

# KENTUCKY YMCA YOUTH ASSOCIATION



# STUDENT Y



[kyymca.org/student-ymca](http://kyymca.org/student-ymca)

# What is Student Y?

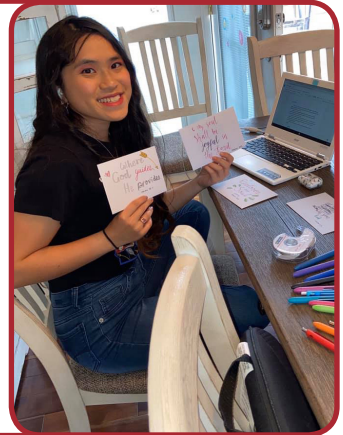
Student Y is a **student-led** program for **middle and high school students (grades 6-12)** interested in making an impact in local and global communities. Students can participate as individuals or with their school as a **Student Y Chapter**.

Student Y is a way for your school or community organization to engage in meaningful service learning projects throughout the school year, and develop into compassionate community leaders.

Throughout the year, Student Y members learn, serve, and lead as a chapter and as individual members in the following areas of programming:

**Civic Engagement**  
**Servant Leadership**  
**Character Development**

Within each area, chapters and their student leadership can design and develop a yearlong plan that best serves the needs of their school and community while fulfilling the mission of the YMCA.



**When you become a Student Y member, you are not only joining a network of over 10,000 students in Kentucky, but a nationally recognized movement of students working toward creating a better community for all.**

**"Student Y has by far been the most transformative program I have ever been involved in! I have participated in just about every student Y program offered to me from trainings to leadership conferences to youth and government conferences to service trips and they all changed me in multiple ways."**

**- Anna Hearne, class of 2020**

# Benefits of Student Y

When you establish a Student Y at your school, we equip you and your students with the tools and resources to create a successful chapter led by students.

## This year, Student Y benefits include:

Joining a network of **10,000** students and teachers who want to do good in their school and community

Access to our **partner network's** resources and events (TedEd, MobileServe, World Affairs Council, Inspire2Vote, & more)



A fully comprehensive **Student Y Manual** created to assist students in leading their chapters throughout the year.

A few of the resources included are:

- Student Y officer roles and responsibilities
- Agenda templates for chapter meetings
- Tools and tips for how to ensure your chapter is student-led
- Goal setting and reflection activities and worksheets
- Fun get-to-know-you and ice breaker activities
- Kentucky Youth Assembly and Kentucky United Nations Assembly bill/resolution writing workshops and curriculum
- How to take your chapter virtual

Virtual events including **region roundups** where students can collaborate and discuss volunteer opportunities or plan local events together with students in the same area

Member-only and member-discounted events & programming

Y-Staff led **workshops** including:

- How-to's on leading chapters, holding voter registration drives, + more
- Service project planning
- Leadership/personal development workshops
- Bill/Resolution writing workshops



# Inside the Manual

## ICE BREAKERS

### & GET TO KNOW YOU GAMES

#### FIND A SPOT

Have participants stand in a circle holding each other with their hands in a circle in the center.

Standby. If a student will agree with the statement, if a spot opens up, they should stand in that spot. The last student to stand in a spot will be the winner. The last student to stand in a spot will be the winner. The last student to stand in a spot will be the winner.

Repeat for 5-10 minutes or until everyone has had a chance to be in the middle of the circle.

