



YOUTH 2 YOUTH
AWARENESS. ACTION. ACCOUNTABILITY.



EVENT PLANNING GUIDE

Hosting Y2Y events on campus is a great way to increase engagement with every member of the Job Corps community—students, staff, instructors and local community partners.

While the makeup of each event can be different, all events should focus on the Y2Y mission—raising **awareness** about the effects and dangers of drug abuse, taking **action** to prevent youth violence, and holding one another **accountable** to support mental health and practice self-care.

Below are recommendations/tips for various Y2Y programs and events you can plan and execute throughout the calendar year.

EVENT IDEAS

MENTAL HEALTH: Host activities that promote overall well-being to improve mental health.

- Yoga classes
- Art therapy lessons
- Group hikes
- Meditation exercises
- **Journaling Session:** Host a journaling session where students are encouraged to privately write every thought that comes into their mind.

YOUTH VIOLENCE PREVENTION: Host activities that bring people together and focus on solutions to youth violence and aggression.

- **Peace Walk:** Organize a peace walk on campus or in the community to promote nonviolence.
- **Wear Orange Day:** Call on students to wear orange for a day to bring awareness to those who have lost their lives to gun violence.
- **Conflict Resolution Workshop:** Host an event where students can learn the proper techniques to manage anger and resolve conflicts peacefully.
- **Networking Event:** Invite other community organizations and first responders to meet your Y2Y group and develop plans for preventing violence in your community.



DRUG AWARENESS AND ABUSE: Host activities that educate members about the dangers of drug use and how to prevent/stop drug abuse.

- **Natural-High Activities:** Hobbies like sports, dancing or playing music can give you a natural high by increasing serotonin, dopamine and endorphins in your body, which in turn promotes happiness in your body. Based on student feedback, organize regular events promoting these endorphin-inducing activities.
- **Ways To Say No:** Gather students to brainstorm ways to say no to drugs and reenact scenarios to practice using these phrases.
- **Plant the Promise:** Celebrate Red Ribbon Week from Oct. 23–31, and plant red flowers to serve as a reminder of the importance and beauty of living a drug-free life.
- **Slogan Contest:** Invite groups of students to create a clever slogan for preventing drug use in your community. Recognize the winner with a prize.

ADDITIONAL ACTIVITIES

- **Poster Workshops:** Host a workshop where students can learn to create their own posters promoting good mental health and violence and drug use prevention to hang up around campus.
- **Essay Contests:** Create a campuswide essay contest about how violence, drugs or mental health struggles have impacted individuals and the ways Job Corps made a positive impact on their life.
- **Panel Discussions:** Invite subject-matter experts from your community, students, staff, mentors, etc., to speak in a panel discussion about mental health, violence and drug use.
- **Speaker Series:** Invite representatives of local or national organizations who work in mental health and drug and violence prevention to give presentations or talks to students and staff.

NATIONAL OBSERVANCE DAYS

To coordinate an event schedule and maximize the impact of Y2Y events on campus, consider planning and executing them in coordination with national awareness months and days.

Monthly Observances

- January – Mental Wellness Month
- March – Self-Harm Awareness Month
- April – Alcohol Awareness Month
- May – Mental Health Month
- September – National Suicide Prevention Month
- October – Depression Awareness Month

Days of Importance

- March 20–26 – National Drug and Alcohol Facts Week
- July 24 – International Self-Care Day
- Aug. 30 – National Grief Awareness Day
- Aug. 31 – International Overdose Awareness Day
- Sept. 21 – International Day of Peace
- Oct. 10 – World Mental Health Day
- Oct. 23–31 – Red Ribbon Week
- Nov. 18 – International Survivors of Suicide Loss Day

