

OKLAHOMA YLF 2013

OKLAHOMA YOUTH LEADERSHIP FORUM

The Oklahoma Youth Leadership Forum is a project of the Oklahoma Developmental Disabilities Council.



*Youth Leadership Forum
Capitol Day
2013*

The Youth Leadership Forum Develops Leaders!

The Youth Leadership Forum (YLF) is a national youth leadership curriculum designed for high school students with disabilities. The YLF is a unique program designed to develop advocacy and leadership skills in our youth. Primarily, these youth are going into their junior or senior year. However, some are outgoing seniors (just graduated) the summer they attend YLF.

Up to twenty-five students are chosen from a statewide application and interview process. The selected young men and women come together on the campus of the University of Science and Arts of Oklahoma (USAO) in Chickasha for five days of intensive leadership training and personal growth. The YLF curriculum follows five main teaching principles: one, Principles of Leadership; two, The Experience of Disability; three, Technology and Resources; four, Living on My Own and Reaching My Goals; and five, Leading In My Community. Activities and presenters are chosen specifically with these principles in mind. Activities in which our youth participate include problem solving and collaborative skill building, advocacy training (personal and legislative), meeting with legislators, exploring career options, identifying important resources, creating their own personal leadership plan and relationship building. The key to the YLF program is leadership by example. Our presenters are chosen for their message and how well they relate to youth with disabilities. These events are held on a college campus, giving youth the opportunity to experience life on a college campus and on their own (without parents).

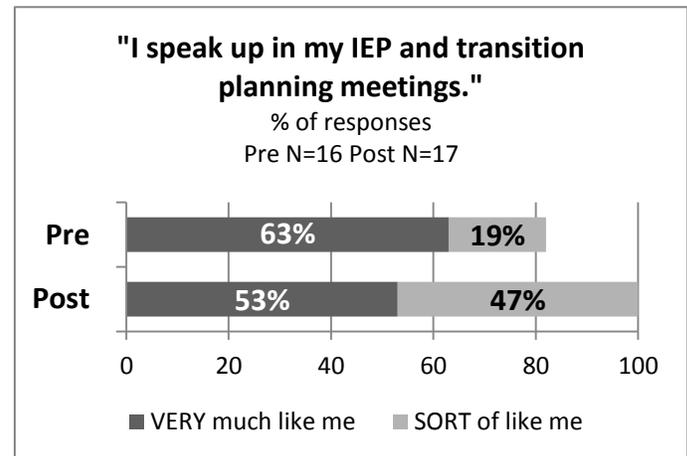
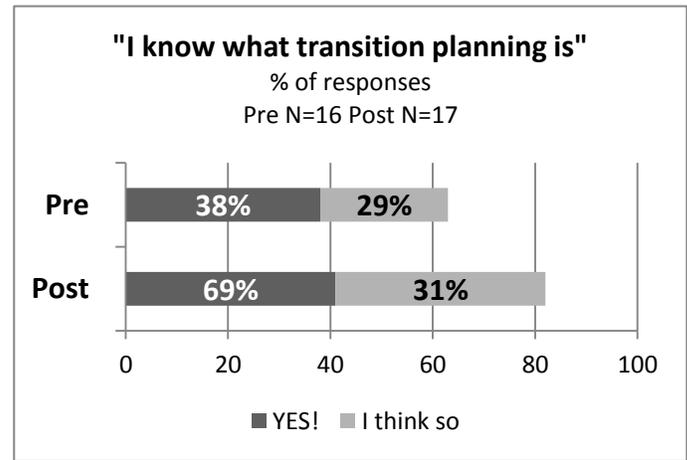
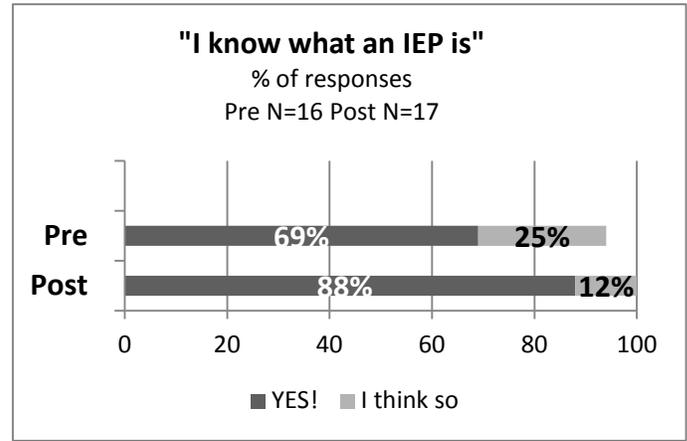


Youth Develop Capacity to Plan and Set Goals

Delegates learn about IEPs and goal setting through participation in activities, discussions and interaction with speakers. During the forum youth develop a personal leadership plan.

On the pre and post surveys, three questions indicate outcomes for the youth.

- On the pre-forum questionnaire 69% of youth definitely **knew what an IEP was**; by the end of the week, 88% said they definitely knew.
- Regarding transition planning, 38% of the youth were confident in their knowledge before the forum and only 29% responded, “I think so.” But by the end of the week **100% of youth knew about transition planning**, and of those 69% said “yes definitely”
- On the pre-forum questionnaire, 63% of the students answered that speaking up in their IEP and transition meetings was “very much like me.” At the end of the week, 100% responded they were confident in speaking up in their IEP and transition meetings.
- At the beginning of the week, 94% of the youth answered they set goals for their future, with 81% answering with a “Yes, Definitely!” At the end of the forum, 100% of our youth answered they set goals for their future!



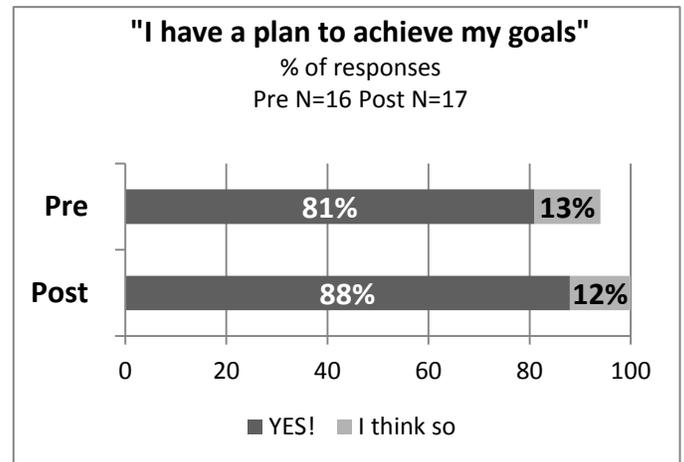
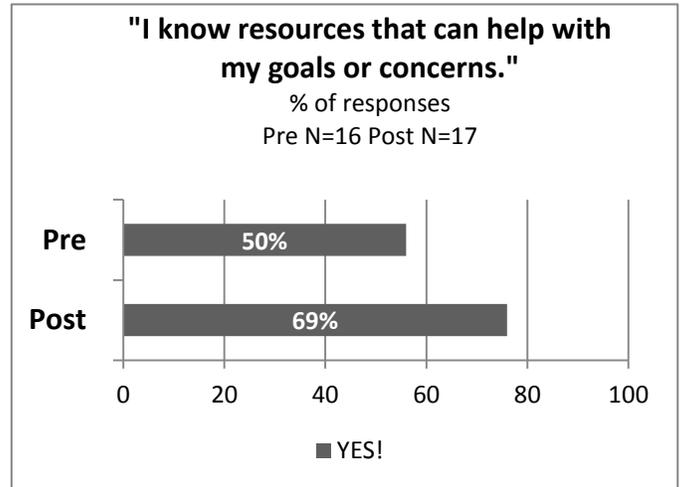
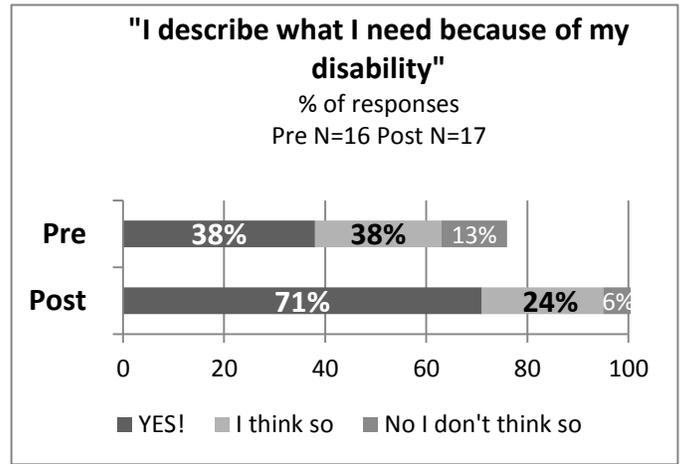
Youth Identify Their Needs and Supports

