SPA #7

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MEMORANDUM **Community Services Department Memo CS15-012**

DATE: **SEPTEMBER 8, 2014**

TO: **MAYOR AND COUNCIL**

THRU: **RICH DLUGAS, CITY MANAGER** RD
NACHIE MARQUEZ, ASSISTANT CITY MANAGER NM
MARK M. EYNATTEN, COMMUNITY SERVICES DIRECTOR
BARBARA YOUNG, RECREATION MANAGER BY
SANDRA MUÑOZ-WEINGARTEN, RECREATION SUPERINTENDENT SMW

FROM: **TONY BAUMANN, RECREATION COORDINATOR II**

SUBJECT: **MAYOR'S YOUTH COMMISSION TEEN TOWN HALL 2014 REPORT**

This year marked the fifth annual Mayor's Youth Commission Teen Town Hall. The purpose of the Town Hall is to bring teens from the community together to discuss issues of concern in Chandler and offer recommendations for practical solutions. This year's topics of discussion included ***"Health and Awareness", "Social Media", "Equal Education Opportunity",*** and ***"Civic Education."*** The successful event, held on April 3, 2014, hosted eighty-nine high school students from both public and private schools within the City of Chandler.

Each group discussed its assigned topic by defining the problem and possible contributing factors. The groups were then asked to develop practical solutions to be recommended for implementation and then present the recommendations to all the participants. The recommendations for each topic have been compiled into the attached Mayor's Youth Commission Teen Town Hall 2014 Report.

The Commission would like to thank Vice Mayor Heumann for addressing the participants during the opening session and City Council for their dedication and commitment to the event. The success of our event would not have been possible without your support.

If you have any questions, please contact me at 782-2710.

Attachment: Mayor's Youth Commission Teen Town Hall 2014 Report

City of Chandler Mayor's Youth Commission

Teen Town Hall 2014 Report

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Chandler City Council/Dignitaries Present

Mayor
Jay Tibshraeny

Vice Mayor
Rick Heumann

Councilmembers
Trinity Donovan
Nora Ellen
Kevin Hartke
Jeff Weninger
Jack Sellers

City Manager
Rich Dlugas

Assistant City Manager
Nachie Marquez

Former Councilmember
Matt Orlando

Parks and Recreation Board Member
Linda Peterson-Price

Mayor's Youth Commission 2013-14

Officers
Rushi Shah, Chair
Christopher Hacnik, Vice Chair
Tejas Dharmaraj, Secretary
Isheen Mehta, Historian
Manav Sevak, Points Commissioner

Commission Members

Jonathan Chien	Asha Devineni	Yingu Sun
Sammi Tam	Chase Hettinger	Miruthula Jegadesan
Shiv Shah	Arjun Karper	Viputheshwar Sitaraman
Alex Braddock	Isabella Tassinari	Connie Zhu
Hal Carrigan	Andrew Yuwen	

Staff Liaison
Tony Baumann, Recreation Coordinator II

The Mayor's Youth Commission would like to extend a special thanks to Safeway, Chipotle, Einstein Bros. Bagels, Fry's Food Stores, Paradise Bakery, and Sprouts for their donations used to provide breakfast and lunch. We would also like to thank the City of Chandler for giveaway items and for providing wonderful amenities such as the Council Chambers and City Hall for the forum.

