

# KENTUCKY YMCA YOUTH ASSOCIATION



# STUDENT Y



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

# What is Student Y?

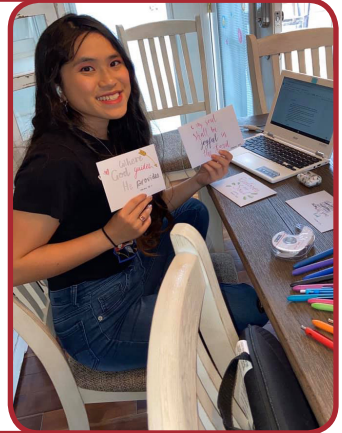
Student Y is a **student-led** program for **middle and high school students (grades 6-12)** interested in making an impact in local and global communities. Students can participate as individuals or with their school as a **Student Y Chapter**.

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, & 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



To ensure all students are able to be a part of Student Y, we have virtual options for Chapter meetings, service planning, and more!

# Inside the Manual

**Hold your  
VRD drive!**  
(tips on next page)

## VOTER REGISTRATION RESOURCES

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



- 1 Listening**  
Listening is at the heart of servant leadership. If a team member's talking, give them your full focus and attention—no interruption allowed! It's a simple way to make your team feel valued so they know you care.
- 2 Empathy**  
A lot goes into empathy, but 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!
- 3 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.
- 4 Self Awareness**  
Take inventory of your own strengths and weaknesses, and figure out how you fit into your overall chapter. There are several ways that benefit your chapter, school, and community.
- 5 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.
- 6 Persuasion**  
Not in the club rules person yet? Servant leaders use persuasion to build consensus and get buy-in from their chapter members on service projects, fundraising ideas, and attending community events at KYS & KUNA!
- 7 Foresight**  
Taking the knowledge you've learned on the go and applying it to the future.
- 8 Commitment to the growth of people**  
That way everyone feels like they have a stake in your chapter's success.
- 9 Stewardship**  
Stewardship is simply leading by example.  
It's your job to set the tone for your chapter members, so don't ask people to do things you wouldn't do yourself.  
Be the first one willing to do the work! This will go a long way in building trust and consistency with your chapter members!
- 10 Building Community!**  
Our favorite principle! Chapters who trust and offer each other support get more done. That's why it's important to cultivate relationships among your chapter!

## TEN PRINCIPLES OF SERVANT LEADERSHIP

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

### oresight

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### Stewardship

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## LEADERSHIP TRAINING

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

## SERVICE PROJECT IDEAS FOR YOUR COMMUNITY

You can volunteer at:

- A local animal shelter
- 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 (<https://www.nonprofitconnect.org/>)
- Religious organizations

Advocate by:

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

Organize:

- A local food drive
- A clothing drive
- A fundraiser:
  - Home decorations
  - Bake sales
  - Sell T-shirts, art, candy, etc. for an organization.
- Test work for a neighbor
- Letter writing campaign to military members
- Travel pack-ups around town and in parks
- Tutoring sessions

Looking for Virtual Service Opportunities? We got you!

- Write letters to nursing home patients
- Write letters to service members, homeless veterans, etc.
- Volunteer virtually with organizations (therapy groups, Y's, online tutoring)
- Donate artwork (drawings, paintings, music, etc.) checked/checked toward needs, please!
- Draw like a superhero, politician, letter for a character, and have a personal supervised online meet & greet with kids



## SERVICE PLANNING

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

You can volunteer at:

- A local animal shelter
- A nursing home
- Schools
- Summer camps
- Community theatres
- Local food pantries
- Local Y's



# 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	Limestone Bank
Y-USA	WaterStep
MobileServe	Kidizenship



## 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!

Review the Student Y Manual to learn how to register students to vote and how to become eligible to win the Frederick Douglass Award from the Secretary of State's Office!



# 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!

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



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**Kentucky YMCA Youth Association**