During YLF, delegates are introduced to assistive technology, resources, and individuals who can answer questions regarding services and supports.

On the pre- and post-questionnaires, three questions indicate outcomes for the youth.

- On the pre-forum questionnaire, only 38% of the youth were confident they could describe things needed (accommodations or supports) because of their disability. After the forum, **71%** of the youth could describe their needs and supports or identify individuals and/or agencies who can help.
- Half of the youth responded they knew where to find help with their goals at the beginning of the forum. After the forum, 69% of the youth felt confident in where to find help.

Speakers at the YLF are self-advocates, legislators, and experts in their area. They are selected not only for the knowledge they provide, but also how well they connect with young people.



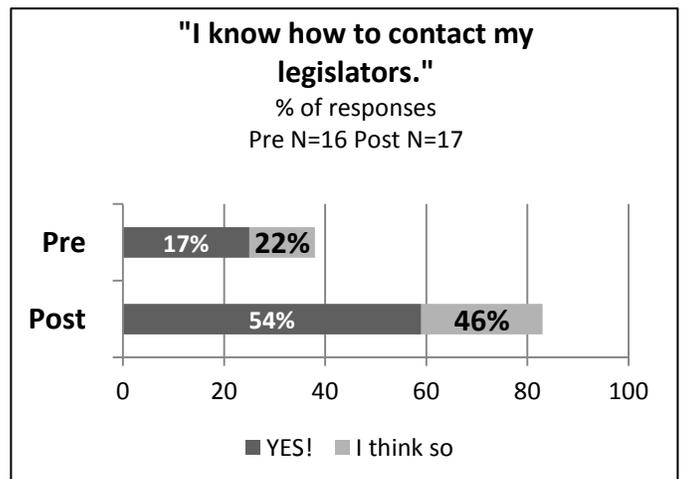
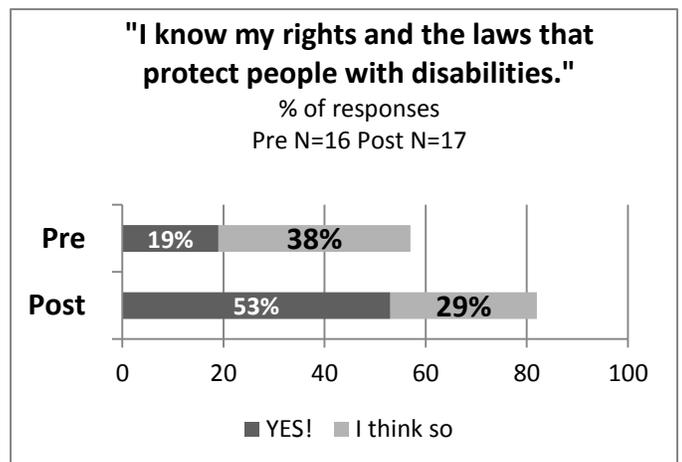
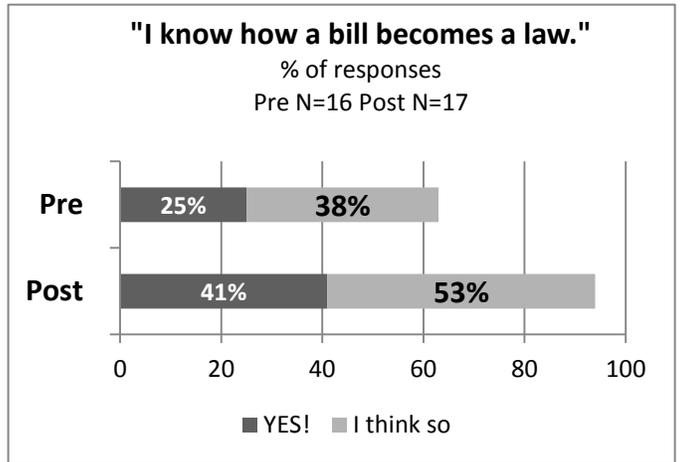
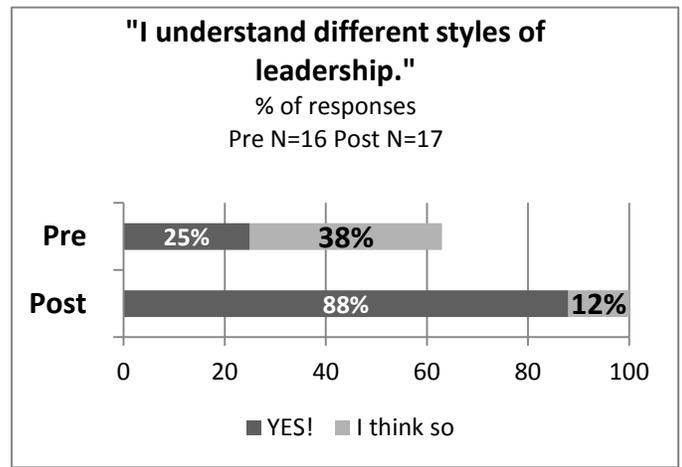
Youth Develop As a Leader

During the forum, delegates are introduced to principles of leadership. The YLF curriculum is weighted heavily in this area. Because of this, most of our time while at the forum is spent on helping students grow as leaders for themselves and others. Activities include collaboration skills and styles of leadership as well as studying legislative processes.

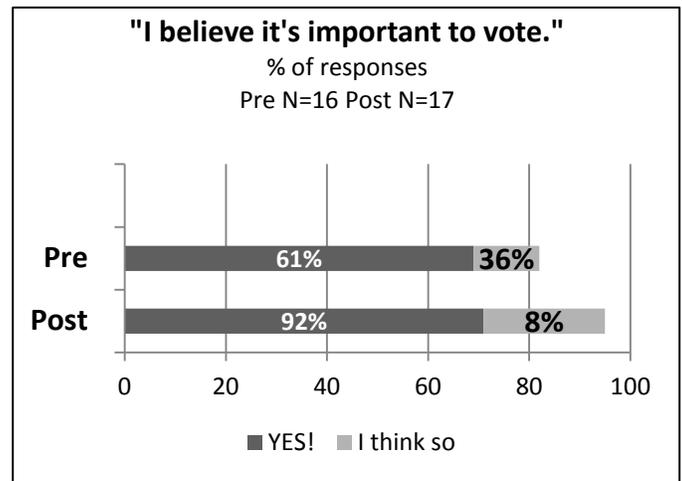
Through discussions and small and large group activities, delegates improve team-work and communication skills.

