

Implementing Love Notes with Peer Facilitators to Increase Youth Voice and Engagement

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Senior Director – TPP Grant/Love Notes

- Art Therapist, with trauma therapy background
- Working in Youth Development for 10 years
- Working with Love Notes at the YMCA for nearly 2 years



Living Our Cause

Mission- Our Reason for Being

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Cause- Our Mission in Action

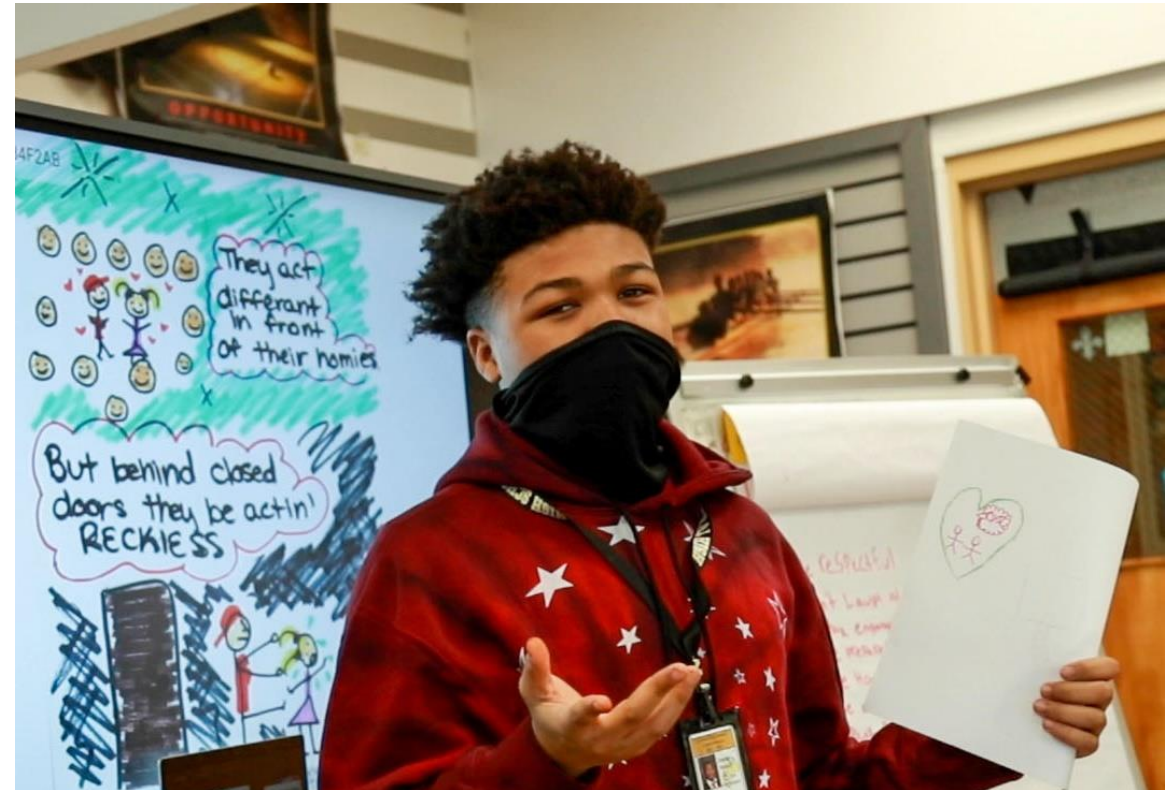
Strengthening the foundation of community through youth development, healthy living and social responsibility.



Love Notes and the YMCA Mission

Love Notes is a program *that builds healthy spirit, mind and body for all youth and young adults.*

- Healthy relationships are part of a healthy mind and spirit
- Reducing risky sexual behavior builds healthy body
- It is for all youth and young adults
 - Trauma-informed
 - LGBTQ+ Inclusive
 - Builds resiliency skills



Love Notes and the YMCA Cause

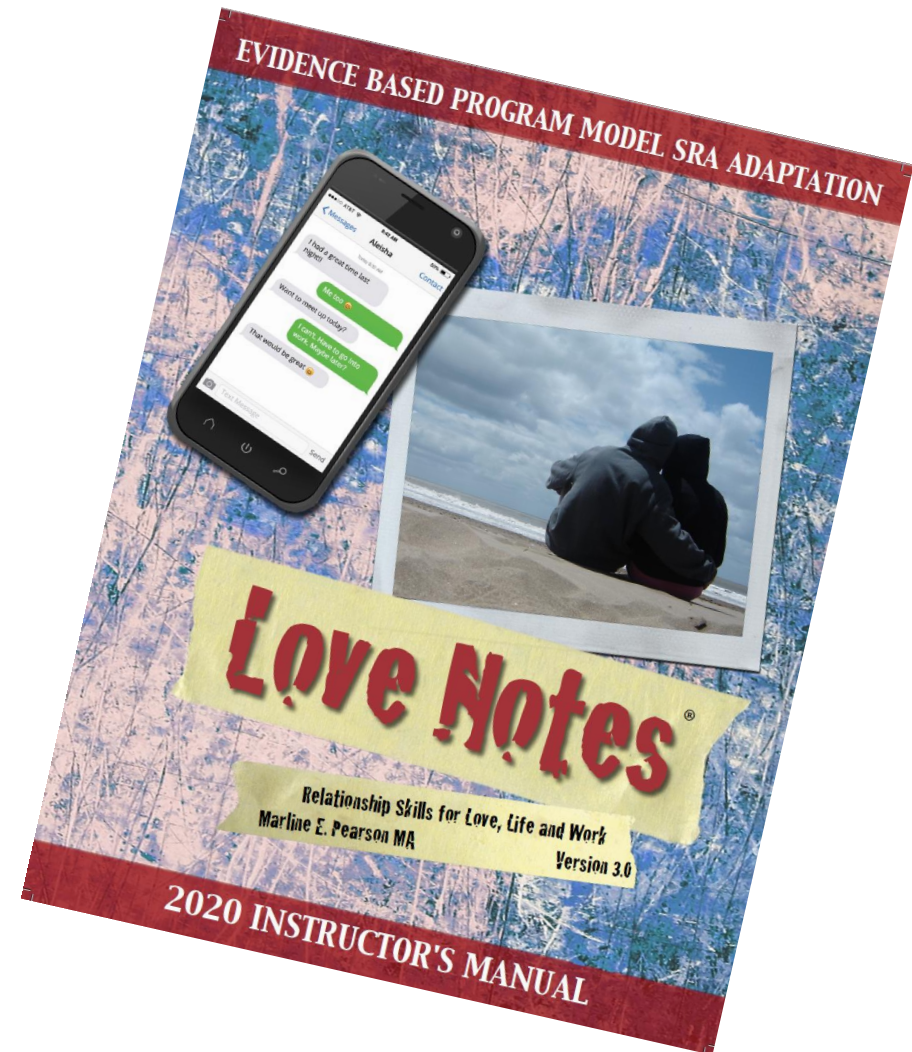
Love Notes strengthens the community through youth development, healthy living and social responsibility.

- Evidence-based youth development program
- Promotes healthy living through healthy relationships and reducing risky sexual behaviors



Teen Pregnancy Prevention Grant

- 2 Year Grant from the Department of Health and Human Services Office of Population Affairs
 - Program Replication – Love Notes, which was validated as evidence-based by UofL
 - Community Advisory Committee – focused on steering the implementation of the grant
 - Youth Voice– focused on spreading the message of Love Notes
 - Parent/Guardian Component – focused on educating and engaging Adults





77

Facilitators trained in Love Notes.



28

Peer Facilitators trained in Love Notes.



266

Youth and young adults attended Love Notes across 28 camps.