Mayor Jay Tibshraeny and the Chandler City Council

Teen Town Hall

April 3, 2014

Hosted by the City of Chandler Mayor's Youth Commission

Schedule

8:00 a.m. – 8:30 a.m.	**Arrival, Registration and Breakfast (Einstein Bagels)** City Hall Council Chambers
8:30 a.m. – 9:15 a.m.	**Opening Session** – Chris Hacnik (MYC Vice President) **Special Guest Speakers:** Mayor Jay Tibshraeny Paige Stokes Teambuilding activity – Manny Padia
9:20 a.m. – 11:00 a.m.	**Committee Sessions** Health Awareness – City Hall 2nd Floor Conf. Rm. A Social Media– City Hall 2nd Floor Conf. Rm. B Equal Education Opportunities – City Hall 3rd Floor Conf.Rm. Civic Education – City Hall 4th Floor Medium/Large Conf.Rm.
11:05 a.m. – 11:45 a.m.	**Guest Speaker:** Kelly Pike, PayPal
11:50 a.m. – 12:30 p.m.	**Lunch (provided by Chipotle)** City Hall Mezzanine
12:35 p.m. – 1:35 p.m.	**Committee Sessions Resume**
1:40 p.m. – 1:55 p.m.	**Committee Session Presentations** City Hall Council Chambers
2:00 p.m. – 2:15 p.m.	**Closing Session** – Rushi Shah (MYC President) City Hall Council Chambers

During the committee sessions, participants will be divided into groups and assigned a topic from the list above that affects local teens today. Teen Town Hall aims for each of these groups to propose an effective plan of solution for the given issue. The recommendations (from this report) will be given to the Mayor and Council for their consideration. The goal of the Teen Town Hall is to immerse high school students in the local government action process, expose them to issues affecting teens today, and empower them to help in creating solutions for these issues.

Thank you to

The Mayor's Youth Commission sponsored its fifth annual Teen Town Hall on Thursday, April 3, 2014 at Chandler City Hall. The conference had 123 teens registered from various Chandler High Schools, Middle schools and Charter schools attend the Teen Town Hall. The purpose of the Teen Town Hall is to bring together teenagers from the community to discuss topics of concern to Chandler's teens and offer recommendations for practical solutions the community can implement. To ensure input from all sectors of our community, individuals from numerous private and public high schools and non-profit groups within the City of Chandler were invited to participate.

The Teen Town Hall began with Mayor's Youth Commission Chair Rushi Shah welcoming the participants and then introducing Vice Mayor Rick Heumann. Vice Mayor Heumann addressed the participants, stating he was excited to see the interest and involvement in the event from so many schools throughout Chandler. He encouraged the participants to fully engage in the day's activities and said he looked forward to the presentation of the Teen Town Hall report at a future City Council meeting. Vice Mayor Heumann's comments were followed by a keynote address by Paige Stokes. Miss Stokes gave an inspirational talk about teen leadership and the importance of following your dreams. Her comments were intended to inspire the students to develop the leader within each of them. She ended her talk by giving the teens three challenges: to find their passion, to lead wherever they are, and to persevere when challenges arise and the desire to quit seems tempting. She also stated that hard work and dedication, along with commitment, will give anyone direction in achieving success. An energizing team-building activity led by Manny Padia, Recreation Coordinator for the City of Chandler, concluded the opening session. Participants were then divided into four discussion groups covering the different topics that the Commission had chosen earlier based on last year's survey. These topics of discussion were **Health Awareness, Social Media, Equal Education Opportunities, and Civic Education.**

Participants, assisted by facilitators, met in their groups and began discussion of their assigned topics by defining the problem and possible contributing factors. The groups were then asked to focus on solutions to address their assigned issue and develop practical recommendations that could be easily implemented within the City of Chandler. Each group met for an hour and a half in the morning and for about 45 minutes after lunch.

This was the first year that the Teen Town Hall had invited a guest to speak to the group. Kelly Pike, Senior Manager of Risk & Financial Services Operations from PayPal, had been chosen. She spoke to the teens about credit scores, background checks, filling out applications and applying for positions at certain organizations, as well as the importance of being careful about what they post on social media and how that can affect employment opportunities in their future.

In the closing session, one or more teen spokespersons from each of the discussion groups presented his/her committee's recommendations to all the Town Hall participants. Each teen presented his/her topic, several recommendations, ideas on how these recommendations were to be carried out, and who should implement the

suggestions. These presentations provided attendees the opportunity to gain understanding and insight from one another. After the presentations were concluded, Chris Hacnik, Vice Chair of the Mayor's Youth Commission, closed the day by thanking all the dignitaries and participants for attending. He informed the participants that the results of all their hard work would be compiled into a report that would be shared with the Mayor and members of City Council at a future City Council meeting.

