



## **Youth Empowering Youth: Volunteer Hours for Teen Participants (Virtual Opportunity - Volunteer from Home)**

### **What is Youth Empowering Youth (YEY)?**

YEY is a leadership and personal development program and movement for youth. Our Youth program is for ages 13-18, and consists of nine 1.5-hour sessions. All our sessions are currently being held online via zoom. Each class shares a new concept to help students take accountability for their thoughts, feelings and actions, thus moving them into a place of confidence, security, and self-assurance. Learn more on our website here:

<https://lowentropy.org/programs/youth-empowering-youth/>

Youth Empowering Youth is a division of Low Entropy, a nonprofit organization that is making personal growth accessible to all, and in doing so providing people with the tools to change themselves and the world.

### **What is the commitment for Teen (13-18) Participants?**

- Register in one of our upcoming Youth Empowering Youth Programs
- Attend ALL 9 sessions of the program
- Be an active participant: speak up, add to the conversation, comment in the chat, and **always have your video camera on**
- Complete your “Life Folder” in order to receive a program Graduation Certificate
  - The “Life Folder” consists of work that you do on your own time and include activities such as writing out your goals, keeping a habit tracker, and more.
  - Your Program Facilitators will let you know exactly you will need to do to complete your “Life Folder”

### **Who can be a Teen (13-18) Participant?**

- Must be between the ages of 13-18
- Must be able to access zoom on a reliable device and stable internet connection

### What do Teen (13-18) Participants gain?

- 15 Volunteer hours if you fulfill all commitments listed above and **email Program Manager Mia Takeuchi ([mia@lowentropy.org](mailto:mia@lowentropy.org)) with your YEY Graduation Certificate and written paragraph about what you have gotten out of this program and how you are going to apply it to your life going forward.**
- Leadership and Goal Setting skills
- Personal Development
- Belong to a community of youth
- Include Graduation from this program on your resume
- Opportunity to apply to become a facilitator (which can be a paid role if you meet certain requirements) or to continue volunteering with us

### How do I register?

Click here to register for one of our upcoming programs:

<https://linktr.ee/youthempoweringyouth>

Make sure you choose a **YOUTH program** and NOT a CHILDREN's program.

**Don't see a program that works with your schedule?** Click here to sign up for our email list to be notified of new programs: <https://lowentropy.org/youth-empowering-youth-group/>