182

Youth reached by Love Notes in Jefferson County Public Schools.



385

Youth in YMCA Safe Place received Life Skills from Love Notes lessons.



45

Community organizations collaborated with the YMCA Louisville Healthy Relationships Project.



90%

Average quality rating for all Love Notes programs (From OPA's Program Observation Standards).

IMPACT OVERVIEW

In total,

833

youth and young adults from West and Southwest Louisville were touched by Love Notes.



Peer Facilitation Model

Youth Leadership & Engagement

YMCA and Partner School



- Ongoing partnership with local high school
- Unique opportunity to partner with the Teaching and Learning Magnet
- Seniors needed field experience hours for graduation

Peer Facilitator Model

- Seniors are trained in Love Notes as a facilitator
 - In addition a focus on youth development, trauma-informed responses, and program facilitation
- Peer facilitators are paired with adult facilitators
- Facilitate freshman health class



Impact Story - Daiya



Benefits of Peer Facilitation

For the youth in the program

- Decreased barriers to learning
- Increased rapport & trust
- Increased learning & participation
- Spontaneous atmosphere
- Modeled self-confidence and efficacy
- Goal for self



Benefits of Peer Facilitation

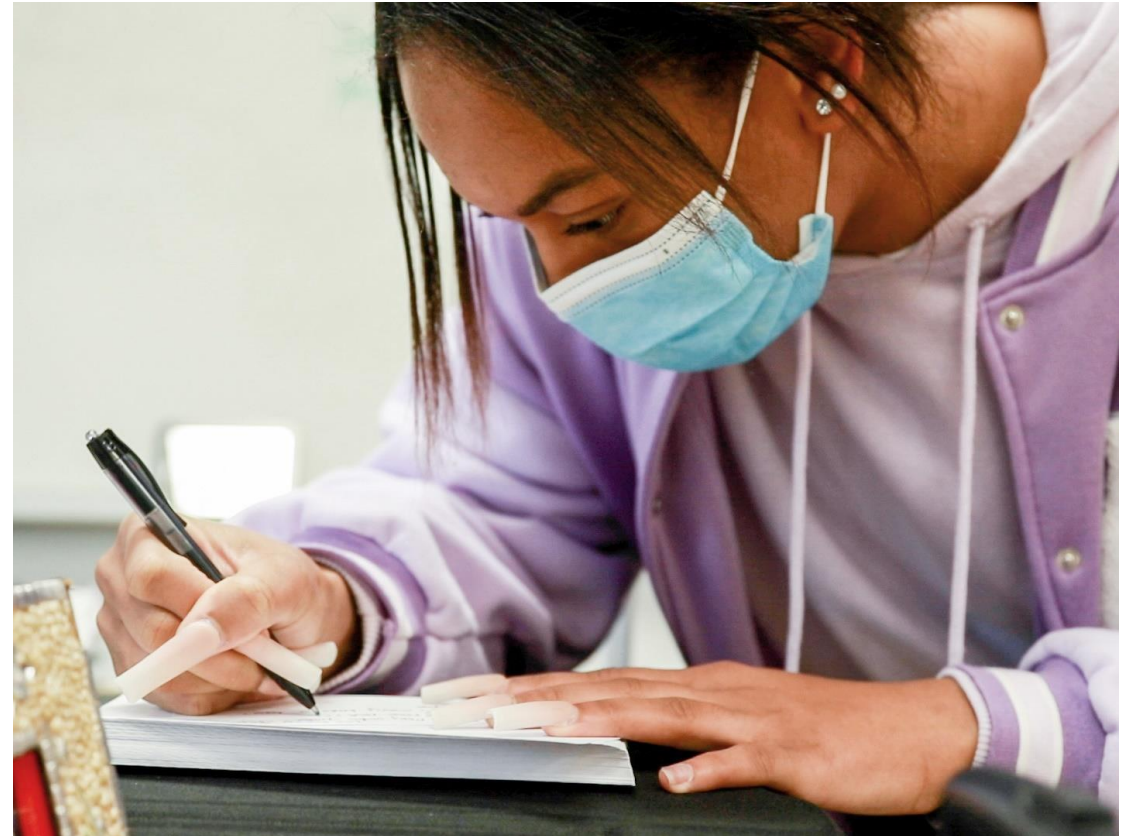
For the Peer Facilitator

- Invested in the program
- Active learning
- Leadership opportunity
- Skill building
- Problem solving skills
- Field experience
- Adult mentors



Challenges of Peer Facilitation

- Preparing peer facilitators
- Confidence in facilitation
- Boundaries with peers
- Oversharing
- Limited perspective
- Peer disclosures
- Role clarity



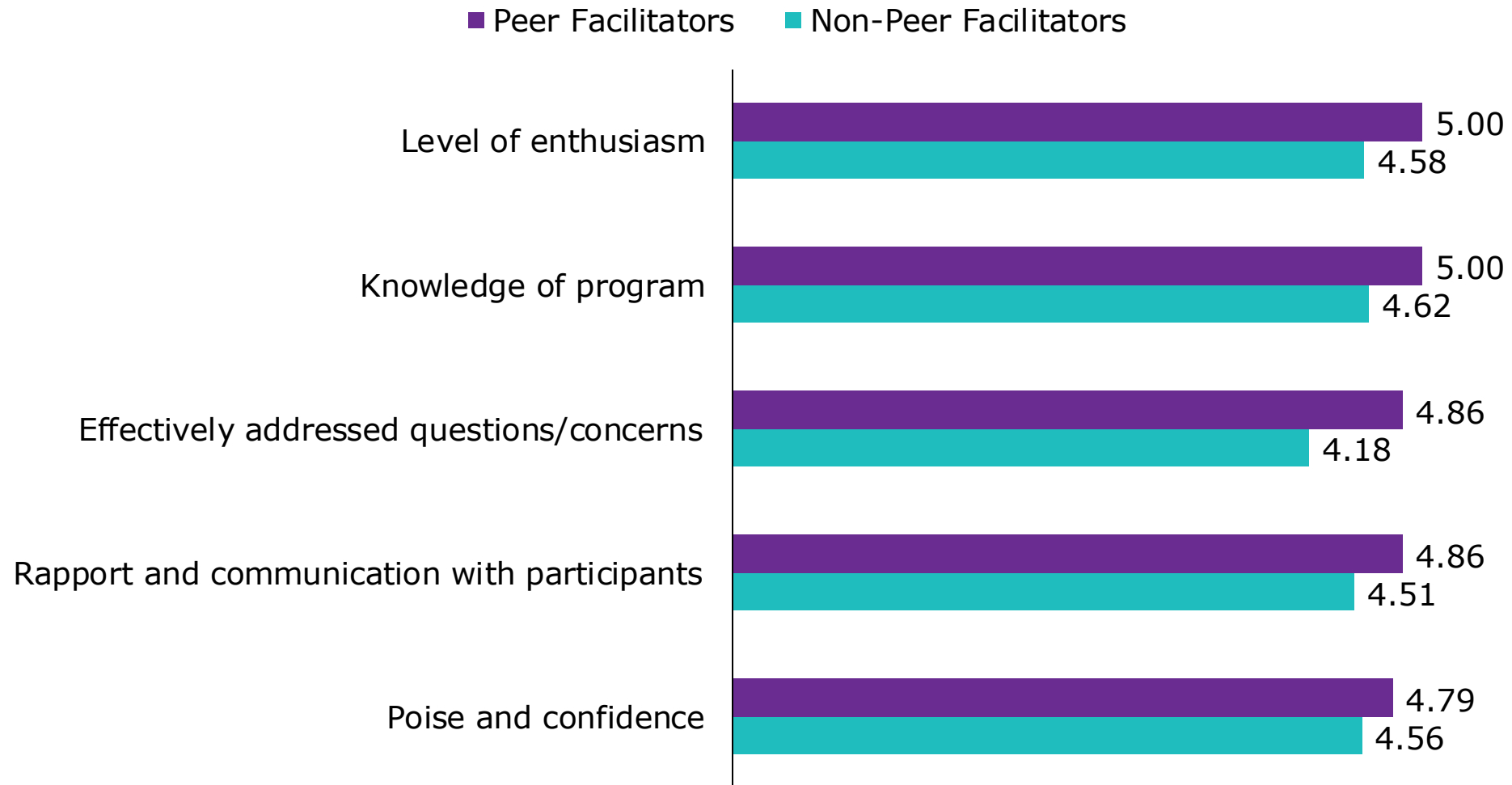
Impacts of Peer Facilitation

“Being a peer facilitator in Love Notes has allowed me to reflect on myself while learning what others my age think about relationships. It's a fun way to learn new things as well teach them.”