In addition, this Teen Town Hall report will be made available to various agencies, organizations, clubs and schools for review, and will be used as a resource in our community. The Teen Town Hall event provides both teens and adults the opportunity to communicate openly with one another about important issues that affect them.

The following pages provide details on each of the four topics of discussion at this year's Teen Town Hall, as well as the specific recommendations for change created by each group.

Health Awareness

Discussion Summary:
Members of the Mayor's Youth Commission opened the topic of "Health Awareness" by discussing the potential for greater opportunities for students when they are more cognizant of health issues in the community that inevitably affect them as well.

First, members discussed aspects of physical health in accordance with The United States Department of Health and Human Services' definition of physical fitness: "a set of attributes that people have or achieve that relates to the ability to perform physical activity".

Students were asked to discuss activities that include the five main components of physical fitness as described by *Medical News Today*: cardiorespiratory endurance, muscular strength, muscular endurance, body composition, and flexibility. Students then shared some of their own experiences with exercise such as participation in club sports or other fitness activities.

Members of the Mayor's Youth Commission handed out pamphlets outlining some of the fitness classes currently offered at the City of Chandler Tumbleweed Recreation Center, in an effort to expose students to some of the options for fitness that are already offered in the City of Chandler.

Next, the participants discussed the importance of healthy eating, particularly in regard to consuming the right quantities of foods from the various food groups in leading a healthy life. Students were informed that while the word "diet" is often referred to as a dietary regimen for losing weight, "diet" also simply refers to food that is eaten in a particular period of time, such as one day, one week, or one month, for example. A good diet is a nutritional lifestyle that promotes good health, in that it includes several food groups, because one single group cannot provide everything needed for optimum health.

The presentation continued with some tips for healthy eating, such as eating a large breakfast, striving for a balanced diet, and maintaining an intake of whole grains, fruits and vegetables, protein, dairy, and fats and sugars. For students involved in sports, the group also discussed some healthy options for eating before participating in sports-related activities. Finally, nutritionists from the Chandler Unified School District engaged students in activities about the importance of reading nutrition labels, calculating calories per serving, and choosing healthy alternatives to school lunch menus.

Moving on from the physical aspects of health, the group turned to a topic of equal importance - mental health. Participants were told that, according to the World Health Organization, health is defined as "a state of complete physical, mental, and social well-being, and not merely the absence of disease", and that without one or the other, physical and mental health can be influenced by outside factors should there be a lack of balance between the two.

AP Psychology teacher Dr. Melinda Parry discussed some of the symptoms of major depression, an issue which affects about 6.7 percent of the U.S. population over the age of 18, according to the National Institute of Mental Health. Symptoms include fatigue or loss of energy, feelings of worthlessness or guilt, decreased concentration, insomnia, diminished interest in activities, significant weight loss or gain, and recurring thoughts of suicide. Students then discussed the topic of suicide and what can be done in case someone they know is suspected of having suicidal thoughts. Members of the Mayor's Youth Commission offered information on several Help Lines that are set up to assist teenagers through stressful times. The group also discussed healthy ways to deal with stress, including using defense mechanisms to rationalize and intellectualize their actions. Finally, Kyrene teacher Jadine Bowens discussed the importance of taking breaks to stay positive and clear-minded and engaged students in an interactive activity to demonstrate the relieving effects of simple brain breaks.

To address these issues, the group proposed the following recommendations:

1. Teen Talk Nights at the Community Center
The goal of Teen Talk Nights would be to provide a forum through which students would be encouraged to discuss strategies to help alleviate stress. Participants in this group expanded on this idea by suggesting the establishment of self-help groups for teenagers to discuss stressful situations and share common troubles amongst themselves.

2. School Menus
The purpose of this recommendation would be to alter school menus to better meet the nutritional needs of younger students and to help instill healthy eating habits in them at an early age. This effort would include having caloric amounts and other nutritional facts clearly labeled on the menus so that students could make more informed decisions about their food choices.

