



# KENTUCKY YMCA YOUTH ASSOCIATION



KYA  
KUNA  
Student Y

[kyyymca.org](http://kyyymca.org)

GFI  
LTC  
Y-Corps

# WHAT WE DO

**EMPOWER VOICES &  
BUILD CONFIDENCE**



**PROMOTE  
PERSONAL GROWTH  
& BUILD EMPATHY**



**INSPIRE SERVANT LEADERS  
TO MAKE A POSITIVE IMPACT  
IN THEIR COMMUNITIES**



**PROMOTE  
CIVIC ENGAGEMENT &  
ADVOCATING FOR ISSUES**



**GIVE TEENS A SPACE TO BE  
THEMSELVES AND HAVE FUN**



**BUILD RELATIONSHIPS AND  
CONNECTIONS ACROSS THE  
COMMONWEALTH**



# AREAS OF FOCUS

## CIVIC ENGAGEMENT

In **Youth and Government** programs, students learn about local and international issues by experiencing the legislative processes we use to address them.

**KYA** and **KUNA** expose students to new perspectives, create a setting to share ideas via civil discourse, and empower our youth to feel comfortable and confident in their agency and their voice.

Additionally, policy and advocacy programs like **MYA** help show students a direct path to creating a positive impact.



## SERVICE LEARNING



Through **Y-Corps**, students are given the training they need to plan service projects, philanthropy drives, and advocate for the needs of their communities. At the end of the program the students head out across the state or country to serve and connect with communities in person, building empathy, understanding, and servant leadership.

In **Student Y**, student chapters work together to coordinate service projects and use their combined power to make a direct impact on their local communities.

## CHARACTER DEVELOPMENT

Through character development conferences like **Go For It** and the **Leadership Training Conference**, students come together for a weekend of guided discussions through a program designed to help them self-reflect, connect with others, and think about how they can be more active in facilitating their own self-growth.

Through the **Presiding Officer** program, and national conferences like **CONA, NJC,** and **National Advocay Days**, students learn what it means to represent Kentucky and lead their peers in positive practices for good.



# YOUTH AND GOVERNMENT

**KYA (November/December)** and **KUNA (March)** are 3-day experiential learning conferences that students attend with their schools. To get your school involved, visit [kymca.org/regions](http://kymca.org/regions) and contact your Region Director.



## Kentucky Youth Assembly | KYA Model Kentucky Legislature Conference

At **KYA**, students take on the role of Kentucky state legislators looking to tackle pressing issues through governmental procedure. Students research **local issues** and **write bills** to solve them, then come together with students from across the state to **share their ideas** and debate the best strategies to make **positive change**.

## Kentucky United Nations Assembly | KUNA Model United Nations Conference

At **KUNA**, students take on the role of United Nations ambassadors, choosing a country to represent and speak from the perspective of. Students research **international** issues and write resolutions for the U.N. to help tackle them, then come together to debate these issues with youth from across Kentucky.

By sharing the **vibrant cultures and worldviews** from around the world, KUNA students help build **empathy** and **understanding**, and learn about their own place in the world and impact they can make along the way.



## Specialized Programs (HS Only)

### Supreme Court (KYA) | International Court of Justice (KUNA)

In this intensive courtroom style program, students argue cases in teams of advocates.

### Cabinet & Lobbyists (KYA) | Secretariat & NGOs (KUNA)

Students advocate on behalf of the private sector in this highly technical program

### Media Corps (KYA & KUNA)

Taking on the role of the press, students cover the conference across several media platforms.

### Security Council (KUNA only, also available at MS)

A more intimate and free-form style of debate, students discuss matters of international security.



# CHARACTER DEVELOPMENT

**Go For It (January)** and the **Leadership Training Conference (June)** are 3–4 day retreats for students to build character and interpersonal connection. Through self-reflection, group discussion, and fresh, exciting new programming every year, students work together to set and meet goals for positive change both within themselves and out in the world.

Students attend GFI & LTC independently, and can find more information on the programs and how to [register at kymca.org/gfi](http://kymca.org/gfi) and [kymca.org/ltc](http://kymca.org/ltc).

## Go For It | GFI Winter Character Development Conference

At **Go For It**, students come together for a weekend of connection and introspection. Students are put into small groups called “Families,” and over the course of multiple sessions, dive into a new program every year designed to promote **personal reflection** and **growth**.

Through a series of facilitated discussions, interactive activities, and opportunities to express themselves and have fun, GFI is a place for students to escape their busy schedules and connect with each other for the common goal of striving to be the **best versions of themselves**.



## Leadership Training Conference | LTC Summer Character Development Conference



At **LTC**, students gather in the summertime for a weekend of empowerment, inspiration, and fun. Like GFI, the students at LTC are divided up into small groups, and together go through a fresh new program designed to **challenge their perspective** and help them **define their place** in the world around them.

Over the course of the conference, students learn to **engage** and **empathize** with each other, finding balance in their human connections and the world around them. Together, students learn how to **manage their emotions** and **grow as leaders**, so they can then go out in the world and **make a positive difference**.