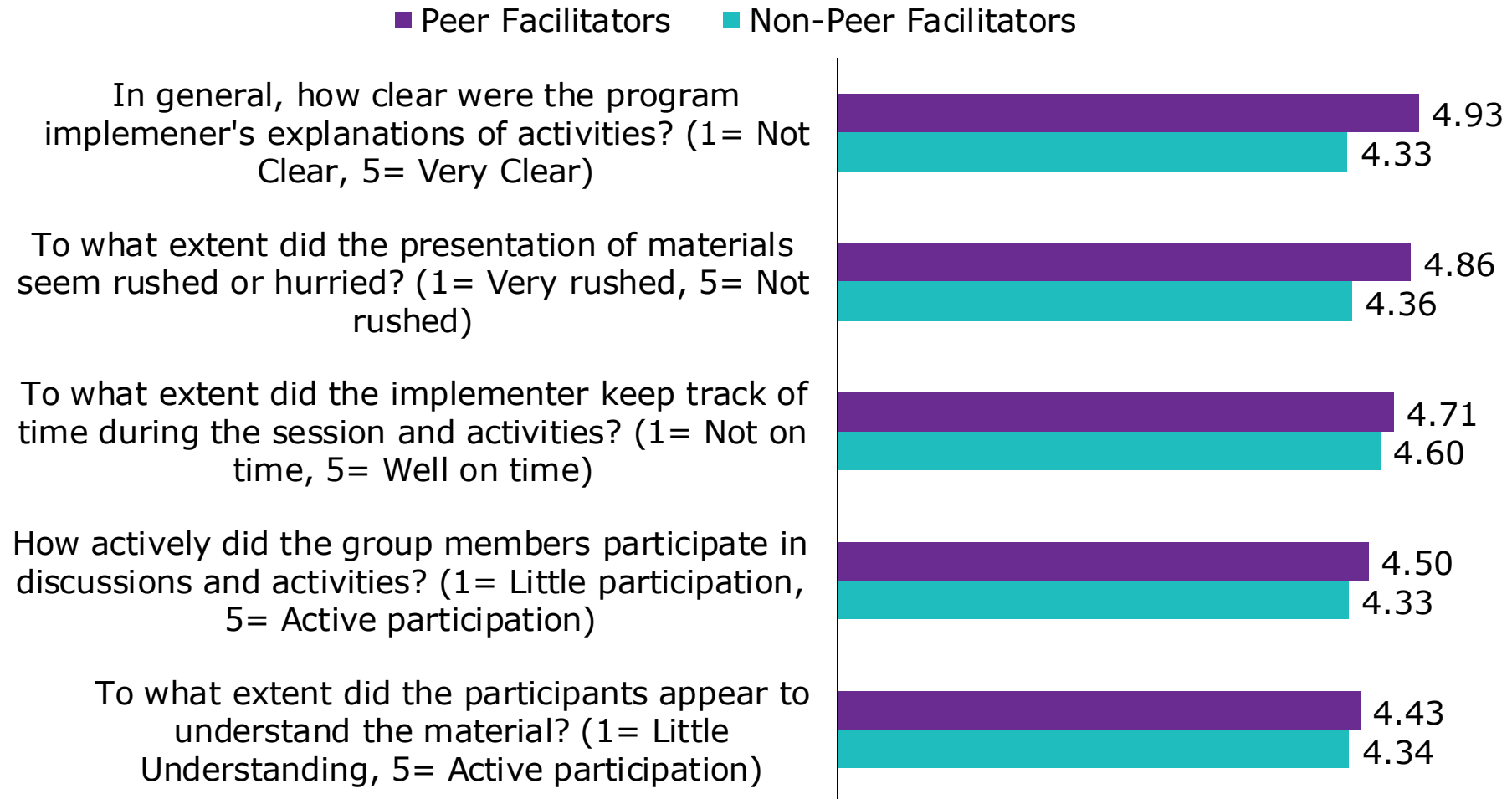
Peer Facilitation Observation Scores

(1=Poor; 5=Excellent)



Peer Facilitation Observation Scores

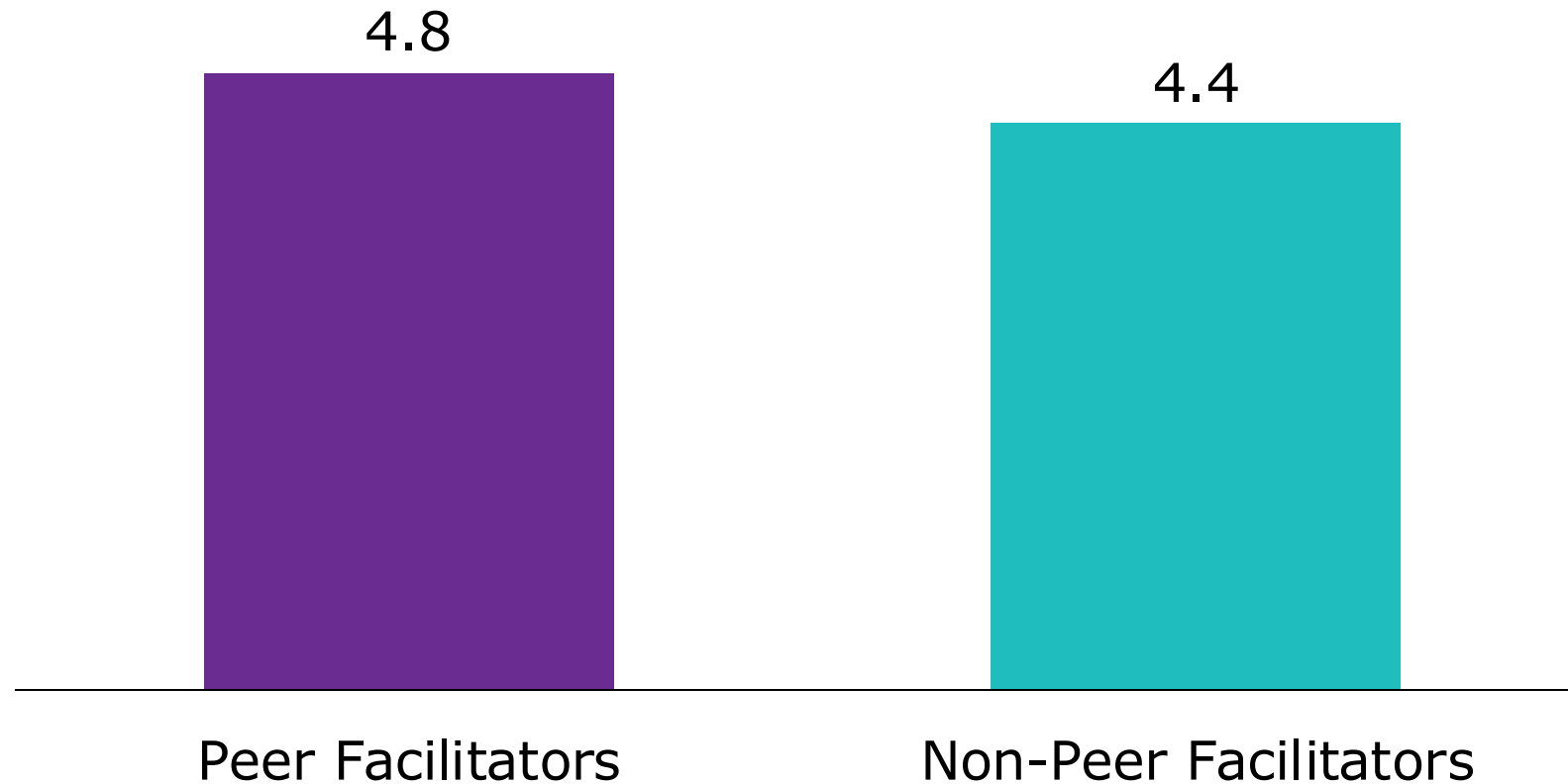
Facilitation Management & Group Dynamics



