Podcast Transcript
Creating and Sustaining Youth Leadership Councils

Youth Leadership Councils are critical for ensuring that programs and strategies for implementation of teen pregnancy prevention programs are relevant and a good fit for the needs of the community. In this podcast series, project implementers and youth talk about strategies for creating and sustaining Youth Leadership Councils.

Kristine Andrews: Hello. My name is Kristine Andrews, and I'm here today with a current member of the youth leadership team or the YLT at the UT Health Science Center at San Antonio, UT's Teen Health Program.

This program promotes adolescent health and wellness by providing medically accurate sexual health information to the community and encourages positive youth development and healthy life choices. The youth leadership team provides valuable feedback regarding teen sexual health education, clinical champions, and receptiveness of strategies for reaching teens in schools, clinics and youth serving organizations in Bexar County, Texas.

So, I'd like to get us started by asking our guest today - a current member of the YLT or the Youth Leadership Team at UT's Teen Health Program - can you tell us what it's like to participate in the YLT?

Youth: Participating in the YLT is a lot of fun, and the experience is like no other. It feels good to be a part of the team that supports such a great cause.
Kristine Andrews: Can you describe how you were recruited and what makes you stay engaged?

Youth: Well, I was first told of the YLT by my cheer captain who was a past member, and she invited me to an event that I attended, and it was at a time that I knew that I had to be a part of the YLT.

When the time came to apply for the new year, I knew I had to do it. Once my application was submitted and the telephone interview was done, I was accepted into the team. I soon engaged in the team by learning something new at every meeting. I'm able to teach others and be taught at the same time.

Kristine Andrews: Were you given opportunities? In what ways were you able to interact with your organizations' leadership or external community stakeholders?

Youth: Our leadership is always available to us by speaking to us at our meetings or our community events and even on our team conference calls. It is always a two-way conversation during these times. The knowledge and experience I've gained allowed me to feel comfortable interacting with them as well as with our external community leaders.

Kristine Andrews: Why would you encourage another organization to invest resources in YLT? What do they stand to gain?

Youth: Investing in the YLT would help with the spread of the awareness and the cause behind the mission of the YLT. They stand to gain the chance of supporting the group behind a good cause and, along with that, help in spreading the movement.

I feel that with organizations investing in the YLT, this will really help the YLT provide new opportunities for the community as well because we would
now have the means to do more and provide more for others as well as our team.

Kristine Andrews: And would you offer any words of advice to another organization on how they can most effectively work with a YLT?

Youth: Just always try to keep finding new ideas or ways to help to teach others about teen pregnancy prevention and do all that they can to share all information about teen pregnancy prevention with their community.

Kristine Andrews: Thank you so much for spending a few moments tonight to just tell us about your experiences as a member of a youth leadership team and how the organization authentically engages you to better their programming. Thank you for your time.

Youth: Thank you for having me.

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