# SERVICE LEARNING

## Y-Corps (High School Only)

### 6-Month Service Learning Program

**Y-Corps** is a service-learning program during which students learn how to plan **service projects**, fundraise for community efforts, and advocate for important issues.

The program culminates in the summer, when Y-Corps teams travel around Kentucky or a region of the United States serving others as a team, and spending time **connecting with** and **learning from** the people in the communities they serve.



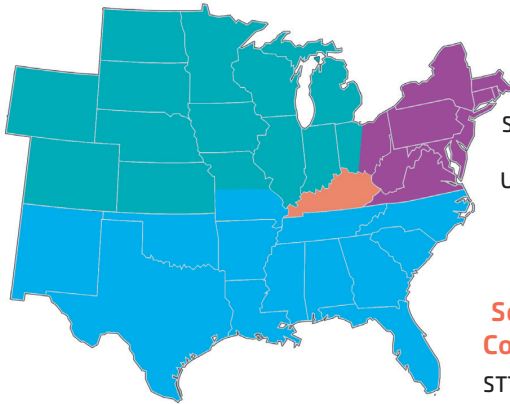
## Y-Corps Teams and Service Regions

### Service to the Midwest

STTM travels around the Midwestern United States and beyond, serving the diverse and often misunderstood region.

### Service to the South

STTS travels around the Southern U.S., serving and learning in one of the most culturally and historically rich regions.



### Service to the North

STTN travels around the Northeastern U.S., serving in some of the country's oldest sites.

### Service to the Commonwealth

STTC travels around Kentucky, serving across the diverse geography and connecting with communities big and small.

**Y-Corps and Kentucky Y students serve over**

# 30,000

**service hours each year**

Y-Corps is an individual, application-based program for grades 9-12. To get more information and apply, visit [kymca.org/y-corps](http://kymca.org/y-corps).

# STUDENT YMCA

## Student YMCA

### Year-Long Extracurricular Program

**Student Y** is a student-led program for middle and high school students interested in making an impact in local and global communities.

Student Y **Chapters** are given resources to help students coordinate and plan to engage in **meaningful service learning projects** throughout the school year, and develop into **compassionate community leaders**.



### What Your Chapter Gets With Student Y

Access to the **Student Y Toolkit**, a step-by-step monthly resource guide to support chapters with starting or re-launching as a chapter, as well as **action planning** and **service goals** for the year. The toolkit includes training videos, chapter planning how-tos, and templates.

Streamlined **curriculum access** to a National network of youth development and service-minded partners, including WeDay KY and WeSchools, Waterstep, TED-Ed, and more.

A thorough **Officer Structure**, clearly defining roles for Chapter Presidents, VP's and Secretaries, as well as Service and Civic Engagement Chairs to steer planning around service projects and **voter registration drives**. Officers get connected with Y-Staff members for technical support, and a larger network of Student Y Officers to connect and collaborate.

**Member discounts** to all KY YMCA programs, including Youth & Government and Character Development conferences.

A chance to **network** with over 150 Student Chapters across Kentucky, through conferences, monthly Student Y bulletins, collaborative service, and Student Y Officer meet-ups.

Student Y Chapters can be formed from scratch, but **existing** school clubs and community organizations can be come chapters as well. Student Y can be a great **connecting piece** to all other KY YMCA programs, like KYA or KUNA, but it can also be done as an **entirely independent program**.

To learn about Student Y and how you can affiliate a Student Y Chapter, visit [www.kyymca.org/student-ymca/](http://www.kyymca.org/student-ymca/)

# GET CONNECTED

## 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](http://kymca.org)

## 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)

**Not a potential Kentucky Y student, teacher, or parent?  
There are other ways to get involved and support the Y!**

## Donate to the Y

The Kentucky YMCA Youth Association is a **501(c)(3) non-profit**, and we rely on grants, donations, and other sources of fundraising to provide the educational and inspirational programs we run.

Additionally, in efforts to make our programs more **accessible** and **inclusive** across the Commonwealth, we provide **need-based scholarships** to all of our programs. Over 25% of our students are able to attend programs like KYA, KUNA, GFI & more thanks to donations and sponsorships.

To learn more about how to give to the Kentucky YMCA, visit [www.kymca.org/give](http://www.kymca.org/give)

## Volunteer with Us

While our programs inspire students and give them the training and resources they need to be servant leaders, we also have **volunteer opportunities** with our programs. All of our programs rely on volunteer support, and without them we couldn't offer our students the opportunities we do!

Volunteering at our programs is an excellent way to **connect** with Kentucky, to **inspire** the next generation of leaders, and to **make a difference** in the lives of those we serve. It's also a ton of **fun**.

Find out how you can get involved at [www.kymca.org/volunteer](http://www.kymca.org/volunteer)

**Kentucky YMCA Youth Association**  
91 C. Michael Davenport Blvd, Frankfort, KY 40601  
502-227-7028 | [kymca.org](http://kymca.org)