Peer Facilitation Observation Scores

Overall Score

(1=Poor; 5=Excellent)





Teen Vibe Camp Model

Youth Voice & Engagement

Teen Vibe Camp Model



- Previous models
 - Two 8-hour days of programming
 - 1-2 hours of programming once a week for multiple weeks
- Saw a need for more youth voice and processing of the content
 - 1 week camp model
 - 3-4 hours of programming, followed by 3-4 hours of creative expression daily

Best Buy Teen Tech Center

- Teens develop critical skills through hands-on activities:
 - Music production
 - Film-making
 - Podcasting
 - Design and marketing
 - Programming robotics
- Helps to bridge the digital divide



Benefits of Teen Vibe Camp Model

- Ability to connect in non-classroom setting
- Activates different learning styles
- Additional emotional processing
- Youth voice
- Youth engagement
 - Sign up for repeat sessions



12

Total *Repeat Campers*



4

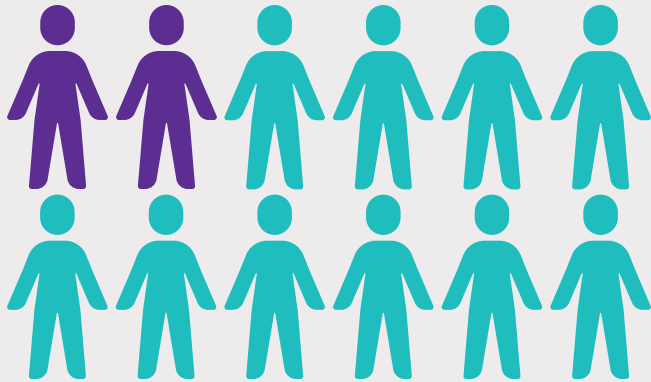
Most camps attended by one person

1

camper attended 3 times

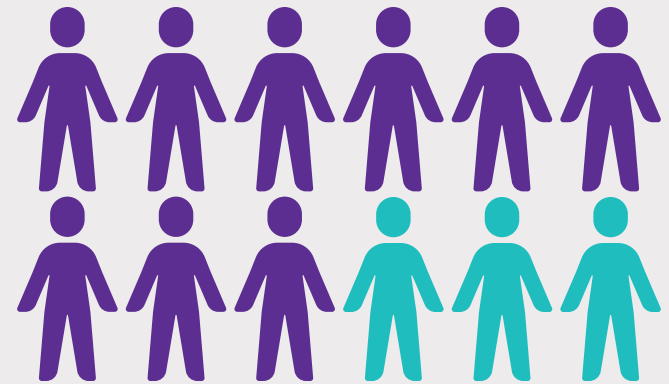
2

campers attended *4 times*



9

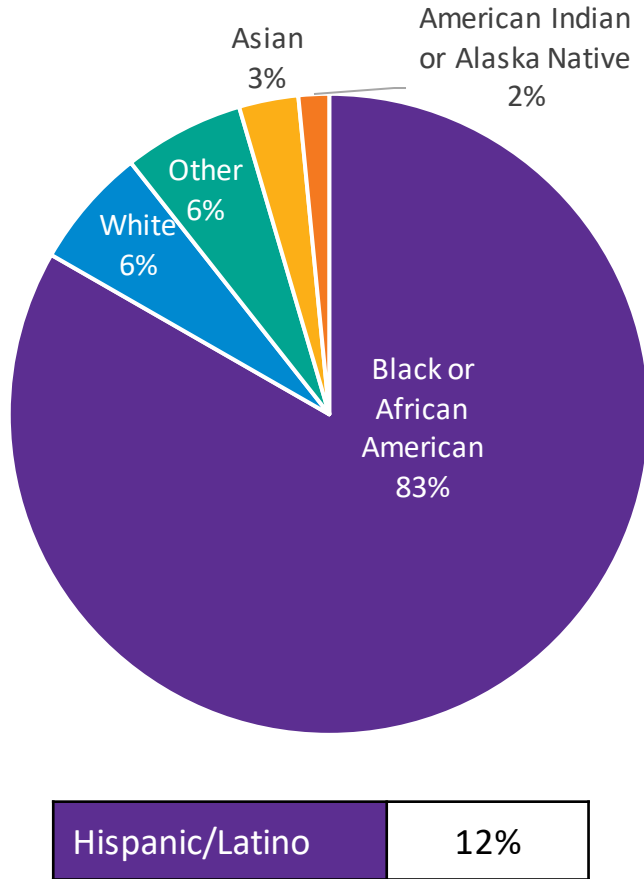
campers attended 2 times



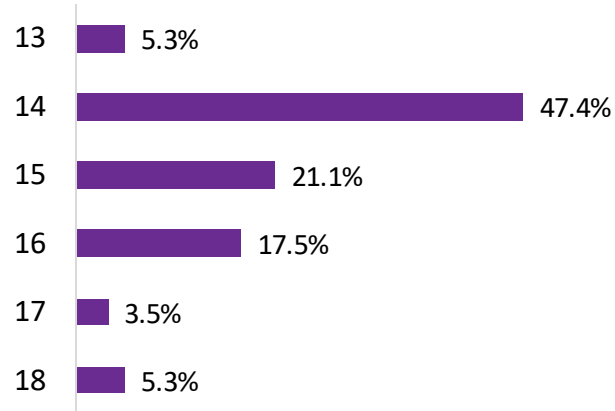
YMCA Teen Vibe Youth Demographics



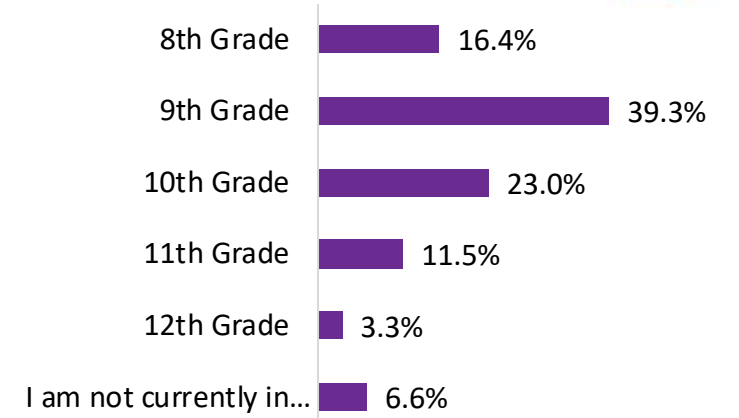
Race and Ethnicity (n=60)



