



YAB Meeting 3
12/14/2013
10:00 am 1:00 pm

Agenda

- Welcome/Overview: (5 min)
- Icebreaker (15 min)
- "Did You Know?" Pamphlet/flyer (50 min)
- BREAK/LUNCH (20 min)
- Icebreaker (15 min)
- Photovoice Reflections (45 min)
- Evaluations & Stipends: (10 min)

Materials:

- Receipt Book
- Evaluations
- Bingo worksheets
- Pamphlet/flyer worksheets
- Photovoice Reflection forms
- Plates/utensils

Detailed Agenda:

- **Welcome/Overview:** Please go over the agenda slide and ask for questions/ comments **(5 min)**
- **Icebreaker: (15 min)**
 - a) BINGO ☐ Each girl is given a bingo sheet and directed to walk around the room and find someone that fits in each of the boxes on the sheet. When they find someone who meets the criteria in the box, that person will write their name down in it. Girls will be directed to see if they can fill up all the boxes.
- **Did You Know? brochure/flyer (50 min)**
 - a) Previously, YAB members indicated that they thought that the rest of the participants weren't as interested in staying with CYGNET because they don't know what their participation means. We would like to put together a brochure similar to the "What to Expect at Clinic" brochure, but it will be focused on sharing information about the study beyond just clinic information that you think everyone else would want to know. This can include links to the video that you guys made, information on recent journal articles, newspaper articles on the study, anything that you think everyone else would want to know too!
 - b) Individual Worksheet ☐ Take some time to fill out the worksheet yourself with your own ideas. Each question should take approximately 2 minutes. **(10 mins)**
 - c) Small Groups (count girls off 1, 2, 3 to form about 4 small groups) ☐ Share your ideas with your group and have a discussion about what things your group agrees should be included. Once you have a good list of information that you all think is important, try to write out a solid idea that includes a couple descriptive sentences of how you would describe it to the rest of the cohort. You will present this to the larger group. **(20 mins)**
 - d) Large Group Discussion ☐ A speaker from each group will share what they came up with for each section, each person in the group should speak in front of the larger group at least once. Each group will have 5 minutes to share, including time for questions. **(20 mins)**
 - i) Ask about formatting: Graphics, pics, color scheme
- **BREAK/LUNCH (20 min)** *youth grab some refreshments and take a bio break*
 - a) Arrange chairs in a circle so that everyone can sit together and socialize during break.
 - b) 5 minutes before break ends, show the Soul Pancake vid (<https://youtu.be/HfHV4-N2LxQ>) it's under 5 mins and will help warm them up to the next icebreaker.

- **Icebreaker: (15 min)**
 - a) **Speed Dating**: Divide the girls into two groups. Group 1 stands on the inside of the circle, group 2 stands on the outside of the circle. Every 2 minutes, the outer circle rotates to the person on their left. Tricky part is taking just enough time; 2 minutes can be long or short! Girls will get reacquainted with questions:
 - i) Round 1- Describe 3 things on your **bucket list** (things you'd like to do in your life).
 - ii) Round 2- Make a secret handshake!
 - iii) Round 3- Find something in common between you and the other person that you didn't already know before today.
 - iv) Sharing: At the conclusion of the rotations, have the girls share what they learned about each other and discuss who has common summer activities, classes, hobbies, sports, etc. (i.e. Tell us something that you learned you have in common with someone else in the group? Or Tell us something that you learned about _____)

- **Photovoice Reflections (45 min)**
 - a) Individual Worksheets (15 min)
 - i) Pick 6 of your favorite/most applicable photos that you took over the last month and fill out the photo reflection sheets for each one.
 - b) Small groups (20 min)
 - i) Count off 1-2-3 and break off into small groups to discuss your photos, why you took them, what they represent, why you chose to take them the way that you did, and what barriers may have arisen while taking them.
 - c) Large groups (10 min)
 - i) Invite anyone who would like to share a particularly meaningful photo to share with the large group. Discuss what problems arose while the girls were taking their photos, what improvements can be made in the next month, what additional topics they can cover, etc.

- **Evaluations & Stipends: 10min**
 - a) Homework
 - i) Take more pictures!
 - ii) WEBSITE: Get website login if you don't already have one and login to the YAB discussion board and post SOMETHING! You can post your photos, a discussion topic, an interesting article you've read that relates to things we've talked about in YAB, etc.
 - b) Complete evaluations (5 min)
 - c) Hand out stipends (5 min)

YAB Meeting Session 3

Welcome!

December 14, 2013



Overview

- Welcome
- Icebreaker
- "Did You Know?" Activity
- BREAK/LUNCH
- Icebreaker
- Photovoice Reflections
- Evaluation and Stipend



Icebreaker



☒Did You Know?☒ Brochure

- Individual Worksheets
 - Please take the time to complete the ☒Did You Know☒ worksheet.
 - You can write as much as you would like
 - Flag us down if you have questions



Small Groups

- Go through each question and share your answers with your group.
- For each question:
 - Write down your groups answers/responses and thoughts to each question.
 - Note: You are creating something for the rest of the CYGNET participants!
- Write in complete sentences and address the rest of the CYGNET participants
- Assign a presenter (everyone should present a question!)