On the pre- and post-forum questionnaires, five questions indicate those outcomes for youth.

- At the end of the forum, **ALL** youth felt comfortable in understanding the different styles of leadership.
- At the beginning of the forum, 25% of the youth did not respond favorably in understanding the lawmaking legislative process. At the end of the forum, 94% of the youth responded they understood the process, with 41% responding without a doubt they understood the process.
- At the beginning of the forum, only 17% of the youth were confident they knew how to contact their legislators. At the end of the forum, 100% of the youth responded they knew how to contact their legislators, with over half answering “Yes, definitely.”
- At the beginning of the forum, 19% of the youth knew their rights and the laws in place to protect themselves and others with disabilities. At the end of the forum, 82% of the youth responded on the post forum survey they knew their rights and the laws that protect themselves and others with disabilities.



- On the pre-forum questionnaire, 61% of the youth answered with a confident “Yes! Definitely” in response to understanding the importance of voting. On the post forum questionnaire, 92% of the students answered “Yes! Definitely” in response to this question.

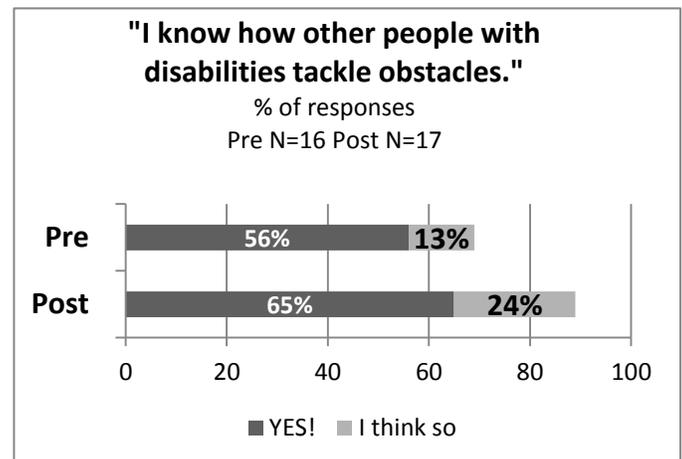
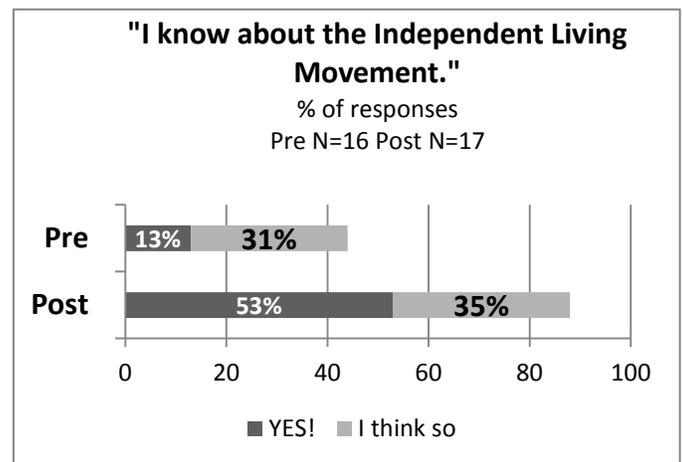
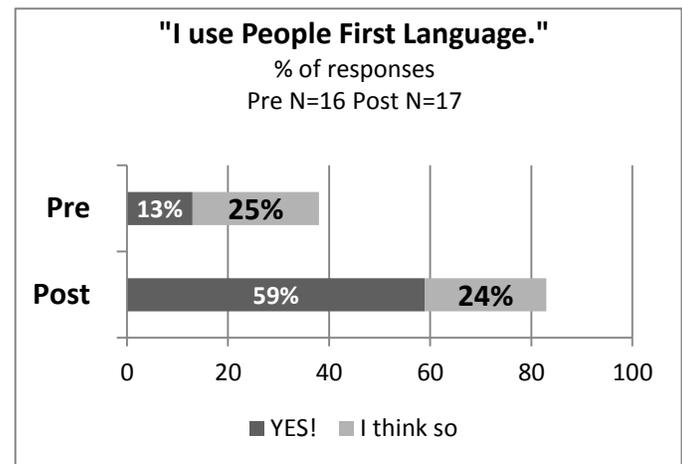


Youth Take Pride in Disability Culture

During the forum, delegates are introduced to history of the disability movement. They are also introduced to several successful adults who have a disability. Through discussions and small and large group activities, delegates develop a sense of pride in themselves.

On the pre- and post-forum questionnaires, three questions indicate outcomes for youth.

- On the pre-forum questionnaire, 13% of the youth responded they definitely use People First Language. On the post-forum questionnaire, 59% of the youth answered they definitely use People First Language.
- On the pre-forum questionnaire, 56% of the youth said they knew of the Independent Living Movement. By the end of the forum, 89% of the youth knew of the Independent Living Movement, with 65% answering “Yes! Definitely.”
- On the pre-forum questionnaire, 44% of the youth said “Yes, Definitely” or “Yes, I think so” that they knew how others with disabilities tackled obstacles. On the post- forum questionnaire, 88% of the youth answered they knew how others with disabilities tackled obstacles, with 53% answering “Yes! Definitely!”
- Youth demonstrated their leadership skills and pride in themselves through collaborating on a design for the theme “Get rid of the ‘R’ word.”



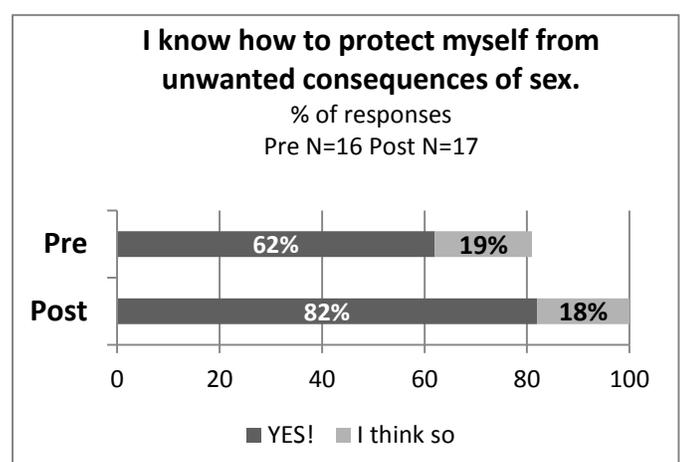
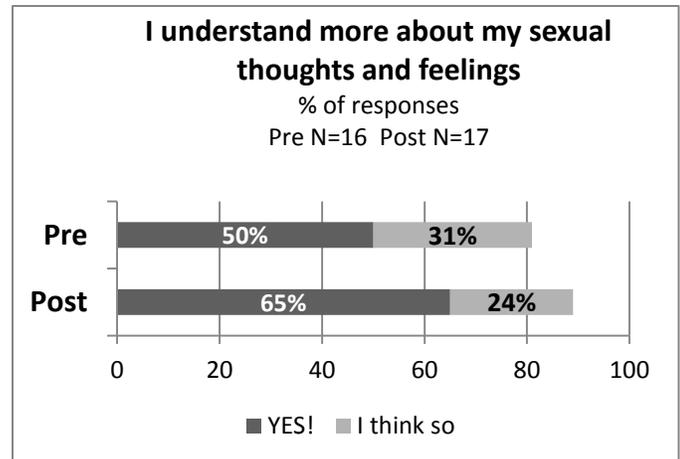
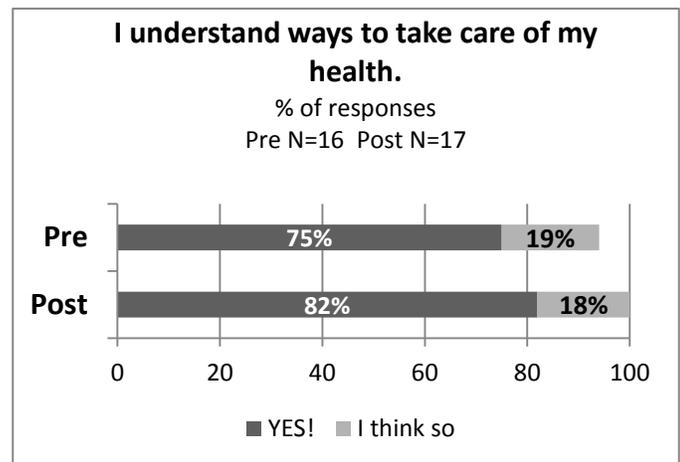
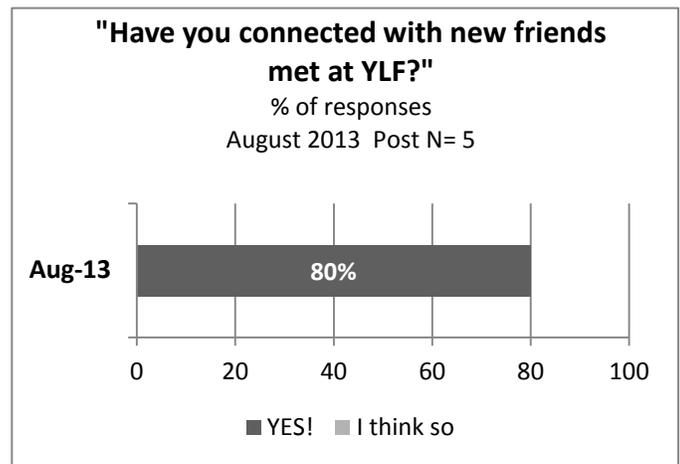
Youth Relationships Continue

