

October 2024

Youth Station

THE ONE-STOP-SHOP ON
THE TRACK TO SUCCESS



Dear Youth and Caregivers,

Fall has arrived, but with our continued warm weather, it doesn't quite feel like it yet. That's why we've included lots of community events in this edition. They'll help you get into the spirit of the season, even without that crisp fall air. It's also election time, so our life skills section focuses on teaching youth the importance of using their voices and voting. If you or your youth need any extra support, please reach out to us.

— Your Youth Services Team

LIFE SKILLS NEWSLETTER

October 2024



Life Skill Target: Self-advocacy

Self-advocacy is the ability to understand and effectively communicate one's own needs, rights and desires, particularly in situations where support or resources are needed. Teenagers can self-advocate by making decisions about what they want and asking for help when they need it. For example, teenagers might ask for help if they don't understand something in class, or they might make decisions about what subjects to study at school, and for our youth in care, it could mean feeling safe and empowered to share their wants and desire about their dependency case.

Self-advocacy is important because it can help teenagers to:

- Do well at school and work.
- Have positive friendships and respectful relationships.
- Manage tricky situations with peers.
- Develop independence.
- Have better health outcomes.
- Set goals and achieve them.



For self-advocacy, teenagers need to develop:

- A strong sense of their identity and values.
- Confidence to express themselves.
- Goals.
- Decision-making skills.
- Problem-solving skills.
- Personal boundaries.
- The ability to manage their emotions.
- An understanding of rights and responsibilities.

Advocating Personal Boundaries

Personal boundaries are the limits and rules that keep youth safe and comfortable. When teens have a clear understanding of their personal boundaries, they can stand up for them and keep themselves safe. Teaching teens to set personal boundaries through self-advocacy is an important life lesson for building healthy relationships, self-respect and emotional well-being.

- **Model Healthy Boundaries:** Show teens that it is okay to say "no" when something doesn't feel right in their lives or relationships. This could be turning down a social invite, setting limits on technology use or creating distance from someone.
- **Encourage Open Communication:** Let your teen know it's OK to express their needs, feelings and discomforts. Having regular non-judgmental conversations encourages them to open up about situations where they might feel pressured or uncomfortable.

Caregiver Portal



SCAN THE QR CODE TO DOCUMENT/ PROGRESS MONITOR THE LIFE SKILLS YOU ARE DISCUSSING AND TEACHING YOUTH.

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Grooming and hygiene may not be the first thing that comes to mind when thinking of self-advocacy, but they are essential because they directly impact how you are perceived, how you feel about yourself and how well you navigate different environments — whether at school, work or in everyday life.

First impressions Matters: When you're applying for a job or working in a professional setting, people make judgements based on appearances. Maintaining good hygiene reflects professionalism, and presenting yourself in a professional manner makes it easier to communicate and advocate for yourself in a work setting.



Good Hygiene

Body odor and dirt can be a huge distraction. We want the focus to be on what we are advocating for-not the advocate.

Voter Registration



Teens can advocate for their values, rights and desires through exercising their rights to vote. Please review important voting information below.

WHY should I vote?

- Voting is a democratic right that generations have fought for. We need to take that seriously.
- Representation has a big impact in all areas of life and drives change.
- Every vote counts, especially when elections are close.

To be eligible to register to vote you must:

- Be a citizen of the United States.
- Be a legal resident of Florida.
- Be a legal resident of the county in which you seek to be registered.
- Be at least 16 years old to preregister or at least 18 years old to register and vote.
- Not have been adjudicated mentally incapacitated with respect to voting in Florida or any other state without having the right to vote restored.
- Not have been convicted of a felony without having the right to vote restored.

Pre-register before you turn 18:

You can pre-register to vote if you are at least 16 and meet all other eligibility requirements. The pre-registration will become an active registration when you turn 18. Your supervisor of elections will then mail you a voter registration card and you will be eligible to vote. If your 18th birthday occurs between the registration deadline and the date of the election, and you were pre-registered before the registration deadline, you will be eligible to vote in that election.



