

# LESSONS LEARNED FROM A *Youth Action Board Chair*



## TIP 1: ASK FOR HELP

Make sure to ask for help when you need it. That's what the adult advisors are for- to remove any barriers for the Youth Action Board & to make it easier for YAB members to achieve their goals.



## TIP 2: USE ACTIVE LISTENING SKILLS

Active listening is essential to be YAB Chair. You have to understand what the members are trying to do. It's your job to lead the conversation.



## TIP 3: HAVE FUN

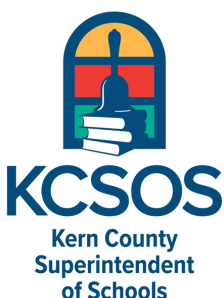
You aren't going to have a formal meeting every time and sometimes members will get side tracked or off topic. However, that's when some of the best ideas are created. It is good to have a little fun while you have your meeting- just be sure not to let it get too off topic.



## TIP 4 :TALK TO YOUR CO CHAIR AND MEMBERS

Your co chair is another support you can use if you need help. They can help take notes and make agendas. They are also great for bouncing ideas off of for the group and for projects. Try to get to know your members and your co chair; this will help get a better understanding of the group and YAB members as individuals.

For more information on YABs, please visit [kern.org/hip](https://kern.org/hip)



### A note to newly elected YAB Chairs:

Congratulations! What an awesome honor it is to be voted in as a YAB Chair. I hope you are so excited. You may be nervous, but there is no need to be. Being YAB Chair is a great opportunity to showcase your leadership skills.

*-Gennessa Fisher, Kern Co. YAB Chair*