After camp, youth complete a follow up questionnaire two months after attending the YLF. When asked if they have connected with new friends, 80% of the youth responded “Yes! Definitely!”

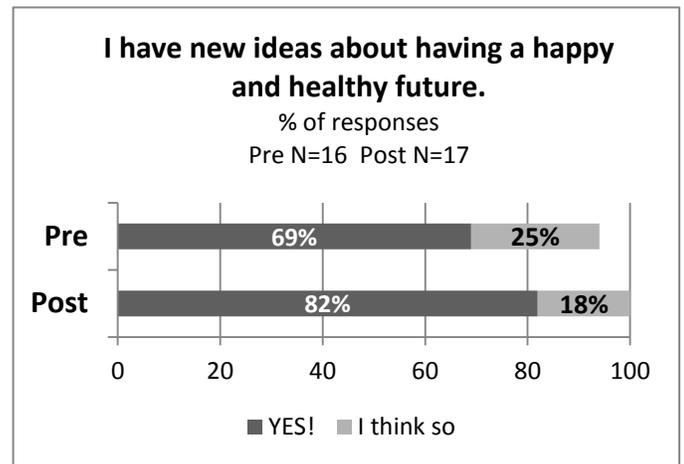
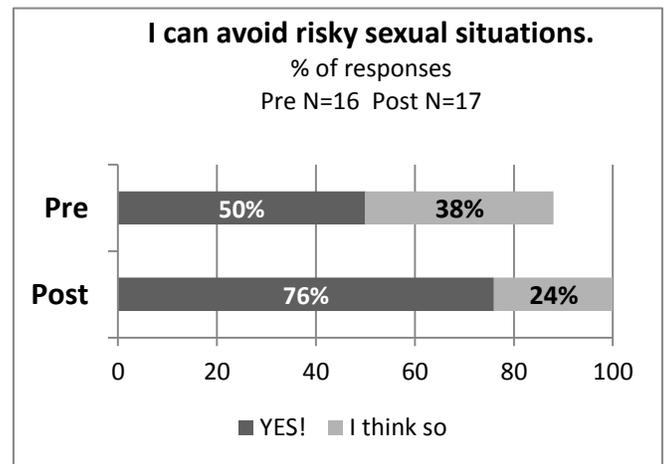
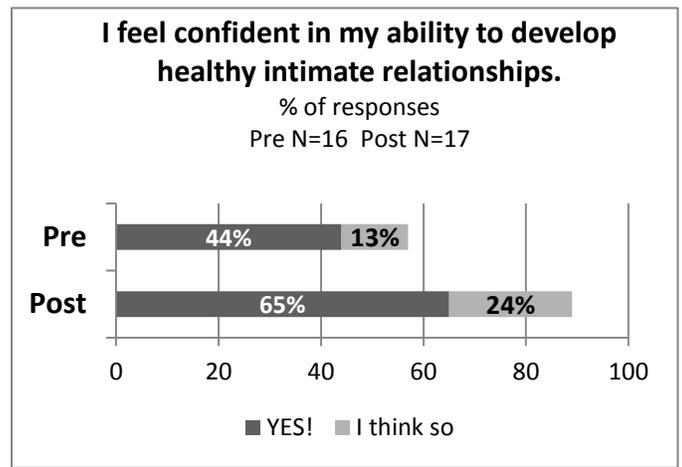
“It’s a huge family that supports you in any decision you make. They’re always going to be there to push you a little step further than what you think you can do. You’re always going to have that life-long friendship with everyone here.” -- A Graduate of the YLF

In the summer of 2013, the topic of human sexuality was added to the YLF curriculum. Youth had the opportunity to learn and discuss some of the sensitive issues they will face as they enter adulthood. Five questions on the pre- and post-questionnaires indicate outcomes for youth.

- On the pre-forum questionnaire, 75% of the youth responded they definitely knew ways to take care of their health. On the post forum questionnaire, **all** youth answered they knew ways to take care of their health, with **82%** responding “Yes! Definitely!”
- On the pre-forum questionnaire, 50% of the youth responded they definitely understood their sexual thoughts and feelings. On the post forum questionnaire, **89%** of the youth answered they understood their sexual thoughts and feelings, with **65%** of the youth answering “Yes! Definitely.”
- On the pre-forum questionnaire, 62% of the youth responded they knew how to protect themselves from unwanted consequences of sex, while on the post forum questionnaire, **100%** youth answered they knew ways to protect themselves from unwanted consequences of sex, with **82%** responding “Yes! Definitely!”



- On the pre-forum questionnaire, 44% of the youth responded they were confident in their ability to develop healthy intimate relationships. On the post forum questionnaire, **89%** youth answered they were confident in their ability to develop a healthy relationship, with **82%** responding “Yes! Definitely!”
- On the pre-forum questionnaire, 50% of the youth responded they definitely knew ways to avoid risky sexual situations. On the post forum questionnaire, **all** youth answered they knew ways to avoid risky sexual situations, with **76%** responding “Yes! Definitely!”
- On the pre-forum questionnaire, 69% of the youth responded they had new ideas about having a happy and healthy future. **All** youth responded they have ideas about a happy and healthy future, with 82% saying “YES! Definitely.”