#### GET TO KNOW YOU QUESTIONS

- What is your favorite food?
- What is your favorite color?
- What is your favorite movie?
- What is your favorite TV show?
- What is your favorite sport?
- What is your favorite animal?
- What is your favorite book?
- What is your favorite song?
- What is your favorite holiday?
- What is your favorite city?
- What is your favorite time of day?
- What is your favorite season?
- What is your favorite subject in school?
- What is your favorite hobby?
- What is your favorite drink?
- What is your favorite fruit?
- What is your favorite vegetable?
- What is your favorite flower?
- What is your favorite animal?
- What is your favorite bird?
- What is your favorite insect?
- What is your favorite reptile?
- What is your favorite mammal?
- What is your favorite fish?
- What is your favorite sea creature?
- What is your favorite planet?
- What is your favorite star?
- What is your favorite constellation?
- What is your favorite galaxy?
- What is your favorite comet?
- What is your favorite meteor?
- What is your favorite asteroid?
- What is your favorite moon?
- What is your favorite planet?
- What is your favorite star?
- What is your favorite constellation?
- What is your favorite galaxy?
- What is your favorite comet?
- What is your favorite meteor?
- What is your favorite asteroid?
- What is your favorite moon?

#### EGG-O-LUTION

The object of this game is to advance through each level by using a round of rock, paper, scissors. Levels consist of Chicken, Eagle, Supreme Being.

All participants begin the game at the "Egg" level where they will become as small as they can with their arms tucked inwards. Participants will play one game of rock, paper, scissors.

The winner of the game will move up a level and be taken (hands under armpits and elbows flapping) to find other chickens to play against. The winner will become an Eagle (arms straight forward).

#### WILL THE REAL MR. JONES PLEASE STAND UP

Participants draw a picture on an index card that describes their personality. They then stand up and read their card to the group. A volunteer is chosen at random to pick up a card and read it to the group. They sit the group up which is determined by the card.

Other members try to guess who the person is. The person who guesses correctly is awarded the card. The person who guesses incorrectly is awarded the card. The person who guesses incorrectly is awarded the card.

Continue the process with all persons who are interested.

## AMES

### EGG-O-LUTION

The object of this game is to advance through each level using a round of rock, paper, scissors. Levels consist of Chicken, Eagle, Supreme Being.

All participants begin the game at the "Egg" level where they will become as small as they can with their arms tucked inwards. Participants will play one game of rock, paper, scissors.

The winner of the game will move up a level and be taken (hands under armpits and elbows flapping) to find other chickens to play against. The winner will become an Eagle (arms straight forward).

## GROUP ICEBREAKERS

The Student Y Manual is full of games and activities to get your chapter feeling comfortable and bonded as a group.

## STUDENT OFFICER GUIDANCE

Full breakdowns of student officer roles put the power in the hands of the chapter and help it become truly student-led.

### President

#### Requirements

- At least 1 year's experience in Student Y or at least 2 KY YMCA programs

## OFFICER ROLES

Selecting Student Y Officers is an important first step in establishing your chapter. Once you have student leaders that are committed to the success of your chapter, you will have a team.

President	Vice President	Secretary
<b>Requirements</b> <ul style="list-style-type: none"> <li>At least 1 year's experience in Student Y or at least 2 KY YMCA programs</li> <li>Maintain a GPA of 3.0+</li> </ul>	<b>Requirements</b> <ul style="list-style-type: none"> <li>At least 1 year's experience in Student Y or at least 2 KY YMCA programs</li> <li>Maintain a GPA of 3.0+</li> </ul>	<b>Requirements</b> <ul style="list-style-type: none"> <li>At least 1 year's experience in Student Y or at least 1 KY YMCA program</li> <li>Maintain a GPA of 3.0+</li> </ul>
<b>Roles/Responsibilities</b> <ul style="list-style-type: none"> <li>Work closely with Advisor to plan and facilitate regular Student Y meetings</li> <li>Develop and implement recruitment strategies</li> <li>Participate in Student Y officer trainings throughout the year</li> <li>Ensure important deadlines are met for each conference</li> </ul>	<b>Roles/Responsibilities</b> <ul style="list-style-type: none"> <li>Work closely with President to plan and facilitate regular Student Y meetings</li> <li>Assist in implementing recruitment strategies</li> <li>Participate in Student Y officer trainings throughout the year</li> <li>Plan and organize Chapter fundraising opportunities</li> </ul>	<b>Roles/Responsibilities</b> <ul style="list-style-type: none"> <li>Manage Student Y members</li> <li>Track attendance at meetings</li> <li>Take meeting notes using your own method or our agenda template</li> <li>Participate in Student Y officer trainings throughout the year</li> <li>Assist advisor in collecting dues and payments</li> </ul>

## GOING VIRTUAL?

Virtual engagement can be just as important as your physical meetings and conferences. It is often the first exposure people outside of your chapter have to Student Y and can be used to foster a stronger Student Y experience.