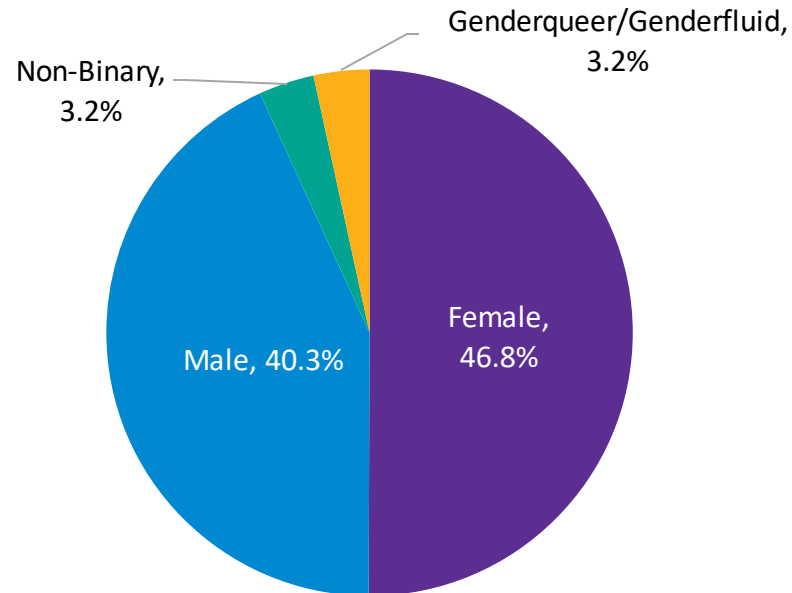
Age (n=57)



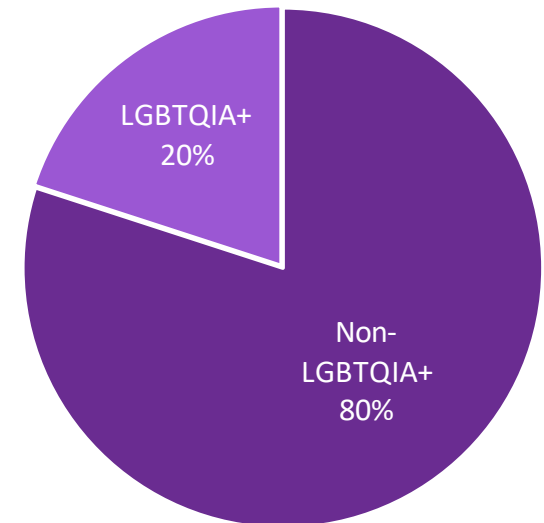
Grade Level (n=61)



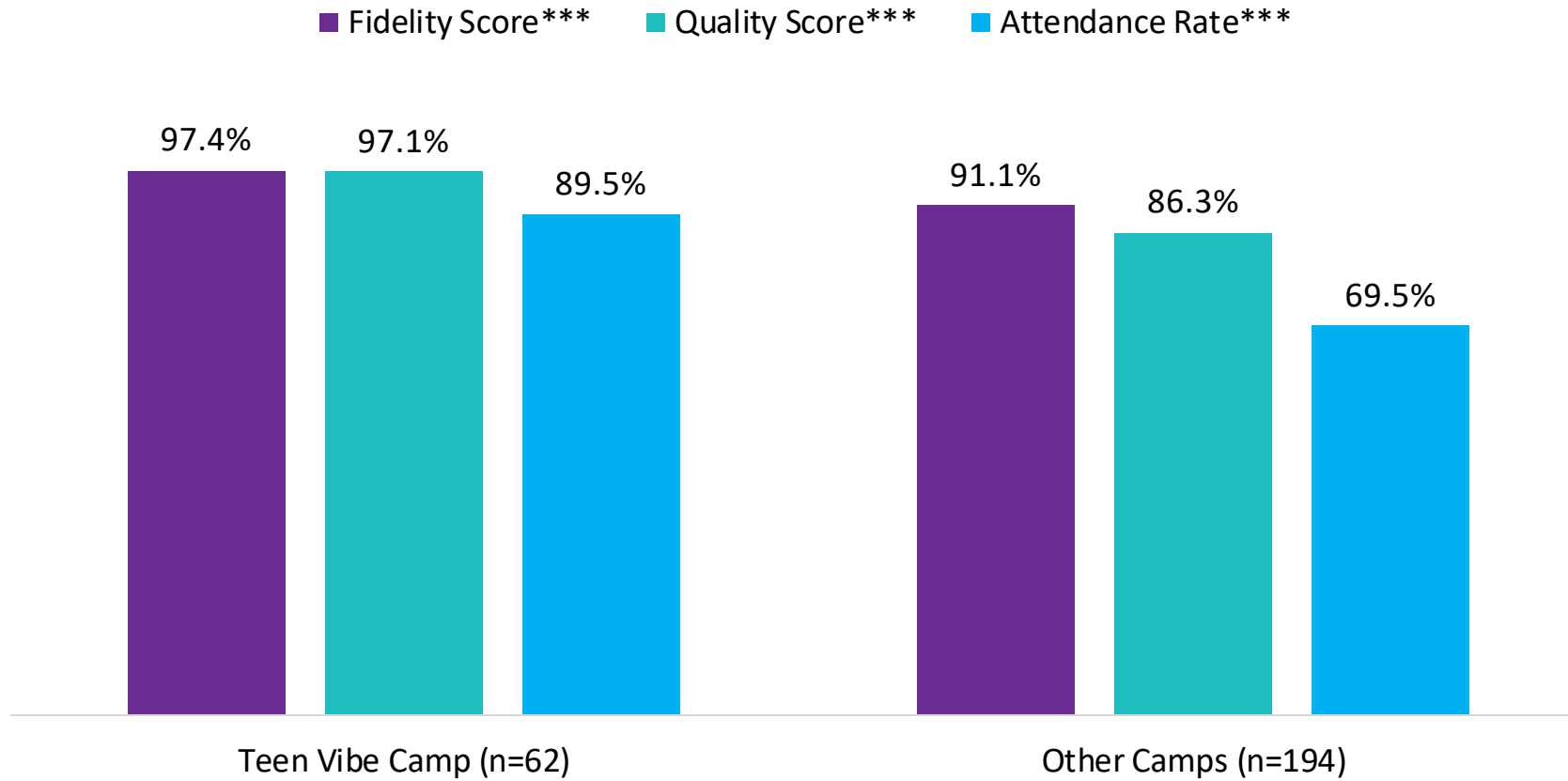
Gender Identity (n=62)



LGBTQIA+ (n=62)



