

FYP Event 2024 Panel II: Authenticity, Agency, Action: Youth Voices & Well-Being of 2030

 FYP Summit: Panel #1

Date and time: September 13, 4:30 PM - 5:10 PM

- **Panel #1 - 5:45 pm - 6:30 pm**
- For the full Summit agenda, please refer to [this](#)

Moderator: Trace Terrell

The role of the moderator is solely to guide the discussion by asking questions to the panelists. This panel is an opportunity for the speakers to discuss their own efforts and leadership.

Panelists:

- Juan Acosta, Activist
- Areli Rosales, KeepInMind Founder
- Joanna Hua
- Alejandro Campoy, Passionate Person

Panel Description:

As panel #1 bring out the vast intergenerational ground on youth well-being issues and policies advocacy, this panel take a step further and deeper to return the attention to the people: What is the human experience of being a youth advocate, and how can we extend the care and love from those we advocate for, to ourselves, and to the stakeholders older than us that only as human as us?

This panel builds on panel #1 to spark a genuine dialogue with a diverse group of advocates, from veterans advocates to newcomers, from accomplished U.S. advocates to everyday European youth to explore intersection of personal experiences and policy advocacy. The goal is to refocus attention on our shared humanity, transcending labels of "youth," "stakeholders", "advocate," or "struggling individual." and highlight we are all only human, and together we make ourselves and the world a bit happier.

A study from Harvard Kennedy School which said that youth leadership is at an all time high. But how do we sustain that?

Let's move from "What does it mean to advocate?" to "What does it mean to be an advocate?"

Guiding Questions

Please note that each question is either assigned to two specific speakers or is open to everyone. This means that the responses from the speakers assigned to a particular question will be prioritized. However, if other speakers have additional thoughts, they are welcome to share. Importantly, please be mindful of the time when responding, as our panel is limited to just 45 minutes (we extended it).

These questions are provided to guide the discussion. The direction, depth, and breadth of the responses are up to the panelists and should reflect their own voices and ideas.

1. How does your journey intersect with the initiatives and/or policies you have advocated for to improve youth well-being?
 - Question is open to everyone to respond
 - ***Time per speaker (4 speakers): 3-4 minutes max***
2. What struggles have you encountered on this journey of advocacy, from battling mental health and well-being of advocating for others to yourself? How does advocacy change your well-being, and, more importantly, change you?

- Question specific to
 - ***Time per speaker (2 speakers): 4-5 minutes max***
 - Areli & Alejandro

Two themes

- becoming an advocate out of necessity
- Not advocates, we are experts
- Life cycle, especially experience personal lods
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3. Based on your past experiences, how can we be more compassionate to those older than us in the space? How can we stay authentic but also not only break intergenerational barriers but extend the care and love to the stakeholders?

- Question specific to
 - ***Time per speaker (2 speakers): 4-5 minutes max***
 - Juan & Joanna

Oxygen mask rule

Who is your support for advocacy

Listen to understand, not to respond or solve

In what ways do you think self-care and authenticity will help shape the landscape of youth well-being in the coming five years?

4. In three words, what are the key trends or developments you believe will shape the landscape of youth well-being in the coming five years? / How do you envision the role of youth in shaping behavioral health policies by 2030? / What concrete steps can youth take to influence behavioral health policies by 2030?

- Question open to everyone

- ***Time per speaker (4 speakers): 1-2 minutes max***