Youth Symposium Report

 We are very pleased with the outcome of our Youth Symposium, which took place on Saturday, March 14th at UNC Charlotte. We had 35 participants between the ages of 12-18. While some were Rhoers and Girl Scouts, many participants were organic, signing up after hearing about the event by word of mouth or through their teachers. We focused the symposium on the H3 concept, provided by Headquarters.

 Under the topic of Healthy Choices we are planning to place a focus around having and/or developing a health self-esteem. Collectively, we felt that if a woman has a strong self-esteem she is capable of anything personally, professionally, and socially. Throughout this breakout there was power point presentation discussing self-esteem development, online image and its implications, and choosing me. There was a Family Feud simulation using self-esteem related statistics from a brief survey completed at the day of registration, along with the opportunity for the participants to create vision boards. This session was led by Soror Riley.

 During the Healthy Living breakout session, Soror Anderson taught the participants about healthy eating at home. She focused the session on easy ways to be healthy at home and encouraged smart food choices and drinking more water. After this, Tuwanna McNeely, a member of Zeta Phi Beta Sorority, Incorporated, engaged the participants in a Zumba class. The young ladies seemed to jump right into the dancing.

 The Healthy Generation breakout engaged the participants on constitutional rights, gun violence, civil engagement and interacting with law enforcement. This session was led by Soror Roe, who engaged the young ladies in conversation and role playing. Deputy Chief Putney, from the Charlotte Mecklenburg Police, joined Soror Roe in her session.

 As a full group, there was a professional panel discussion comprised of 7 female professionals within the area representing diverse career fields. There was both Sigma representation as well as non-Sigma representation. All panelists were involved in a Greek organization. YS participants were invited to write down their questions to engage with the panelists.

 Bojangles donated 100 lunches, including sandwiches, chips and cookies. The Yellow Tea Rose Foundation graciously sponsored the vegetarian portion of the meal, which came from Subway. Coca Cola donated the drinks for the event. Breakfast was sponsored by local grocery stores, thanks to Soror Huntley’s diligent work. Our volunteers included 5 Philos, 7 unaffiliated volunteers/interested women and 31 Sorors.