Teen Vibe Camp vs. Other Models

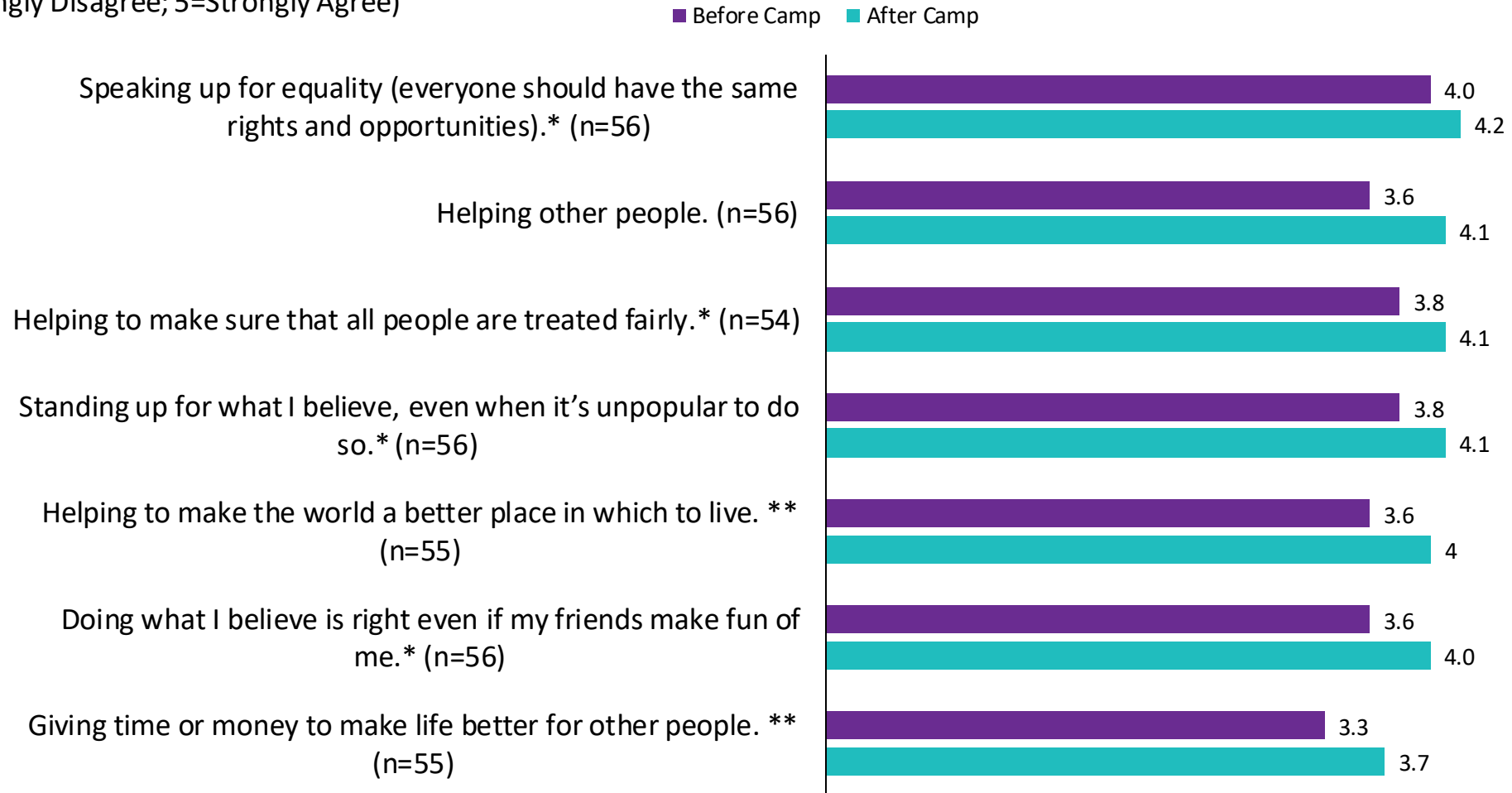


* $p \leq .05$
 ** $p \leq .01$
 *** $p < .001$

Teen Vibe Camp Youth Retrospective Survey

Developmental Asset: Positive Values

(1=Strongly Disagree; 5=Strongly Agree)

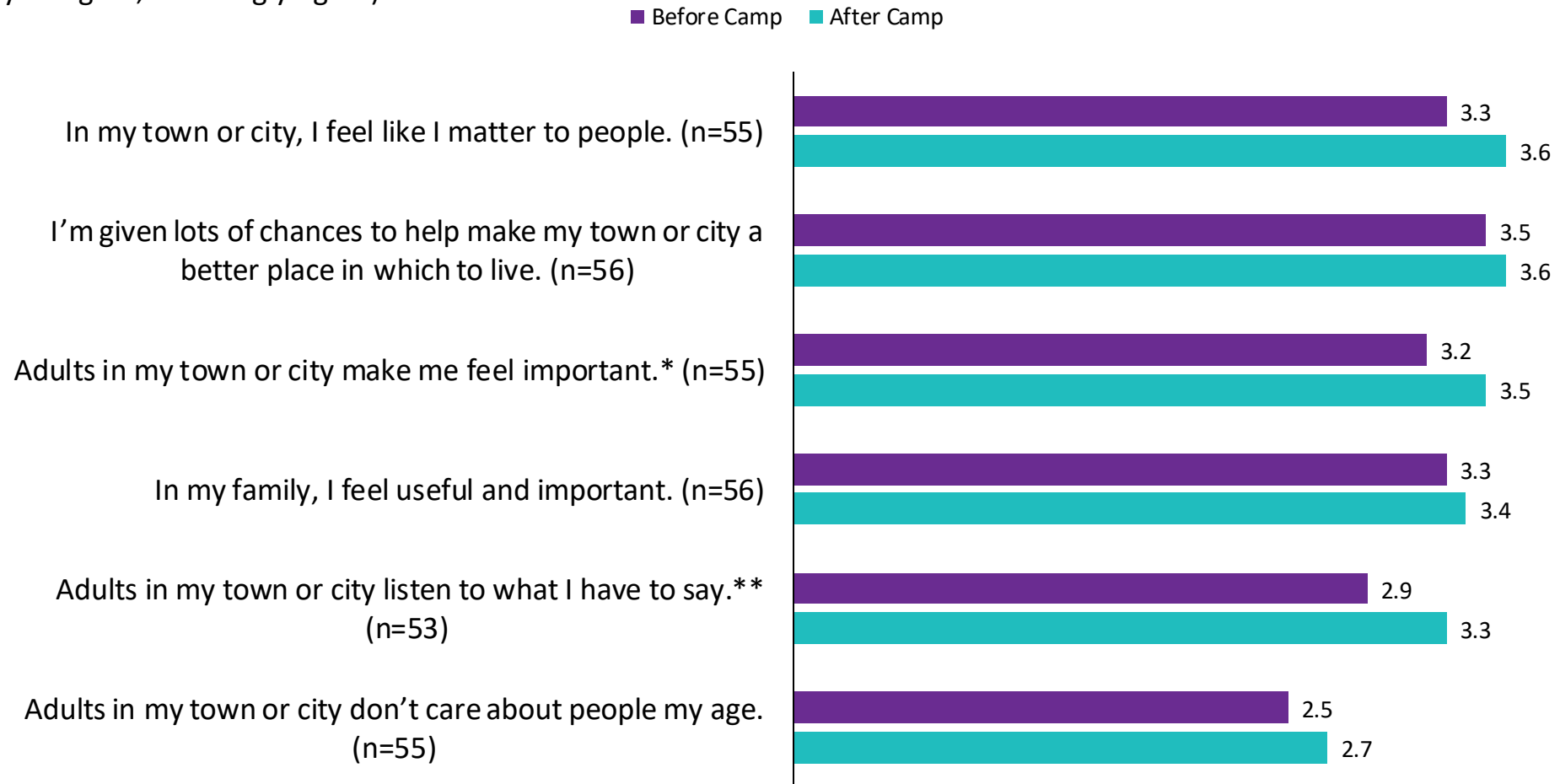


* p ≤ .05
 ** p ≤ .01
 *** p < .001

Teen Vibe Camp Youth Retrospective Survey

Developmental Asset: Empowerment

(1=Strongly Disagree; 5=Strongly Agree)