3. Fitness Options
This recommendation was to plan and offer an annual kickball tournament at Snedigar Sportsplex to encourage teens in the community to participate in fitness-related activities and engage in healthier lifestyles. The students also recommended offering a dance marathon at the annual Health Expo or at the City of Chandler's Day of Play, as it would not only increase participation in physical fitness but also provide musical relief to improve mental health. The group also stated that an expanded "Teen Zone" at such city events would help to promote increased awareness of the health issues that plague many of our youth today.

Addressing Health Awareness
Facilitators:
Dr. Melinda Perry, Chandler Unified School District teacher
Jadine Bowens, Tempe/Corona School District teacher
Yingu Sun, Mayor's Youth Commission member
Nutritionists from the Chandler Unified School District

Social Media and Technology

Discussion Summary:
The goal of this session was to discuss the pros and cons of Social Media and Technology and the role they play with students at a high school level. The students who were a part of this break out session participated fully in the discussion, and came up with some strong take-a-ways. The discussion leaders for this subject did a wonderful job of making sure to keep the conversation moving forward and bringing up "hot" topics within their assigned subject.

To address these issues, the group proposed the following recommendations:

1. **Elementary Education**
   Incorporate educational programs into elementary schools and bring in guest speakers and role models for the students to look up to.
   a. Perhaps begin in 4th grade to bring up the topic of social media to younger students
   b. Initiate discussions at the 6th grade level to help these students solidify their understanding of the advantages and disadvantages of social media
   c. Offer a two-day or weeklong program or half-day field day for 4th-6th graders that could include:
      i. A short activity in the morning and a 30-minute lesson in the afternoon
      ii. An interesting video
      iii. A guest speaker who has experience in social media and can relate to this age group
      iv. Interactive activities to capture the students' attention
      v. Opening the classroom to parents to inform them of social media news as well
      vi. Perhaps bring the students to City Hall

2. **Social Media and Technology Awareness Day (SMATA)**
   a. Offer a family event on a Saturday that would be open to everyone in Chandler (Be SMATA!) and include some education for families
   b. Create and distribute a tee shirt with the icon: Message Me Here (with a Facebook-like symbol)
      i. This would increase face-to-face interaction and spark conversation between various people about social media.
   c. Encourage students to give up social media for a day (e.g. Facebook, Twitter, etc.)
   d. Offer a workshop that could include the following:
      i. Information as to how participants can tailor social media to their own interests
      ii. Have students take a pledge to give up social media for a day Follow this with a conversation in class where teachers ask students what was different about their day without the influence of social media

iii. In place of social media activities, organize and offer outdoor activities and exercise through games

3. **Parent and Child Communication**
    a. Raise social media awareness by having children and parents discuss what types of social media they are using
    b. Create and distribute a pamphlet to reach out to parents that would include simple ways to educate them about the different types of social media and how it can affect their children
    c. Write and send an email to parents on this topic

Addressing Social Media and Technology
Facilitators:
Vince Licciardi, Grand Canyon University staff
Connie Zhu, Mayor's Youth Commission member
Sammie Tam, Mayor's Youth Commission member

Equal Education Opportunities

Discussion Summary:
The discussion focused on providing a clear pathway for all students regarding educational access and opportunities. In particular was the topic of higher education preparedness. Key to the discussion was determining what the educational supports available to students currently are and how accessible they are. The discussion also focused on what kind of support the City of Chandler can and should provide in assisting with equal education opportunities.