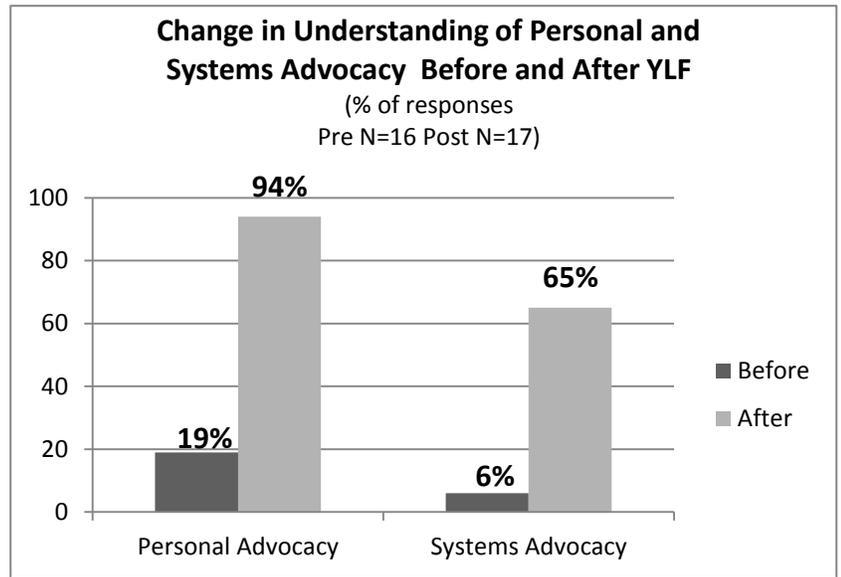


Youth Gain Understanding of Personal and Systems Advocacy

Presentations and activities at YLF are designed to improve youth's understanding of advocacy, both personal and systems advocacy.

Youth were asked to give examples of personal advocacy on the pre- and post- forum questionnaires.

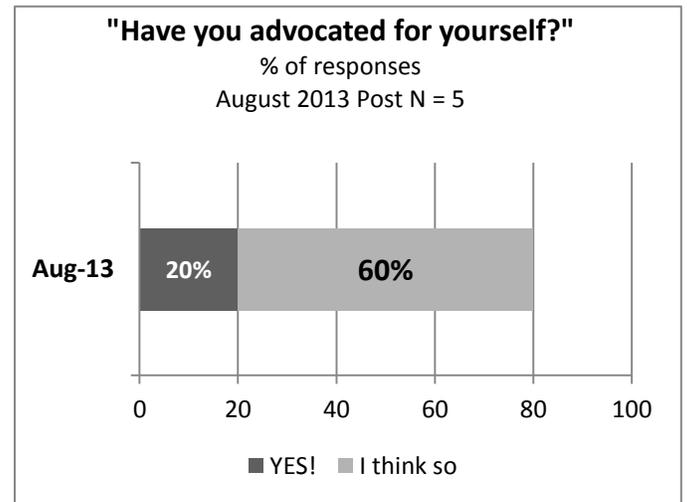
- 19% (3 of 16) of the youth were able to give at least one example before YLF.
- 94% (11 of 17) of the youth were able to give at least one example AFTER the YLF. Responses given include themes such as “asking for an interpreter” and “telling people what I need.”



Youth were also asked to give examples of systems advocacy on the pre- and post-forum questionnaires.

- 6% (1 of 16) of the youth were able to provide at least one example before YLF.
- 65% (11 of 17) of the youth were able to give at least one example AFTER YLF. Themes included “taking a stand for others,” “helping out another student,” and “help others with disabilities.”

On our camp follow up questionnaire mailed in August 2013, youth were asked if they have advocated for themselves. 60% responded Yes, I think so with 20% saying “Yes, Definitely!”



“My daughter scheduled time for her driver’s license test! She has a feeling of confidence now.”

-- Reported in August 2013.

“I advocate for myself and others now.” -- Reported in August 2013

“My son has more confidence. He proved to himself he could do more. He’s gone to his first school dance!”

-- Reported in August 2013.

Youth Develop Teamwork, and Collaboration Skills!

On the pre-forum questionnaire, 75% (12 of 16) of the youth were able to list actions of good team members. On the post-forum questionnaire, 100% (17 of 17) of the youth were able to list actions of good team members. Examples listed were: communicate, teamwork, and including everyone, and initiative.

On the pre-forum questionnaire, 13% (2 of 16) of the youth noted leadership when listing actions of good team members. Responses included:

- “being a leader”

On the post-forum questionnaire, 47% (8 of 17) noted working together when listing actions of good team members. Responses included:

- Teamwork
- Working together
- All team up to help each other finish a goal

Youth Understand the Benefits for Volunteering

On the pre-forum questionnaire, 56% (9 of 16) of the youth were able to list benefits of volunteering in their communities. Responses included:

- Helping others
- Getting experience

“This (YLF) was a great way to improve my leadership skills.” - In August 2013

On the post-forum questionnaire, 82% (14 of 17) of the youth were able to list benefits of volunteering in their communities. Responses included:

- Helping others in need
- Self-accomplishment
- Increase confidence



Youth Perceptions Before & After YLF

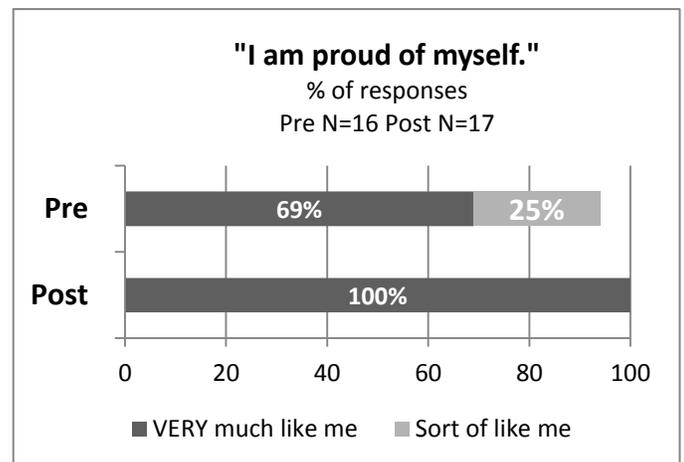
On both the pre- and post-forum questionnaire, youth were asked to name five positive characteristics of themselves. Youth were easily able to list five things on both questionnaires. There was a 10% increase in comments regarding friendliness and demonstrating the youth felt better about themselves socially by the end of the forum. “Leadership” was not mentioned by any youth on the questionnaires, but several positive character

The themes “before” and “after” were very similar	Before (68 responses from 16 people – avg 4.3 per person)	After (85 responses from 17 people – avg 5 per person)
Helpful	31% (5 students)	41% (7 students)
Friendliness	19% (3 students)	41% (7 students)
Smart	13% (2 students)	12% (2 students)
Compassionate, caring, kind	44% (7 students)	82% (14 students)
Positive attitude/humor	13% (2 students)	65% (11 students)
Other	(take up for others, polite, responsible, hardworking, trustworthy, respectful)	(happy, energetic, strong, creative, respectful, confident, fair, responsible, trustworthy, listener, fashionable, problem solver, optimistic, honest, artist, fast reader, good at debates, shy, good at math, deaf)

traits were mentioned by youth on the post forum questionnaire.

At the beginning of the week, 69% of the youth answered they were as capable as anyone else on the pre-forum questionnaire.

At the end of the forum, youth were given the same statement again, with 71% of the youth answering “Yes, Definitely!”



Youth Identify What's Important To and For

Helping youth understand what is important **TO** them (their preferences, likes and passions) and know what's important **FOR** them (supports they need) was discussed throughout the forum. Youth were asked what is important to them and what is important for them before and after YLF. Youth were able to easily identify at least one thing for To and For on both questionnaires.

On the pre-forum questionnaire, 94% (15 of 16) of the youth identified at least one thing important **TO** them. 69% (11 of 16) of the youth were able to list at least one thing important **FOR** them.

On the post-forum questionnaire, 94% (16 of 17) of the youth identified at least one thing important **TO** them. 94% (16 of 17) of the youth were able to identify at least one thing important **FOR** them.