* $p \leq .05$

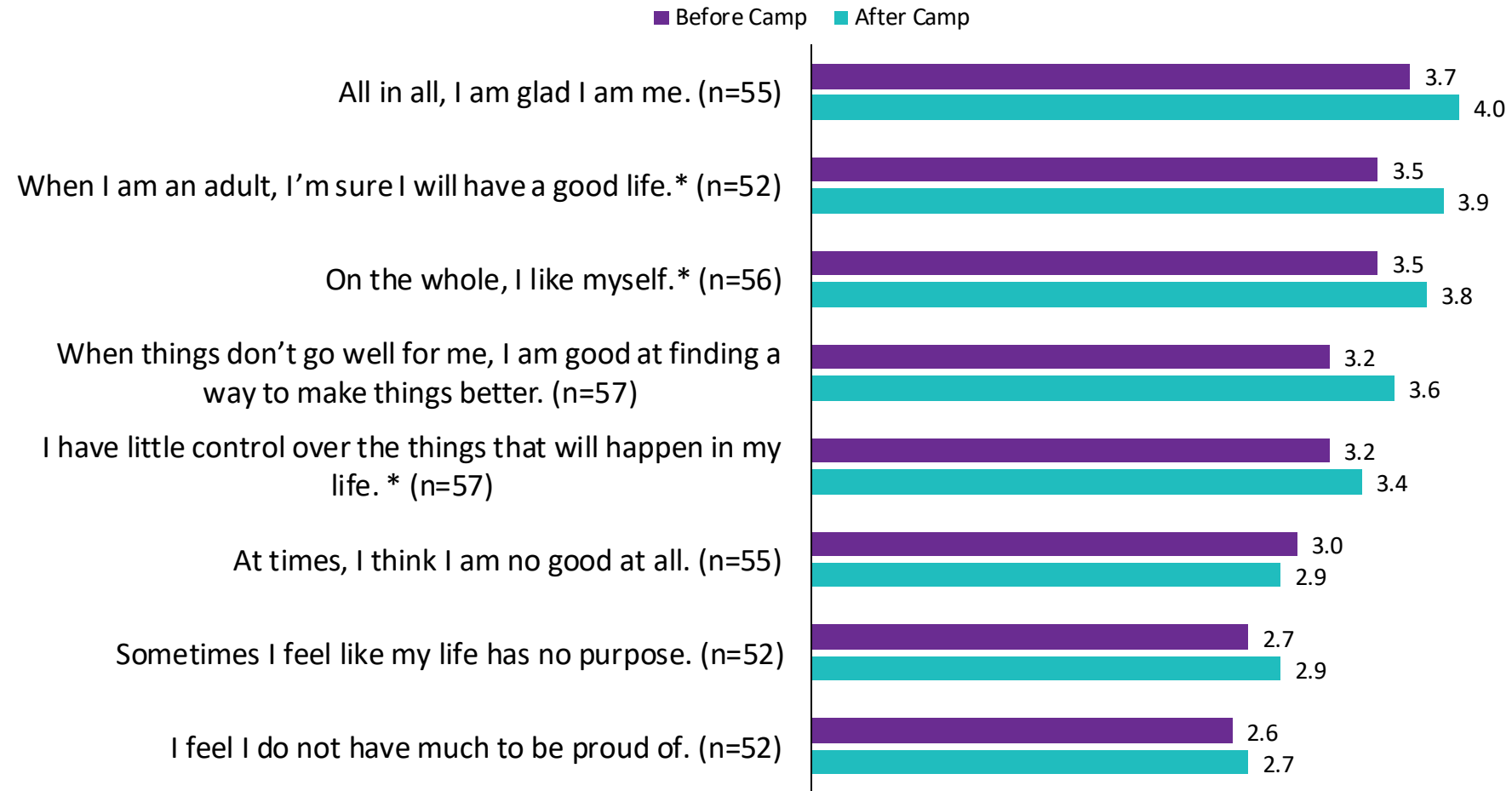
** $p \leq .01$

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Teen Vibe Camp Youth Retrospective Survey

Developmental Asset: Positive Identity

(1=Strongly Disagree; 5=Strongly Agree)

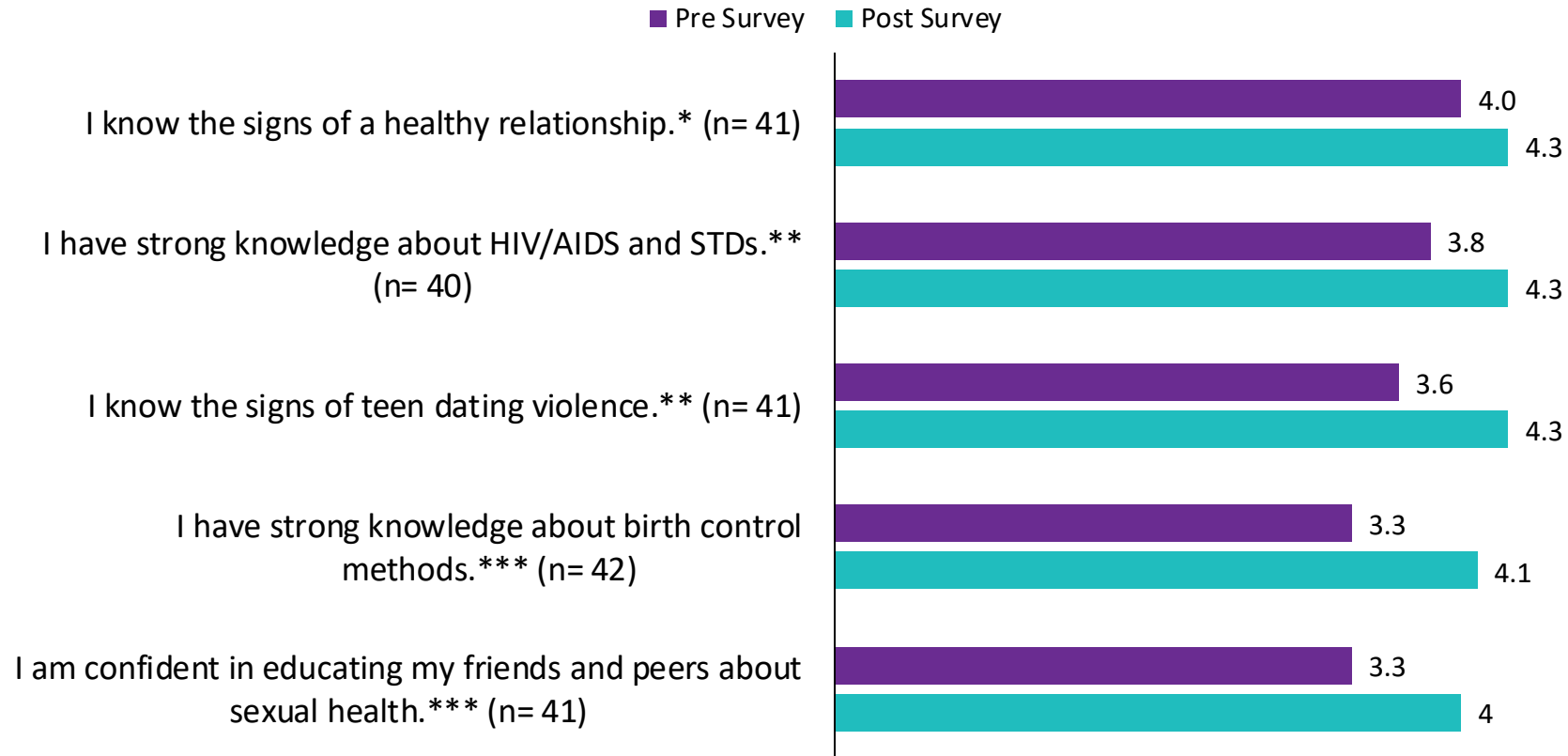


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Teen Vibe Camp Youth Pre/Post Survey

Knowledge and Wellness Scale

(1=Strongly Disagree; 5=Strongly Agree)

