Adolescent Health Day: Affirming Youth Voice, Identity and Experience

8:45 am -- Welcome

9:00 am -- "Introducing the 2020 Student Health Survey" For many years, Oregon has had two health behavior surveys for middle and high school students. Join us to learn how we are moving forward with one survey and how that survey reflects active youth engagement and voice. Presented by Sarah Knipper, Vicky Buelow, Tom Jeanne, and Tim Noe of Oregon Public Health Division.

10:00 am -- "A Demonstration of Coping with Stress" Learn about YouthLine's classroom lesson for youth and the importance of youth experience in peer to peer support. Presented by Parker Sczepanik and a YouthLine Volunteer of Oregon YouthLine.

11:00 am -- "Affirming Identity: Tips for Practitioners" The Oregon School-Based Health Alliance Student Health Advocates will present a panel discussion on affirming LGBTQ+ identity in health and educational settings. Facilitated by Danni/y Rosen, chair for the Oregon Chapter of Gay, Lesbian and Straight Education Network (GLSEN) and presented by Mira Hukill, Morgan Gallardo, Jessica Griepenburg of the Oregon School-Based Health Alliance Student Health Advocates.

12:00 pm -- Activity/Discussion TBD. Lunch served.

1:15 pm – “Mindful Studies: Cultivating Compassion and Nourishing Wellbeing in the Classroom" Learn how Peace in Schools is helping students build self-compassion and school connectedness through mindfulness. Presented by Maggie Steele from Peace in Schools.

2:15 pm -- "Youth Participatory Action Research in Oregon" Learn how youth are using the Youth Participatory Action Research Curriculum (YPAR), researching issues faced by their peers, and proposing solutions in their schools and local communities. Presented by Youth Advisory Councils of Milwaukie High School, Crater High School, and Bend High School.

3:30 pm -- "Centering Student Voice in Health Advocacy" Learn how Oregon Student Voice is amplifying student experiences with mental health, school climate, and local decision making, and influencing statewide K-12 education policy. Presented by Dana Smiley, Calla Rhodes, and Jared Cetz of Oregon Student Voice.

4:45 pm -- Close