Important TO examples very similar on pre- and post-forum questionnaire:

- Friends, family
- Religion
- Hobbies (camping, drawing, playing video games)
- Pets

Important FOR factors very similar on pre- and post-forum questionnaire:

- Sleep
- Taking medicines
- Basic needs (food, shelter)
- Job
- Supports (using a calculator)

These results demonstrate the participants' understanding of the concepts "important to and for."

"He's more confident and outgoing. He seems more willing to try new things." -- In August 2013

"My IEP is GREAT!" - In August 2013

"I talk more about things that matter to me." - In August 2013

Youth were satisfied with YLF

At the beginning of the week youth were asked what they expected to get from YLF. Responses from 12 of 16 who answered the question related to one or more of themes: self-knowledge (3 comments), making new friends (3 comments), self-esteem (2 comments), have fun (2 comments). Examples of their responses:

- “Expect to help my confidence; I don’t think I will make friends.”
- “A new look at life and to be able to interact among people and in my community.”
- “A lot of different things to learn for your school or community.”

At the end of the week, 88% of the youth said their expectations had been MORE than met.

Responses from 17 of 17 who answered the question related to one or more of themes: self-knowledge (2 comments), specific knowledge (5 comments), have fun (3 comments). Other comments:

- “I didn’t expect to learn so much about the history of my disability. I find it sad that no matter how much I read up about my disability at the bookstore/library or anywhere there is nothing about the ugly law.”
- “I learned how to help people more than I thought.”
- “I just thought we were going to talk about disabilities but we learned much more.”

At the end of the week, youth were asked what their favorite thing was.

- My favorite thing at YLF was: “(Lt. Governor) Todd Lamb’s speech.”
- My favorite thing at YLF was “Going to the state capitol.”
- My favorite thing at YLF was: “Everything was wonderful.”

Parents Perspective

In August of 2013, parents were asked their impressions of the experience for their child. 8 of 17 completed the survey. Responses were very positive and measurable.

Most meaningful aspect for your child from YLF?

- “I think it gave him more confidence. He felt safe and accepted at YLF.”
- “Learning that he is a very important part of his community no matter what others have said or told him.”

How has your child’s life changed from YLF?

- “More confidence.”
- “He has grown and matured.”
- “She has a feeling of confidence and independence that she can achieve anything she sets her mind to accomplishing.”

How has your life changed from YLF?

- “I have a clearer understanding of resources which will assist my daughter in achieving her goals.”
- “It is always encouraging to find people who have been in your situations and survived, even thrived! We were encouraged by other parents.”
- “Knowing that I have another resource to turn to for information to help my son.”

Appendices

1. 2013 Youth Leadership Forum Schedule
2. Logic model created for the Oklahoma Youth Leadership Forum
3. Pre-forum Questionnaire (given to youth attending the YLF on the first day)
4. Post Forum Questionnaire (given to youth attending the YLF on the last day)
5. August 2013 Follow Up Alumni Questionnaire (mailed to 2013 YLF attendees)
6. August 2013 Follow up Parent Questionnaire (mailed to the parents of the 2013 YLF attendees).

Appendix 1. 2013 Youth Leadership Forum Schedule.

Tuesday, June 11: Day 1	Where are you going?	Activity
9:30 – 10:30	Sparks Hall	Welcome! Check-in at Sparks Hall
10:30 – 11:30	Student Union – Station 82	1 st Small Group meetings: What are your expectations?
11:30 – 12:00	Cafeteria (Student Union 2 nd floor)	Lunch
12:00 – 12:30	Student Union – Station 82	Welcome to YLF – Jen
12:25 – 12:45	Student Union – Station 82	Welcome to YLF – Allie Cannington, California YLF Alumni
12:50 – 2:15	Student Union – Station 82	Dare to Dream – LeDerick Horne
2:15 – 2:30	Drover's Den (Basement Lounge)	Break / Snack
2:30 – 4:30	Student Union – Station 82	Leadership & Advocacy –
4:30 – 5:30	Student Union – Station 82	Visioning Your Future – Begin with an end in mind!
5:30 – 6:15	Cafeteria	Dinner
6:20 – 7:40	Outside (weather permitting)	Toxic Waste!
7:40 – 9:00	Student Union – Station 82	Ice Cream Social and Name Games
9:00-9:30	Student Union – Station 82	Small Groups meet – How was today?
9:45 – 10:30	Inside / Outside Sparks Hall	YLF Buffet-o-Fun!
10:30	Sparks Hall	Back to Dorm Rooms
10:45	Sparks Hall	Shhhh... Lights Out!

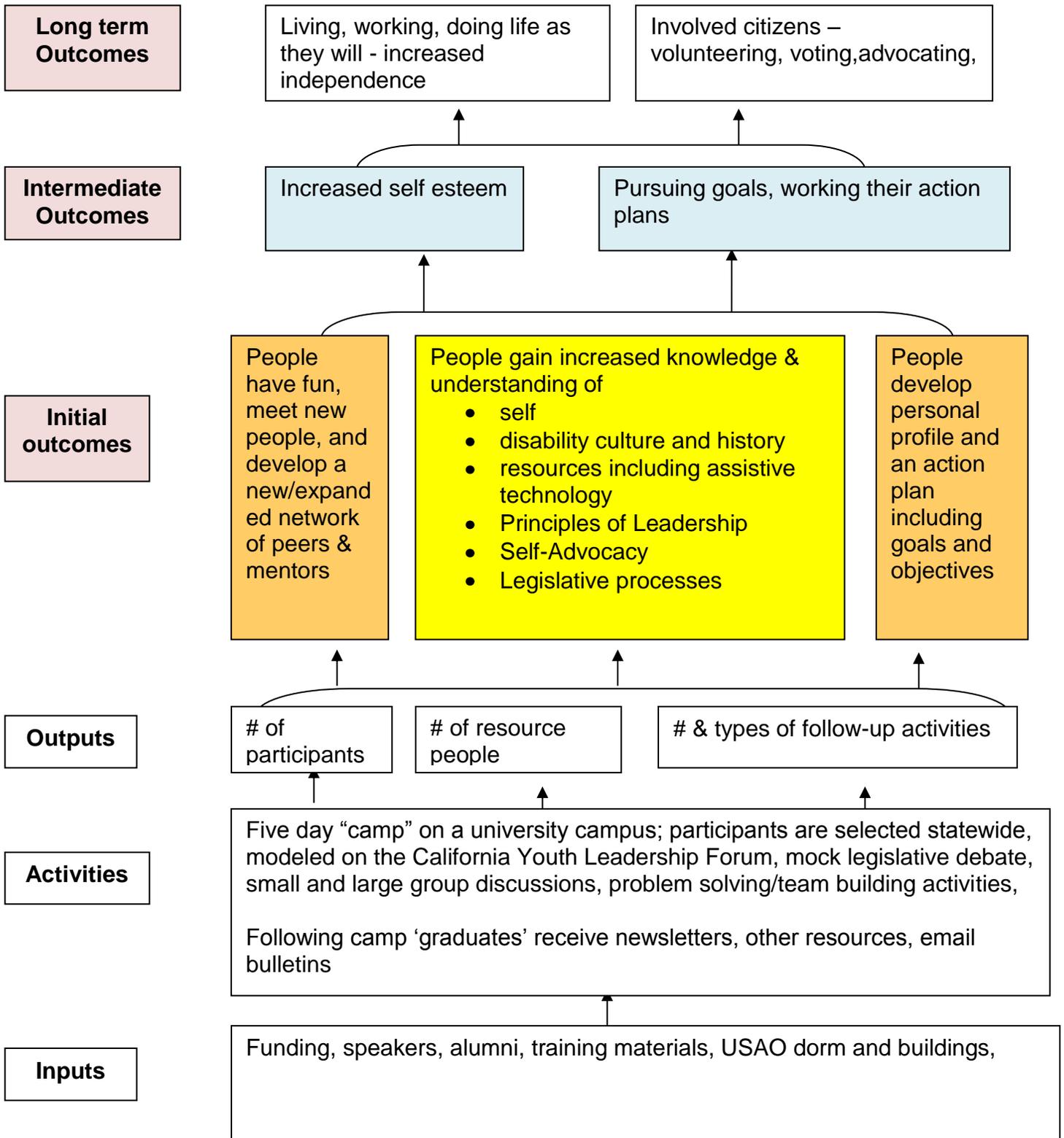
Wednesday, June 12: Day 2	Where are you going?	Activity
6:00am		WAKE UP! When you are up and ready, come out to the lobby of Sparks Hall. We'll walk over to the cafeteria for breakfast together.
7:30-8:00	Cafeteria	Breakfast
8:00-8:30	Station 82	Reputations...
8:30-10:30	Station 82 Regent's Room (2 nd Floor)	It's My IEP! – Dr. Jim Martin (Delegates Only) Telling My Story – Oklahoma Family Network (Alumni Only)
10:30-10:45	Drover's Den	Break
10:45-11:45	Station 82 Regent's Room	Your Action Plan – Dr. Jamie VanDycke (Delegates Only) Telling My Story – OFN (Alumni Only)
12:00-12:45	Cafeteria	Lunch
12:45-1:15	Drover's Den Regent's Room	Responsible Choices, part 1 (Girls) Responsible Choices, part 1 (Boys)
1:30-2:30	Station 82	Responsible Choices, part 2 (everyone)
2:30-3:00	Drover's Den	Break/Snack
3:00-3:10	Station 82?	Welcome to the Game of YLiFe – How to play
3:10-5:10	Station 82?	The Game of YLiFe: LYiFe Begins
5:10-5:30	Station 82?	Wrap up
5:45-6:30	Cafeteria	Dinner
6:30-7:30	Station 82	Oklahoma Legislative Processes – Representative Ben Sherrer
7:30-8:00	Station 82	Capitol Day! Agenda, Activities, Questions...
8:00-9:00	Station 82 & Drover's Den	Pro and Con teams prepare for the Debate
9:00-9:30	Station 82	Small Group time
9:30-10:00	Inside/Outside Sparks Hall	YLF Buffet-o-Fun
10:00	Sparks Hall	Back to Dorm rooms
10:15	Sparks Hall – Dorm Room	Shhhhh.... Lights out.