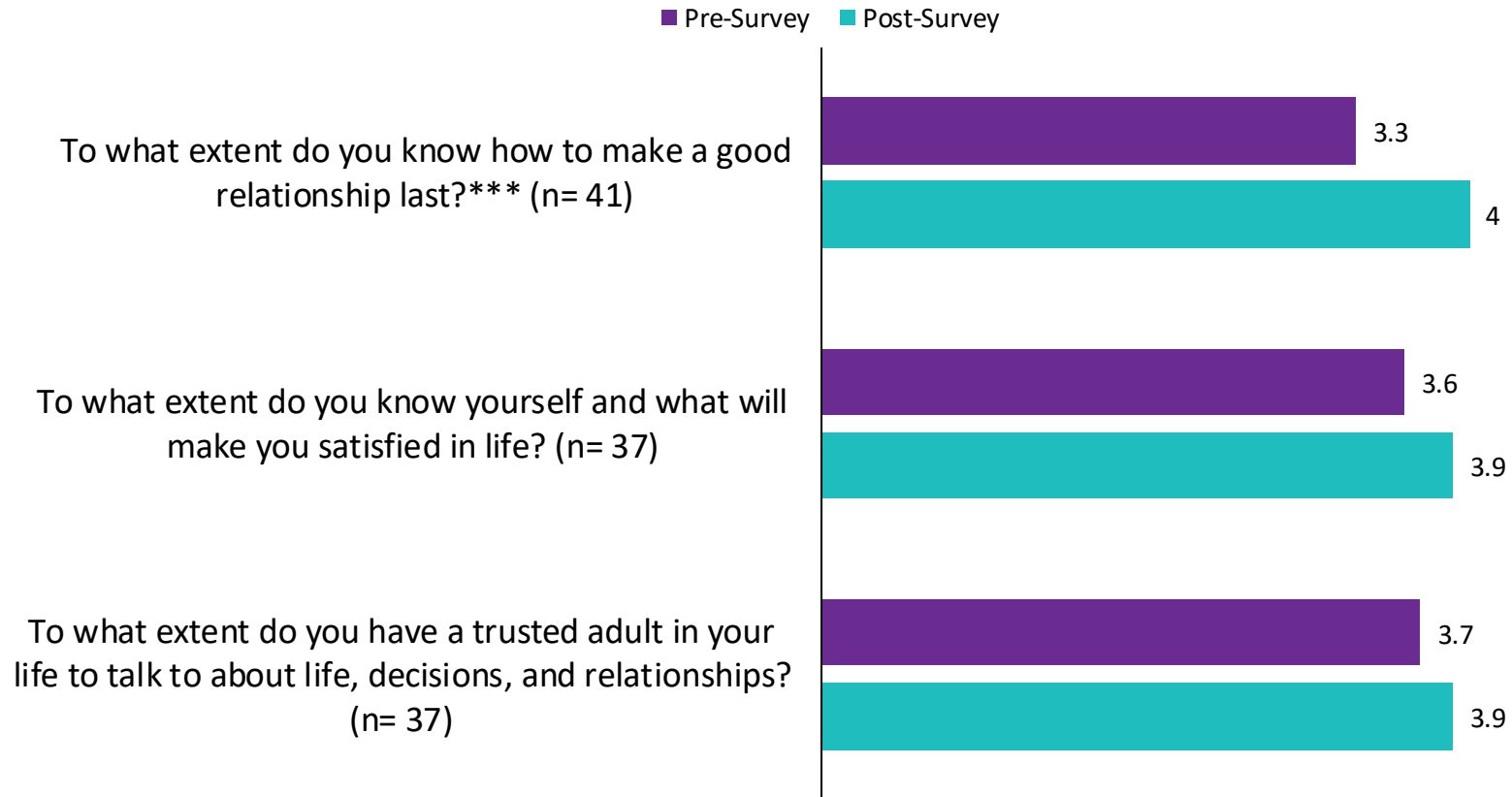


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Teen Vibe Camp Youth Pre/Post Survey

Love Notes Key Concepts

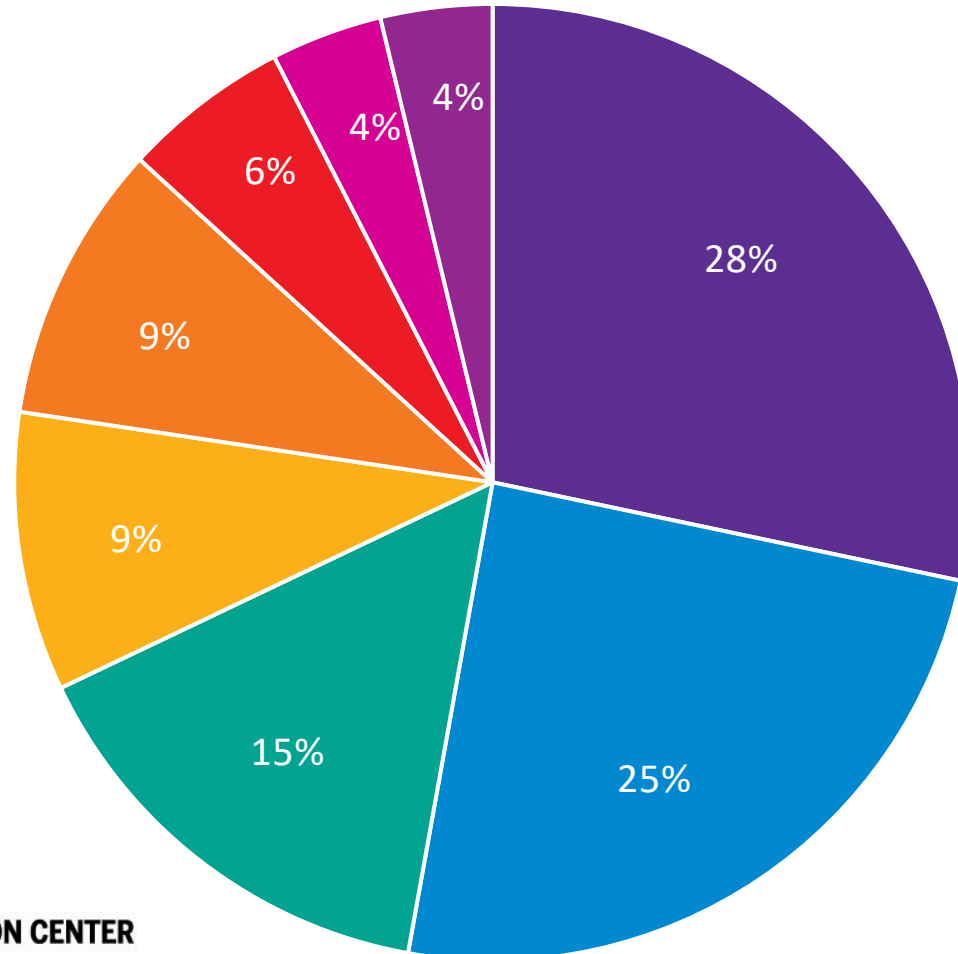
(1=Strongly Disagree; 5=Strongly Agree)



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 *** p < .001

Youth Responses

What did you like best about the Teen Vibe Camp? (n=53)



- The great people.
- Teen Tech Center, activities.
- Freedom and environment.
- Self-respect and self-confidence.
- Learning.
- The food.
- Field trip.
- Other.

Youth Feedback

“Everyone was helpful and didn’t judge.”

“I liked how they try and understand you without a lecture.”

“They make me important.”

“It helped me be confident about myself.”

“They made me feel like me.”



Where We Are Going Next

- Expansion to other schools and programs
- Leaders in Training
- Teen Vibe Ambassadors



Questions / Comments



Contact Information

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THANK YOU OPA!

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Contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department of Health and Human Services or the Office of Population Affairs.