Large Group Discussion

- Instead of each group presenting everything at once, we will discuss question by question.



Break/Lunch



Grab some food, relax, take a bio break

Watch a video:

<https://youtu.be/HfHV4-N2LxQ>



Speed Dating

- Divide into two groups
 - Group 1 ☐ Inside of circle
 - Group 2 ☐ Outside of Circle
- Group 2 will rotate every 2 minutes
 - We will do three rounds and share some of our answers at the end!



Ready???

Round 1

- Describe 3 things on your bucket list
(things you'd like to do in your life)



Round 2

- Make a secret handshake!



Round 3

- Find something in common between you and the other person that you didn't already know before today.



Photovoice Reflections

- Individual Worksheets for your 6 favorite photos
- Small Group Discussions of the Photos you picked
- Large group Discussion of Photos



Survey Pilot Time!

- Post-clinic Surveys for Year 9!
 - Please take a few minute to fill out the new survey



Post Clinic Survey



Discussion:

- *General feelings and reactions?*
- *Appropriate length?*
- *Anything missing?*
- *Comfort level?*



Homework

- Go on to the website
 - Request a log-in if you have not yet
 - Post something on the CYGNET participant discussion board
 - Take notes and let us know what we have to work on
 - Format issues?
 - Anything you want changed?
 - What could make it better?



Evaluation & Stipend

- Please Fill out the Evaluation, while we give you your stipend! \$\$\$



Thanks for all your hard work!
Next Meeting:
December 14, 2013



Anyone who? BINGO

Go around the room and find someone who

When you find someone who meets the criteria in the box, write their name in that box! See if you can fill up all the boxes.

Has been skiing	Has been to the Grand Canyon	Is wearing red	Reads comics	Favorite color is purple
Is allergic to cats	Is left-handed	 FREE SPACE	Is afraid of heights	Can name two of the YAB ground rules
Likes to cook	Plays soccer	Has a younger brother	Rides the bus to school	Plays piano
Has been fishing	Has green or hazel eyes	Had a summer job	Would rather read a good book then watch a movie	Would like to go skydiving



Did you know? Worksheet

Please answer the following questions.

1. As a YAB member, what do *you* think are the 3 most interesting things about the CYGNET study (things that make you want to stay in the study or continue coming to clinic)?
2. As a YAB member, what have you learned about the study that you think participants who aren't in YAB may not know but *should know*? Please name as many things as you can.
3. Thinking back about all you've learned as a YAB member about study results & outcomes (things researchers have learned from your participation), which do you think are the most important to share with fellow CYGNET participants to help encourage their participation?
4. What do you think are the best ways/methods of sharing this information with the rest of the CYGNET participants? (Brochure, flyer, newsletter, etc.)
5. Which existing resources would you use to share the information and why? (Ex: CYGNET website, newspaper articles about CYGNET, radio clips about CYGNET, YouTube videos, scholarly journal articles)



Youth Advisory Board (YAB) Meeting Evaluation

December 14, 2013

Today, we talked about the Did You Know? Brochure. Rate how much you agree with the following statements on a scale from 1 to 5, where 1 is "strongly disagree," 3 is "neither agree/disagree," and 5 is "strongly agree."

	(strongly disagree)	(disagree)	(neither)	(agree)	(strongly agree)
It is important that CYGNET participants know what researchers are learning from our study results.	1	2	3	4	5
Knowing more about what the study is producing (like Study results and media coverage) would make me more likely to participate in CYGNET as I get older.	1	2	3	4	5
I felt comfortable sharing my ideas with the group.	1	2	3	4	5

What types of information do you think are MOST important to address in the Did You Know? Brochure and why? (i.e. media coverage like newspapers or TV stories, individualized reports of your study reports, academic journal articles, and other types of educational materials developed from study results like videos, brochures, etc.)

We also talked about Photovoice. Read the following statements about this topic. Rate how much you agree on a scale from 1 to 5, where 1 is "strongly disagree," 3 is "neither agree/disagree," and 5 is "strongly agree."

	(strongly disagree)	(disagree)	(neither)	(agree)	(strongly agree)
I am excited about working on the Photovoice project.	1	2	3	4	5
I think that Photovoice is a great advocacy project for the YAB.	1	2	3	4	5
I feel comfortable creating photos/images to use as an advocacy tool for the YAB.	1	2	3	4	5
I understand what types of things I should be taking pictures of.	1	2	3	4	5

	(strongly disagree)	(disagree)	(neither)	(agree)	(strongly agree)
I felt comfortable answering the reflection questions about my photos during the reflection process.	1	2	3	4	5
I had to ask someone to sign a photo release form.	1	2	3	4	5
I learned something more about what kinds of photos to take from today's small and large group discussion.	1	2	3	4	5

Do you have any further suggestions on what types of information you would like to be shared with either CYGNET participants or their families?

How can we improve the next meeting?

What other comments, suggestions, or questions do you have about today's meeting? (Please feel free to share ideas for future meetings!)

Thank you for sharing your feedback!