

# GHACF YOUTH ADVISORY COUNCIL

## Grant Priorities

### MISSION:

We aim to set an example for future generations by giving of time, talent, treasure , and ties to actively impact the lives of youth in Northwest Ottawa County.

### VISION:

A community where all youth have the resources and opportunities available, allowing them to be successful.

We encourage grant proposals that celebrate inclusivity and build self-efficacy in our community's youth. Typically, grant awards range from \$2,500 - \$20,000.

*The Ottawa County Youth Assessment Survey 2021 was used to compile the data to support the priority areas.*



## MENTAL & EMOTIONAL WELL BEING

Promoting and encouraging a positive atmosphere and mindful habits

### OUR FOCUS:

- **Stress Management:** Programs that support student's ability to manage the pressure to succeed academically. The YAC will place specific emphasis on programs that incorporate college readiness, social emotional curriculum, time management or coping skills.
  - On a scale of 1-10, students report their average stress level at **5.85**
- **Bullying:** Programs that help to educate students on the harmful effects of bullying both in person and via social media.
  - **1 in 4** students report they have been bullied or harassed in the last 12 months
- **Mental Health:** Programs concerning mental health issues such as depression, suicide, anxiety, and self-harm. The YAC is looking to support programs that incorporate mindfulness, coping skills, social emotional learning, self-care, healthy daily habits and routines.
  - **31%** of students reported being depressed (feeling sad or hopeless)
  - **20%** of students reported that they seriously thought about suicide
  - Teen girls are **2 times** more likely than boys to feel depressed
- **Relationships:** Programs that support education on healthy romantic relationships, positive social media interactions, positive role models and the importance of relationships that encourage emotional well-being.
  - **14%** of students who reported dating or going out with someone that have been called degrading names by that person
  - **91%** of students reported that their parents know where they are and who they are with



## PHYSICAL WELL BEING

Promoting and encouraging a safe and healthy lifestyle.

### OUR FOCUS:

- **Nutrition and wellness:** Programs related to healthy eating and lifestyle, sleep or the importance of physical activity.
  - **2 in 3** teens get less than 8 hours of sleep per night
  - **50%** of teens have been physically active for 60+ minutes per day in 5 out of 7 days
  - **63%** of teens spend 3+ hours on screens outside of school time
- **Body Image:** Programs that seek to educate and decrease the effects of social media on students' body image.
  - **1 in 2** females are trying to lose weight yet 3 in 4 are a healthy weight
  - **1 in 3** teens are above a healthy weight
- **Safety:** Programs that educate students on the dangers of distracted driving, dating violence, physical & emotional abuse, and human trafficking.
  - **50%** of 12th graders report texting or using the internet, apps, or email while driving
  - Over **900 teens** may have been trafficked for sex or work
- **Substance abuse:** Programs that address the importance of education, prevention and treatment for marijuana, electronic vaping, and alcohol.
  - **57%** of teens believe there is little to no risk to trying marijuana
  - **1 in 5 teens** perceived little risk to vaping and 23% have used an electronic vapor product
  - **33%** of teens have had a drink of alcohol
- **Sexual Health:** Programs related to education and the importance of consent.
  - 57% of parent/guardian(s) have talked with students about what to expect regarding sexual health



## COMMUNITY & CULTURAL WELL BEING

Promoting & encouraging celebrations of harmony between people

### OUR FOCUS:

- **Diversity, Equity & Inclusion:** Programs that embrace, celebrate, or educate on cultural differences in our community.
- **Social Engagement & Outreach:** Programs that provide opportunities for students to engage, empower and create youth communities.
  - **18%** of teens are involved in a leadership activity
  - **49%** of youth volunteered
  - **35%** of teens participate(d) in a school or community club



For Good. For Youth. For Ever.