You can find the registration form with details on how to fill out the form and how to submit it online at registertovoteflorida.gov.

*The deadline to register for an upcoming election is 29 days before that election.

Job Board



Diversity Virtual Job Fair

Orlando Job Fair

Thursday, Oct 3 • 11 a.m.

Virtual job fairs are becoming the newest way to meet with employers, all without leaving your home!

HOW DOES IT WORK?

To participate in virtual job fairs, simply register on the website and create a profile. The system will then match your qualifications with registered employers for the event. If your skills and experience align with a job opportunity, you'll receive an email invitation to schedule an interview during the fair.

HOW DO I PREPARE?

Ensure you have a stable Internet connection and a quiet, well-lit environment. You can use either your phone, tablet or computer, but test your microphone and webcam to ensure they are functioning properly. Familiarize yourself with the employer and their job requirements and prepare answers to common interview questions. Dress professionally and have your resume with you.

Community Events



COMMUNITY BLOCK PARTY

A free community event featuring live music, delicious food trucks and exciting activities for all ages.

Saturday, Oct. 26 · 2 - 10 p.m.

651 John Young Parkway, Orlando, 32805





**WINTER PARK
AUTUMN ART FESTIVAL**
Park Avenue, Winter Park
Oct. 12-13

PigOnThePond.Org

Pig on the POND
COMMUNITY FESTIVAL
FUNDING SCHOLARSHIPS

Oct. 11-13, 2024

Presented By

APC Roofing
SOLAR & GUTTERS

CLERMONT
Choice of Champions

PIG ON THE POND

685 W Montrose Street, Clermont, 34711

A fun-filled day at Waterfront Park in Clermont. Pig on the Pond is the ultimate community event, raising funds for local students while creating lasting memories with good BBQ, good music and good times.



Oct. 11 • 5-9 p.m.
Lake Concord Park
95 Triplet Lake Dr.
Casselberry, 32707



Oct. 26 • 5:30-9 p.m.
1776 Independence Ln.
Maitland, 32751





Resource Corner



K2I

Keys to Independence

K2I provides assistance to the following groups:

- Youth ages 15-21 in foster and extended foster care.
- Young adults ages 18-23 enrolled in PESS.
- Youth ages 16-24 designated as homeless.

K2I Benefits

Four-hour traffic law and substance abuse course

Learner's license fee

Driver's license fee

Testing fees

Comprehensive driver's education course

Auto insurance

Deductible



Youth Spotlight



A group of our youth were gifted an experience of a lifetime from one of our donors, spending the day VIP style at Disney World!



Extra, Extra



SELFLESS LOVE FOUNDATION

JOIN THE A-TEAM

YOUR VOICE CAN IMPROVE CHILD WELFARE

Selfless Love Foundation's Advocacy Team (A-Team) is comprised of young adults with lived experience in foster care who aim to improve the child welfare system. These leaders have the opportunity to review policies and practices, meet with local councils around the state, and facilitate training sessions for their peers to strengthen their advocacy skills.

As a member of the A-Team, you will engage with child welfare professionals and state leaders, providing your perspectives, recommendations, and feedback to ensure youth voice is included in decisions to create positive change.



REQUIREMENTS

1. Must be 18 years of age or older.
2. Must have lived experience in foster care.
3. Submit a letter of recommendation describing why you would be a good advocate for Florida youth.
4. Attend and participate in monthly meetings.
5. Meet one of the following:
 - Active member of an established youth council
 - Completed Dale Carnegie Leadership Training
 - Participated in a training hosted by Selfless Love Foundation

EXPECTATIONS

- Co-facilitate Trainings
- Attend Conferences
- Be actively engaged in your community



NOMINATION LINK



APPLICATION LINK



Apply By:
10/15/2024