

The secret of change is to focus all of your energy,
not on fighting the old, but on
building the new.

I want to make a lasting impact that will positively affect many generations, and I believe Y-PAR is a great way to do that. Together, the Windward Y Teen Council works towards making a difference, building lasting relationships and memories, and bringing positive change to our communities.

~Angela, age 17, Castle High School

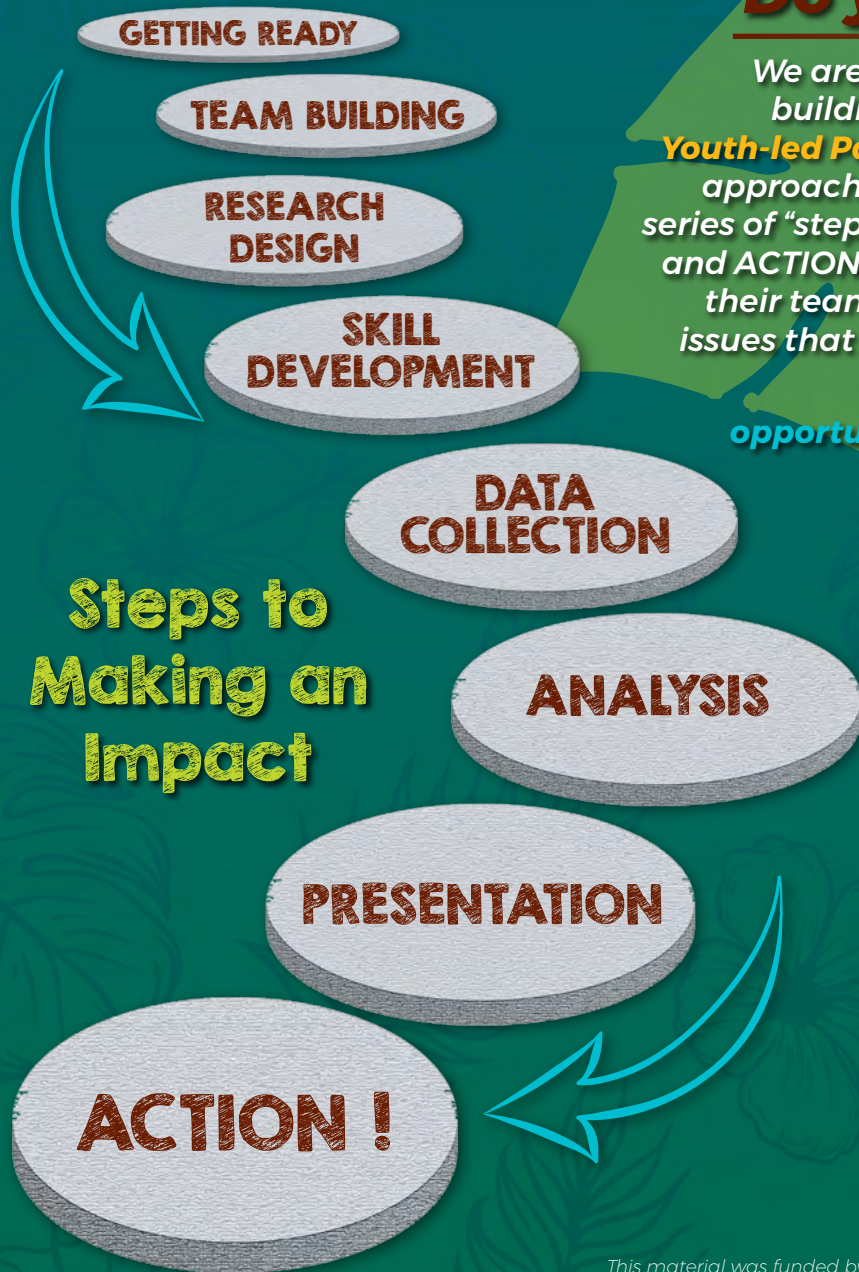


Do you work with teens?

We are looking for partners who are interested in building a new generation of leaders in Hawai'i! **Youth-led Participatory Action Research (Y-PAR)** is an approach to creating community change through a series of "stepping stones" that include inquiry, analysis, and ACTION. Through the Y-PAR approach, teens build their teamwork and leadership skills, while tackling issues that are meaningful in their own communities.

A limited number of training and funding opportunities will be available. Contact us to find out more!

Steps to Making an Impact



Y-PAR CAN...

Facilitate **authentic partnerships** between youth and adults in the planning and execution of projects.

Build the capacity of **adult allies** in the community to co-lead and support youth leaders.

Empower young people with the **leadership skills** necessary to tackle complex social problems.

Create meaningful experiences that will have a **positive impact** in communities.



[I decided] to join Y-PAR because I wanted to get involved more. Also, I wanted to be a part of something bigger and help out my community around me.

~Kiani, age 14, Kailua High School

For more information, contact:

Diane Tabangay
Executive Director of
Children's Programs
YMCA of Honolulu
dtabangay@ymcahonolulu.org



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What are some examples of Y-PAR activities?

- 🌿 Creating edible school or community gardens
- 🌿 Planning community cook-offs or tasting events
- 🌿 Ahupua'a restoration: fish ponds, heiau, lo'i
- 🌿 Establishing water bottle refilling stations in schools
- 🌿 Installing pop-up bike lanes, or otherwise activating urban spaces to encourage active transportation
- 🌿 Conducting social marketing or legislative advocacy campaigns



DID YOU KNOW?

Y-PAR is evidence-based!
Case studies have shown:

- 🌿 Improvements in nutrition and physical activity behaviors and support systems among youth, their peers and families
- 🌿 Increased access to fruits, vegetables and clean drinking water in schools and communities
- 🌿 Acquisition of new skills and exposure to new leadership experiences in youth
- 🌿 Expansion of successful projects to additional sites, new partners, additional funding, media attention, and other health improvement efforts.

Note that the Y-PAR approach is currently focused on healthy eating and active living, but could be adapted for any complex social issue based on your program's focus.

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