### VIRTUAL EVENTS

Planning events that can be enjoyed after school or on the weekend that don't require in person attendance are a great way to engage students that can't drive themselves or don't have enough time to attend in person. Even events that you hold in person can be recorded or have a virtual option so you can capture all kinds of students.

Advertising your projects and events online through social media is a fun way to connect with established chapter members and interested students or community members. Having an online presence is critical when it comes to building impactful events and developing community partnerships.

### SOCIAL MEDIA

### IMPACT STORIES

Impact stories can be about almost anything you do with Student Y. Writing down your experiences with service conferences, and other Student Y projects is an important part of reflection. Sending these stories to your school or community newspaper, to the KY YMCA, or other community partners is a great way to get more people interested in Student Y and share your success!

Opinion pieces are a critical part of the news cycle and youth voices are largely excluded from many of the spaces that Op-Eds are found in. Writing down your opinions about an event in your community, a policy you agree/disagree with, or the world as a whole and sharing it with others, amplifies your voice and retains space that youth are often excluded from.

### OP-ED'S

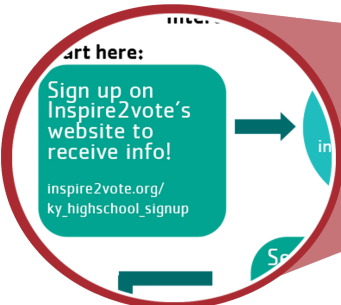
Moving committees that are used to plan Student Y projects online is a great way to make your Student Y chapter more inclusive to all types of students. Using these in tandem with your other methods of planning (in person, officer, etc.) allow more students to become engaged members of your chapter and can result in even better results!

### VIRTUAL PLANNING COMMITTEES

## VIRTUAL MEETING PLANNING

In the wake of COVID-19, virtual events are increasingly necessary, but still tricky. The Student Y Manual is here to help make these go smoothly!

# Inside the Manual



## VOTER REGISTRATION RESOURCES

The manual has plenty of tools to help your chapter increase civic engagement at your school.

### TEN PRINCIPLES OF SERVANT LEADERSHIP

<https://www.temper.com/blog/servant-leadership>

- Listening**: Listening is at the heart of servant leadership. If a team member's talking, give them your full focus and attention—no interruptions allowed! It's a simple way to make your team feel valued so they know you care.
- Empathy**: A lot goes into empathy. Not when it comes to servant leadership, it's about knowing your team. Find out what they enjoy, their strengths, and what they're good at. That way you can let your team members shine!
- Healing**: Healing is creating a healthy chapter environment for all. It's also about giving people the tools they need to succeed so they feel like a valued member of the team.
- Self Awareness**: Take inventory of your own strengths and weaknesses, and figure out how you fit into your overall chapter. Then use yourself in ways that benefit your chapter, school, and community.
- Conceptualization**: You've got to know where you're going as a leader and as a chapter! Keep the big picture (civic engagement, servant leadership, and character development) in mind without losing focus on the day-to-day.
- Persuasion**: Put on the silver salesperson's hat! Servant leaders use persuasion to build consensus and get buy-in from their chapter members on service projects, fundraising ideas, and attending conferences or events at KYS & KINJA! That way everyone feels like they have a stake in your chapter's success.
- Forecast**: Taking the knowledge you've learned on the go and applying it to the future.
- Stewardship**: Stewardship is simply leading by example.
- Commitment to the growth of people**: It's your job to set the tone for your chapter members, so we don't ask you to do things you wouldn't do yourself.
- Building Community!**: Be the first one willing to do the great work! This will go a long way with building trust and consistency with your chapter members!
- Building Community!**: Our favorite principle! Chapters who trust and offer work together to get more done. That's why it's important to cultivate relationships among your chapter!



