Skill Development. Critical Awareness. Opportunities.

Youth Empowered Solutions (YES!) is a nonprofit organization that empowers youth, in partnership with adults, to create community change. We do this by hiring and training youth staff as advocates who, in turn, train other youth to be advocates. We equip high school-aged youth and their adult allies with the tools they need to positively impact adolescent health.

YES! provides training and support so that our partners gain a heightened awareness of their issue of interest and learn how to take advantage of opportunities to engage in local, national, and international advocacy work. Youth become competent community advocates by receiving training in such areas as public speaking, media literacy, community assessment, gathering community support and working with policy makers.

YES! Youth Empowerment Model

Our support extends to adults and organizations by offering training and consulting to help them be better allies to empowered youth. We provide networking opportunities, encourage partnerships, and assess organizations' youth empowerment capacity and application of the YES! Youth Empowerment Model.

The YES! Youth Empowerment Model is a three-pronged approach that effectively engages young people in work that challenges them to develop skills, gain critical awareness, and participate in opportunities that are necessary for creating community change.

Youth Empowered Solutions (YES!)
4418 Louisburg Road, Suite 131 | Raleigh, NC 27616 | 919-878-8777
www.youthempoweredsolutions.org

ADVOCACY WORK

Our advocacy work is centered on strategies that empower youth to address critical issues facing their communities: teen tobacco use, childhood obesity, substance abuse and access to healthcare. In addition to the efforts below, youth staff of each initiative also train other youth to help them become better advocates.

Access to Health Care

Advocating for SBHCs at the NC Legislative Building

The Access to Health Care Initiative works to ensure youth can access the care they need through school-based health centers and opportunities to have a more active role in their own health care.

Substance Abuse Prevention

Project Alcopop Sticker Shock

The Substance Abuse Prevention Initiative works to prevent underage drinking by sharing strategies to change environments, such as retail outlets and private homes, in ways that eliminate youth access to alcohol.

Real Food, Active Living

Surveying healthier convenience store options

The Real Food, Active Living Initiative works to address childhood obesity by partnering with youth and adults to create policies and transform systems so that youth have increased access to fresh, healthy foods and safe places to play and be active.

Tobacco Use Prevention

Cigarette butt pickup

The Tobacco Use Prevention Initiative works to address teen tobacco use and create tobacco-free environments such as tobacco-free parks, smoke-free multi-unit housing, and tobacco-free college campuses.

TRAINING & Consulting

Adult Leader Trainings

Learn new strategies and skills that will help you engage, empower and work more effectively with youth. Topics include understanding the generation, recruitment and retention, and action planning.

Youth Leader Trainings

An opportunity for the youth you work with to learn skills to be effective advocates while gaining critical awareness about a specific adolescent health issue. Youth will create action plans and leave with steps to use those plans to change their communities for the better.

Learning Collaborative

A series of customized workshops for adults that will help your organization create a framework with strategies to integrate youth into the mission, vision and day-to-day operations of the organization

YES! Appraisal

A detailed assessment that helps you uncover new opportunities to engage youth as leaders in achieving your organization's mission

Consulting

Customized support and resources to help advance the work that you do

YES! has trained more than 10,000 youth and adults since 2008.

For more information about YES! trainings, or other ways YES! can work with you, contact Emily Lockhart at 919-741-6124 or emily@youthempoweredsolutions.org.

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