

# CYP Resources

## MEMBER MENU

[My Library](#)

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Be sure to [sign in](#) to your CYP Collective membership in order to access all the available links!

## Welcome

Start your CYP Collective journey by agreeing to the Terms of Service, acknowledging our Community Agreements & Guidelines, and taking the Welcome Challenge!

## Links to Welcome Resources

[Check Your Privilege LLC Terms of Service](#)

[CYP Community Agreements & Guidelines](#)

[Welcome Challenge Series](#)

[Welcome Packet](#)

## CYP Forms

### Volunteer

"live into the work" by contributing your time

### Community Care

request support from the community

### Honoring Community by Holding Each Other Accountable

use this form to share that you have experienced or witnessed disruption (committed intentionally or unintentionally) by a Co-Conspirator

### **Host an Activity**

host a Meet Up, Book Club, Discussion Group, or Movie Night

### **Tech Support**

request tech support for any CYP program, course, platform, etc.

### **CYP Scholarships**

request or donate to CYP Scholarships that allow access to CYP

### **Links to CYP Forms**

[Form: Volunteer Sign Up](#)

[Form: Community Care Request](#)

[Form: Holding Each Other Accountable](#)

[Form: Request to Host a Lounge Activity](#)

[Form: Tech Support Requests](#)

[Form: Request a CYP Scholarship](#)

[Form: Donate to CYP Scholarships](#)

## **CYP NVC Resources**

### **The O.F.N.R. Process**

classic formula fundamental to Nonviolent Communication

### **Self-Empathy Practice**

self-connection process that expands on the classical formula of O.F.N.R. to make room to acknowledge your beliefs present and to build awareness for the cues your body is giving you about what you may be feeling and needing

### **Feelings Inventory List**

feelings, pleasant or unpleasant, show us a need is met or not met

### **Needs Inventory List**

every human being shares the same basic universal needs that can umbrella over more specific values that can vary between individuals

## **Sensations Inventory List**

body sensations (in feet, hands, brain, lungs, temples, eyes, heart, throat, gut, stomach, fingers, skin, etc.) are clues about what we're feeling and needing

## **Links to CYP NVC Resources**

[The O.F.N.R. Process](#)

[Self-Empathy Practice](#)

[Feelings Inventory List](#)

[Needs Inventory List](#)

[Sensations Inventory List](#)

[One-Pager Inventory List](#)

## **CYP Curated Resources**

### **Collected from and for the CYP Community**

These resources are curated from both member suggestions as well as contributions from our Guides.

- Do YOUR OWN Research! If you feel a resource has been shared that deserves further investigation, please check it out and let us know! While we hope these resources meet the needs of all and are serving the highest impact with the greatest integrity, there may be aspects of these suggestions that have not been considered and we are interested in hearing your feedback! Trust your gut if something doesn't seem right and reach out to the CYP Hosts & Moderators.

### **How to Get the Most Out of These Resources**

**Lead with empathy.** If a resource has been shared that causes discomfort and tension, encourage your fellow CYP members to have the grace to get the work wrong by reaching out via direct chat message to discuss (we do not engage in public call-out culture at CYP). Remember that you are always welcome to contact Moderators and Hosts to provide guidance and support.

**Share generously in the "Feed".** The resources you have access to may be exactly what another member needs to hear today to solve a problem or seize an opportunity!

### **Links to CYP Curated Resources**

[Check Your Privilege Podcast](#)

[Catalog of POGM-owned Businesses](#)

[Book Titles \(Non-Fiction\)](#)

[Book Titles \(Fiction\)](#)

[Articles](#)

[Movies/TV Series/Documentaries](#)

[Podcasts](#)

[Quotes](#)

## **myisha t hill Opportunitites & Offers**

resources connecting you to the work of CYP Founder, myisha t hill to help you on your journey healing forward

### **Co-Conspired Coaching**

Whether you're feeling stuck in your work, love, or activism, myisha will deep dive with you to pinpoint practical steps, and craft a strategic plan to guide your journey forward

### **Heal Your Way Forward**

Order myisha's book *Heal Your Way Forward: The Co-Conspirators Guide to an Antiracist Future*

### **Live Into the Work**

Provided complimentary, download myisha's book *Live Into the Work*

### **TEDx: Heal Your Way Forward | The Path Toward Collective Liberation**

In this compelling Talk about our collective liberation, myisha evokes her ancestors from the Aakahn tribe of Ghana and following the power of Sankofa -- to keep our feet moving forward, and look back to pull out the lessons that we need to learn to make space for the future

## **Links to myisha t hill Resources**

[myisha t hill Co-Conspired Coaching](#)

[Order Heal Your Way Forward](#)

[Watch TEDx talk: Heal Our Way Forward](#)

[Download "Live Into the Work"](#)

## **CYP Help Center**

### **"I'm lost, how do I find the login page?!"**

If you get lost, you can always return to the login page here:

<https://www.checkyourprivilege.co/login>

You can also utilize the menu at the bottom in the footer of this page to find:

- My Library
  - where all of your products exist like community and course access
- Resources
  - a large gathering of curated resources to support you on your journey, CYP forms like Volunteer Sign Up and Community Care Requests, NVC assets, etc!
- Store
  - see what courses are available that you have not yet purchased!

### **"I just joined the community - where do I start?!"**

Check out our Welcome Challenge Series in the CYP Collective Community for some guidance!

[CLICK HERE TO ACCESS THE WELCOME CHALLENGE SERIES](#)

### **"Why don't I see the links to the resources on this page?"**

1. You may not be logged into your membership! Quick double check that you are logged in.

2. If you are logged in and viewing from the CYP Collective Community space, try visiting the CYP Resources page directly (again, make sure you're logged in when you visit):

<https://www.checkyourprivilege.co/cyp-resources>

### **"How do I make a donation to the CYP Scholarship Fund?"**

Would you like to support those who wish to participate in Check Your Privilege courses or workshops, or access the Co-Conspirators Lounge (the CYP Collective), but have limited resources available to them?

AMAZING! [PLEASE CLICK HERE TO FILL OUT THIS FORM!](#)

### **"I'm struggling to make the monthly subscription amount, how do I request a CYP Scholarship?"**

Would you like to participate in one of Check Your Privilege's courses or workshops, or access the Co-Conspirators Lounge (the CYP Collective), but don't have the financial means to afford it?

[PLEASE CLICK HERE TO FILL OUT THIS FORM](#) and the CYP Team will reach out within 7-14 days (we're a small team and decolonize urgency).

### **"I have a resource I think you should add to this page!"**

Wonderful, we would love to hear more. Please send a message to [operations@checkyourprivilege.co](mailto:operations@checkyourprivilege.co) that includes:

- the name of the resource
- how you would categorize it
- relevant link or document
- a message about why you believe this would support co-conspirators

This document is to support those with low vision and that require a screen reader. If you prefer to interact with this information on the web, [click here](#).