To address these issues, the group proposed the following recommendations:

1. **Project LEAD (Leaders Engaged in Assisting Development)**
   Objective: Connect underclassmen with upperclassmen who can serve as mentors and help drive students towards meeting their educational goals.
   - Work in partnership with the City of Chandler Leadership Commission and use their influence to guide underclassmen in this objective.
   - LINK Crew is a one-time summer program-implement something similar that would be available throughout the year.
   - Create a citywide program.
   - Upperclassmen would be identified throughout CUSD via leadership organizations like LINK Crew, Student Council, National Honor Society, and other leadership clubs.
   - Through motivating younger classmen, upper classmen would themselves be inspired and motivated; this motivation then becomes cyclical.
   - Upperclassman leaders would connect with the City of Chandler to provide networking opportunities and additional supports in determining the best path for students beyond high school.
   - The objective would be to inspire and motivate lower classmen regardless of their educational/career goals.
   - Use technology to connect students.
   - Promote greater interconnectedness between the schools in the districts.
   - Utilize career pathway development and provide a framework of how to gain exposure and increase links to the greater community.

2. **Project GOAL (Get Out And Learn)**
   Objective: To have the City of Chandler act as a liaison in aiding students with travel and access to higher education services.
   - Provide visits to college campuses, as this could make a big difference in helping students to be able to visualize their future.
   - Develop partnerships with in-state institutions for the purpose of bringing students from Chandler to these campuses.
   - Provide opportunities for students to be exposed to colleges and other higher education opportunities.
   - Open students up to the idea of higher-level learning and the pursuit of resources to assist with it.

- Once a month, offer a bus trip that would shuttle students to programs held on local college campuses across the state. These programs would be targeted to students who do not have the resources or accessibility to visit higher education campuses/programs on their own.

3. **Marketing Initiative**
   - Use a key marketing tool such as *Break Time* magazine to increase marketing of opportunities currently in place to access higher education.
   - Make information about programs already in place more visible to support students' efforts to meet their higher educational goals.
   - Create brochures about resources related to educational needs and distribute to Chandler families.
   - Take advantage of opportunities to advertise these programs by installing wraps on buses, using billboard space, posting information at bus stops, and including information in *Break Time m*agazine, for example.

Equal Education Opportunities
Facilitators:
Emily Joy-Weaver, University of Arizona representative
Connie Zhu, Mayor's Youth Commission member

Civic Education

Discussion Summary: Group members began the day by defining Civic Education and agreeing that civic duties are everyone's responsibility, as they do contribute to the well-being of our society. The discussion led to the naming of various areas in which teenagers weren't aware of their civic responsibilities and duties. Some of the areas which were named included voting, gaining an education, volunteering, and providing community service. The group focused on ways to encourage people to volunteer and to provide information as to places where teenagers can volunteer in their community.

To address these issues, the group proposed the following recommendations:

1. Providing Students with Places to Volunteer

The places listed by the group included:

- The City of Chandler Fire and Police departments, both of which have specific volunteer programs for youth
- The City of Chandler Library Division
- The City of Chandler Parks and Recreation divisions
- The Boys and Girls Club
- Chandler ICAN

2. City Civic Day

This would be a day spent educating the youth of Chandler about important topics related to civic education that affect their daily lives. This would be an opportunity for people like the Mayor, City Council members, and other officials to come and meet with the youth. During this day, the participants would have the opportunity to participate in other activities advocating the act of civic duty. The goal of this would be for the participants to end the day with more knowledge about the government than they had started with.

4. Shadowing Videos

To ensure that the youth of Chandler know who their elected officials in Chandler are and what they do, videos could be made depicting the lives of city officials. In these videos, city officials would be followed by a camera crew for a day, which would allow students to observe what the Council does on a daily basis. City officials would also be able to address important changes and current issues that are affecting the youth population. This information would then be posted on social media sites such as YouTube, Facebook, and Twitter, with the goal of helping youth in our community to learn more about the people in various city positions and their role in current events within the community.

5. **City-run Competitions**

City-run competitions about their local government could be created and offered in order to spark interest in the youth. Schools could have clubs in which teams are formed for each school, and then all the teams could come to Chandler to compete. The goal would be for the students to learn about the government on their own and to have their interest level about this subject raised.

Addressing Civic Education
Facilitators:
Matt Orlando, Former City of Chandler City Council member
Ishaan Mehta, Mayor's Youth Commission member
Shivam Bhanvadia, Mayor's Youth Commission guest
Alex Yuwen, Mayor's Youth Commission guest