Thursday, June 13: Day 3	Where are you going?	Activity
6:00		WAKE UP! When you are up and ready, come out to the lobby of Sparks Hall. Be ready to load the bus by 7:00!
7:00-7:30	Bus	Load the bus (Don't worry about breakfast, we'll eat on the bus!)
7:30-9:00	Headed to the Oklahoma State Capitol in OKC!	Sleep, watch a movie, visit with friends, practice for the debate...
Arrival at Capitol-9:30	Rooms 412 A,B, and C (4 th floor)	Pro and Con teams last minute debate strategy planning.
9:30-10:00	Rooms 412 A, B, and C	Write a brief introduction note to your State Representative and State Senator.
10:00-11:05	State Capitol	Deliver your notes to your legislators. Remember to stay with a staff member at all times!
11:15-11:45	Blue Room (2 nd floor)	Your Role in Your Community – Oklahoma Lieutenant Governor Todd Lamb. We will also take a group photo with the Lieutenant Governor! Smile!
11:45-12:45	4 th Floor Rotunda (middle)	Lunch time! If you get done with lunch and would like to go to the gift shop, make sure you take a staff member!
12:45-1:00	House Chamber	Getting settled inside the House Chamber. No food or drinks are allowed in here!
1:00-2:00	House Chamber	Mock Legislative Debate presided by the Honorable Mark Liotta. Good luck Pro and Con!
2:00-3:00	Bus	Ride back to USAO. Sleep, watch a movie, visit with friends...
3:00-3:30	Sparks Hall Area	BREAK
3:30-4:00	Station 82	Meet with your small groups. How was the capitol? Prepare for the YLF Olympics!
4:00-5:30	Sparks Hall Area (weather permitting)	Learn about different roles through participating in the 3 rd YLF Olympics! Torch bearer anyone?
5:45-6:30	Cafeteria	Dinner time!
6:30-8:00	Station 82	Alumni Share!
8:00-8:30	Station 82	Community Mapping – where are you connected?
8:30-10:00	Station 82	Small Group Meetings
10:00	Sparks Hall – Dorm	Time to get ready for bed
10:15	Dorm rooms	Shhhhh.....Lights out.

Friday, June 14: Day 4	Where are you going?	Activity
7:00		WAKE UP! When you are up and ready, come out to the lobby of Sparks Hall. We'll walk over to the cafeteria for breakfast together.
8:00-8:30	Cafeteria	Breakfast
8:30-9:45	Outside Sparks Hall (weather permitting)	Candy River!
9:45-10:00	Drover's Den	Break
10:00-11:45	Station 82	Disability History – Michael Beers <i>Make sure anything that belongs to you is taken out of Station 82 after this session. The room will be converted for our dance.</i>
11:45-12:30	Cafeteria	Lunch
12:30-2:30		Small Group Meeting
2:30-3:00	Computer lab?	Speaking People First – Michael Beers
3:00-4:15	Computer lab?	Your own introduction – Jen
4:15-4:30		Break
4:30-5:00	Computer lab?	Your YLF USB Drive! – Jen
5:00-5:45	Sparks Hall	Clean-up for dinner!
5:45-8:00	Ballroom	Formal Dinner – Carey Sue Vega
8:00-10:00?	Station 82	Dance with Sweet-n-Low
10:00?	Sparks Hall	Return to dorms
10:15?	Dorms	Shhhhh... Lights out!

Saturday, June 15: Day 5	Where are you going?	Activity
7:00		WAKE UP! When you are up and ready, come out to the lobby of Sparks Hall. We'll walk over to the cafeteria for breakfast together.
8:45-8:15	Cafeteria	Breakfast
8:15-9:15		Last Small Group Meetings – Write "Letter to Myself," Self-evaluations; YLF evaluations;
9:15-10:30	Station 82	Mattress Factory
10:30-11:00	Sparks Hall	Pack for home! Take everything out of Station 82!
10:00-11:00	Regent's Room (Student Union upstairs)	Parent's only Session: Who's this kid and Where did mine go?
11:00-12:00	Station 82	You've Made It! Michael Beers
12:00-12:30	Station 82	YLF Certificates and Group Photos
12:30-12:45	Station 82	Closing Remarks – Jen
12:45-1:00	Sparks Hall	Reception at Sparks
12:45-1:30	Sparks Hall	Delegates and Alumni Check-out and depart. Remember to turn in your dorm room key! No key, no deposit returned!
1:30-3:00		Staff Wrap-up
3:00	Sparks Hall	Staff check-out and depart. Remember to check in your key!!

Appendix 2. Youth Leadership Forum Logic Model



Appendix 3. Pre-forum Questionnaire. This questionnaire is given to delegates on the first day of YLF. Staff and Alumni mentors may read the instructions and questions but provide no input in answering.

Youth Leadership Forum – What Do You Think?