## LEADERSHIP TRAINING

Everything your students need to be the best leaders for their communities.

## SERVICE PLANNING

Helpful guides and tips for organizing meaningful and impactful service projects!



## SERVICE PROJECT IDEAS FOR YOUR COMMUNITY

### You can volunteer at:

- A local animal shelters
- A nursing home
- Schools
- Summer camps
- Community theatres
- Local food pantries
- Local Y's
- Local sustainability organizations
- Local health coalitions (check with your health department for details)
- any local nonprofit (search [www.organicdirectory.com](http://www.organicdirectory.com))
- Religious organizations

### Advocate by:

- Distributing pamphlets
- Asking for signatures
- Giving a public speech

### Organize

- A local food drive
- A clothing drive
- A fundraiser:
  - Home operations
  - Take sales
  - Sell tickets, art, candy, etc. for an organization.
- Trail work for a neighbor
- Letter-writing campaign to military members
- Trash pick-ups around town and in parks
- Tutoring sessions

### Looking for Virtual Service Opportunities? We got you!

- Write letters to running home parents
- Volunteer virtually with organizations (library groups, Y's, online tutoring)
- Donate artwork (drawings, paintings, music, etc.) to local nonprofit (award items, prizes)
- Donate like a shopping sprees, other favorite charities, and have a general supervised online boost & grant with kids



# Partner Organizations

As part of Student Y, students have access to a number of our **local and global partners and partner resources**. Within the Student Y Manual and online, students will have access to the tools they need to plan intentional service in their communities, register their peers to vote, and to share information on topics they're passionate about.

A few of our partners include:

TedEd	Inspire2Vote
Y-USA	Limestone Bank
MobileServe	WaterStep



## Chapter Service



**Servant Leadership** is a core value of the KY YMCA Youth Association. We believe that our students can see immense personal growth through intentionally planned service projects.

We provide our students resources to plan effective and meaningful service using the service-learning philosophy, **IPARDC(s)**.

As well, our **resources** guide students in implementing servant leadership within their chapters and even within their daily lives.

# Voter Registration

As a Student Y member, youth **civic engagement** is a priority. Members are equipped with the tools and resources needed to hold **voter registration drives** at schools or within communities!

We work closely with **Inspire2Vote** to make sure chapters have materials, fun give-aways like stickers and pens, and the necessary paperwork needed to register eligible voters.



# Advocacy



Our students' voices matter. The Student Y program provides Chapters with the resources to effectively elevate students voices to **enact change** in their school, community, or world. Our advocacy portion of Student Y teaches how to utilize students' passions and turn them into policy.

Outside of advocating on their own or with their chapter, Student Y Members have the opportunity to advocate directly to state and national policy-makers through the **Advocacy Days** program.

# GET STARTED WITH STUDENT Y

## REGISTER AS A CHAPTER OR AS AN INDIVIDUAL



### Find Us Online

Our website is designed to be an **information super-source**. There you can find everything you might want to know about all of our statewide and local programs, partnerships, and more!

[kymca.org/student-ymca](http://kymca.org/student-ymca)

### Give Us a Call

If you have questions or want to find out the best person to connect you, call our office at

**502-227-7028**

### Contact Your Region Director

**Region Directors** are the direct contacts for different areas of Kentucky. These Y-Staff members can connect you with all of the necessary resources and information to access any Kentucky YMCA programming.

Find out which KY YMCA region your county is in and who your Region Director is at [kymca.org/regions](http://kymca.org/regions)



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**Kentucky YMCA Youth Association**