**I AM ME YOUTH SUMMIT SCHEDULE**

**SATURDAY, FEBRUARY 10, 2024**

**8:30 AM**- Registration and Light Breakfast

**9:00 AM**- Welcome: Host- Simone Jameson; Fox 19 Now Reporter

Latisha Owens; Founder of Guiding Light Mentoring

**Youth Workshops (rotate to different rooms)**

9:35am - 10:05am

10:10am - 10:40am

10:45am - 11:15am

1:05pm - 1:35pm

**Youth Workshop Titles**

#1 – I AM ME: This workshop is about knowing your identity and the importance of who you are. You have the power to create what you stand for.

#2 – Hear My Voice: This workshop is about using your voice to advocate for yourself. What do you have to say? What’s your story? People need to know who you are and why it matters.

#3 – Building Up Your Community: This workshop is about leaning into relationships you have instead of focusing on relationships you are missing. Youth will learn skills to find the right people to add to their network of community. It truly takes a village.

#4 – Stop the Bleed Training: In this workshop you’ll learn three quick techniques to help save a life before someone bleeds out: (1) How to use your hands to apply pressure to a wound; (2) How to pack a wound to control bleeding; (3) How to correctly apply a tourniquet. These three techniques will empower you to assist in an emergency and potentially save a life.

**Parent Workshops (stay in same room)**

9:15am - 10:15am

10:20am- 11:20am

1:05pm - 1:50pm

These workshops will focus on teaching parents and/or guardians Suicide Prevention, Stop the Bleed Training, and Firearm Safety Training.

**Keynote Speaker**

11:20am - 12:00pm Joshua Reid, Founder & CEO of Inphlu

**Lunch**

12:05pm - 1:00pm

**Panel Discussion**

1:45pm - 2:30pm

**Final Remarks**

2:30-2:45

**Event Ends**

3:00pm