints of all Council members
- Help find ways to **get ideas and suggestions from other children and youth in your region** and bring those viewpoints to **CAYAC**
- **Come to meetings prepared** - for example, take the time to go over any information that is sent to you before a meeting
- Consider participating in at least **one additional project** identified by the Child and Youth Advisory Council (e.g. join a smaller work group)
- Help **find ways to include others** in the work of the Council and help them to participate
- Consider making **appearances at SACYHN events**, where you could be interviewed, taped or photographed
- Help the Council **find new members**
- Help to **decide how the Council works, what the Council works on**, and assist in keeping the Council going

