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!

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.
If 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

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

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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