### Increasing Level of Youth Participation

<table>
<thead>
<tr>
<th>Youth Participation Goal</th>
<th>“FOR” YOUTH</th>
<th>“WITH” YOUTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>To provide youth with information to help them understand the policy, systems and environmental (PSE) factors</td>
<td>To consult youth for feedback on analysis, alternatives and/or decisions.</td>
<td>To work directly with youth to ensure that youth concerns are understood and considered.</td>
</tr>
<tr>
<td>To obtain youth feedback on analysis, alternatives and/or decisions.</td>
<td>To collaborate with youth in each part of the planning process including the development of alternatives and identification of priority strategies.</td>
<td>To empower youth to place final decision-making in the hands of youth.</td>
</tr>
<tr>
<td>HEAL Coalition will keep you informed.</td>
<td>HEAL Coalition will listen to concerns and goals, and provide feedback on how youth input has influenced decisions.</td>
<td>HEAL Coalition will work with you to ensure that your concerns and aspirations are directly reflected in the alternatives developed.</td>
</tr>
<tr>
<td>Promising to Youth</td>
<td>Elected officials and other decision makers will respond to citizen action.</td>
<td></td>
</tr>
</tbody>
</table>

*Promise to Youth*

- HEAL Coalition will keep you informed.
- HEAL Coalition will listen to concerns and goals, and provide feedback on how youth input has influenced decisions.
- HEAL Coalition will work with you to ensure that your concerns and aspirations are directly reflected in the alternatives developed.
- Elected officials and other decision makers will respond to citizen action.

### Examples of Youth Participation

- **Fact sheets and websites**
- **Open houses and health fairs**
- **Physical activity and nutrition classes**
- **Youth feedback and comments**
- **Surveys**
- **Focus groups**
- **Meetings**
- **Workshops**
- **Key informant interviews**
- **Youth led data collection, presentations, and advocacy**
- **Youth participating in HEAL coalition, working groups and action committees**
- **Youth give feedback on survey questions designed by adults**
- **Youth-lead HEAL coalition, working groups and action committees**
- **Advocacy and lobbying**
- **Youth design the study, collect data, report findings, recommend and implement change**
- **Youth are peer trainers**