Please make a ✓ in a space following each of these statements that matches how you feel - choose only one of these answers:

	 Yes definitely	 Yes I think so	 No I don't think so	 Definitely Not	 Don't know
1. I know what an “IEP” is.					
2. I know what transition planning is					
3. I describe what I need because of my disability					
4. I know formal dinner rules (etiquette).					
5. I use People First Language					
6. I know about the independent living movement.					
7. I know about how other people with disabilities tackle obstacles					
8. I know resources that can help with my goals or concerns.					
9. I set goals for my future					
10. I have a plan to achieve my goals.					
11. I understand different styles of leadership.					
12. I know how a bill becomes a law.					
13. I know how to contact my state legislators.					
14. I know my rights and the laws that protect people with disabilities.					
15. I believe it's important to vote.					
16. I know many ways to take care of my health.					
17. I understand more about my sexual thoughts and feelings.					
18. I know how to protect myself from unwanted consequences of sex.					
19. I feel confident in my ability to develop healthy intimate relationships.					
20. I can avoid risky sexual situations.					
21. I have new ideas about having a happy and healthy future.					

22. What are the benefits / good things about volunteering?

23. Give examples of

- Personal advocacy:

- Systems advocacy:

24. What are the actions of a good team member?

25. List 5 positive things about yourself

- 1
- 2
- 3
- 4
- 5

26. What is important “to” you - what do you like & love?

27. What is important “for” you – what you need for health and safety

<i>Please make a ✓ in a space following each of these statements that matches how you feel - choose only one of these answers:</i>	 VERY much like me	Sort of like me	 NOT at all like me
28. I tell others what I think.			
29. I can tell others what I am good at			
30. I make my own choices and decisions			
31. I know what kind of work I want to do			
32. I'm proud of myself			
33. I'm as capable as anybody else			
34. I introduce myself to people I don't know			
35. I speak up in my “IEP” and transition planning meetings.			

36. What do you expect to get from Youth Leadership Forum?

Appendix 4. Post Forum Questionnaire. This questionnaire is given to delegates on the last day of YLF. Staff and Alumni mentors may read the instructions and questions but provide no input in answering.

Please make a ✓ in a space following each of these statements that matches how you feel - choose only one of these answers:

	 Yes definitely	 Yes I think so	 No I don't think so	 Definitely Not	 Don't know
22.I know what an “IEP” is.					
23.I know what transition planning is					
24.I describe what I need because of my disability					
25.I know formal dinner rules (etiquette).					
26.I use People First Language					
27.I know about the independent living movement.					
28.I know about how other people with disabilities tackle obstacles					
29.I know resources to help with my goals or concerns.					
30.I set goals for my future					
31.I have a plan to achieve my goals.					
32.I understand different styles of leadership.					
33.I know how a bill becomes a law.					
34.I know how to contact my state legislators.					
35.I know my rights and the laws that protect people with disabilities.					
36.I believe it’s important to vote.					
37.I know many ways to take care of my health.					
38.I understand more about my sexual thoughts and feelings.					
39.I know how to protect myself from unwanted consequences of sex.					
40.I feel confident in my ability to develop healthy intimate relationships.					
41.I can avoid risky sexual situations.					
42.I know people now that I can contact if have questions or need advice					
43.I had fun at YLF					

44. I've made new friends

19. What are the benefits / good things about volunteering?

20. Give examples of

- Personal advocacy:

- Systems advocacy:

21. What are the actions of a good team member?

22. List 5 positive things about yourself

- 1
- 2
- 3
- 4
- 5

23. What is important “to” you - what do you like & love?

24. What is important “for” you – what you need for health and safety?

<i>Please make a ✓ in a space following each of these statements that matches how you feel - choose only one of these answers:</i>	VERY much like me	Sort of like me	NOT at all like me
25. I tell others what I think.			
26. I can tell others what I am good at			
27. I make my own choices and decisions			
28. I know what kind of work I want to do			
29. I'm proud of myself			
30. I'm as capable as anybody else			
31. I introduce myself to people I don't know			
32. I speak up in my “IEP” and transition planning meetings.			

33. What did you get from Youth Leadership Forum?

- More than I expected
- Just what I expected
- Less than I expected

Please explain:

34. What will you do differently now?

At home	
At school	
In the community	

35. How did we do?

Please rate your experiences during the sessions	Great, awesome!	Good, OK	Fair, ugh...	Poor, terrible!
Welcome - Allie Cannington (via Skype)				
Dare to Dream – LeDerick Horne				
Advocacy & Leadership				
Visioning Your Future: Your Dream Map				
Toxic Waste, Candy River, Mattress Factory				
Ice Cream Social & Name Game				
What is your reputation?				
It's my IEP!				
Game of YLiFe				
YLF Olympics				
Oklahoma Legislative Process – Rep. Ben Sherrer				
Being a leader – Lt. Governor Lamb				
Mock Legislative Debate				
Disability History & Independent Living Centers				
Alumni Sharing				
Advocacy History – Michael Beers				
People First Language – Michael Beers				
Formal Dinner				
Dance				
Making your One Page Profile				
Small Group Time				

Please rate each of these	Excellent	Good	Fair	Poor
USAO Campus				
Cafeteria Food and Drink				
Snacks provided				
Dorms				
Bathrooms				
Bus transportation				
Friendliness of Staff				
Medicine Distribution				
YLF Schedule				

What was your most favorite thing at YLF?

What was your least favorite at thing at YLF?

Anything else you want to say about your YLF experience?

Appendix 5: Follow Up Alumni Questionnaire. Mailed to youth who attended the 2012 YLF.

What's Happening?

Please take a few minutes to share what's been happening with you since YLF.

Completed surveys will be rewarded with one blue card!

Please make a ✓ in a space following each of these statements that matches how you feel - choose only one of these answers:

	☺! Yes definitely	☺ Yes I think so	☹ No I don't think so	☹ Definitely Not	? Don't know
45. Connected with new friends you met at YLF?					
46. Have you contacted your state legislators?					
47. Have you contacted with any YLF presenters with questions or for advice?					
48. Have you used dinner etiquette?					
49. Have you advocated for yourself?					
50. Have you used People First Language?					
51. Have you registered to vote?					
52. Have you told people about YLF?					

How are you different since YLF? (describe any changes in the ways you think, act, feel)

Your Self	
With Family	
At School	
In the Community	

Have you used any of the tools from YLF?	😊! Yes definitely	😊 Yes I think so	😐 No I don't think so	😞 Definitely Not	Please explain your answer 
USB drive					
One-page Profile					
Your leadership plan					
Your dream map					

Appendix 6: Follow Up Parent Questionnaire. Mailed to parents of youth who attended the 2012 YLF.

YLF and Your Child

Please take a few minutes to share what's been happening with your child since YLF.

Has Your Child:

Please make a ✓ in a space following each of these statements that matches how you feel - choose only one of these answers:

	 Yes definitely	 Yes I think so	 No I don't think so	 Definitely Not	 I don't know
53. Connected with new friends met at YLF?					
54. Contacted state legislators?					
55. Contacted with any YLF presenters with questions or for advice?					
56. Used dinner etiquette?					
57. Advocated for him/her self?					
58. Used People First Language?					
59. Registered to vote?					
60. Told people about YLF?					
61. Joined any new club or group since YLF?					

How is your child different since YLF?

(Describe any changes in the ways he/she thinks, acts, feels)

Him / Her Self	
With Family	
At School	
In the Community	

Please rate YLF:	Great	Good	Fair	Poor	Comments & suggestions
Application Process					
Interview process					
Acceptance packet					
Parent handbook					
Delegate check-in					
Closing presentation					
Delegate check-out					
Communication with YLF					
Professionalism of YLF					
Helpfulness of YLF					
Overall Experience					

What do you think was most meaningful aspect of YLF for your child?

What could have been better?

How do you think your child's life has changed by the YLF experience?

How do you think YOUR life has changed by the YLF experience?

Please note any other comments and suggestions:

Thanks!