Youth Symposium Report

As co-chairs for Youth Symposium, we have been working together in order to ensure that this year’s event is relevant, exciting, and impactful along the lines of our sorority’s mission. The sorority is aiming to focus the Youth Symposium around the 3H’s [Healthy Choices, Healthy Living, and Healthy Generations] along with a special focus on the social impact surrounding the events impacting the African American community. There will be breakout groups for each section with a professional panel discussion held for the entire group. Breakout groups will be tailored to separate the participants by age group in order to prevent sensitive topics to be age appropriate.

Under the topic of Healthy Choices we are planning to place a focus around having and/or developing a health self-esteem. Collectively we feel that if a woman has a strong self-esteem she is capable of anything personally, professionally, and socially. Throughout this breakout there will be a power point presentation discussing self-esteem development, online image and its implications, and choosing me. There will be 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.

During the Healthy Living breakout there will be a guest speaker from the Abundant Health who will focus their session on easy ways to get your health and wellness into the day. This session will be interactive, getting the girls up and moving. After this, Tuwanna McNeely, a member of Zeta Phi Beta Sorority, Incorporated, will engage the participants in 15 minutes of a Zumba class.

The Healthy Generation breakout will engage youth on constitutional rights, gun violence, civil engagement and interacting with law enforcement. This session will be led by Soror Roe, who will engage the young ladies in conversation and role playing. We have sent a formal invitation to Chief Rodney Monroe of Mecklenburg County.

As a full group, there will be a professional panel discussion comprised of 7 female professionals within the area representing diverse career fields. We are hoping to have as much Sigma representation on this panel as possible, but we are also inviting non-sorors as well. This portion will be driven around profession related questions from the audience in order to facilitate open discussion. We will allow the opportunity to ask questions before the group as well as have note cards available to account for those who may want their question asked anonymously. We have also comprised questions in order to help facilitate the discussion in the event there aren’t any questions on the table or the audience is slow to participate.

We are looking for sponsors to cover lunch and Sorors have signed up to provide refreshments throughout the day. We are in contact with a few different restaurants in order to provide a different yet healthy option for lunch. We feel Subway is very commonly used so we are leaning against that option. We are looking into Bojangles, Panera and Chick Fil A. In addition to inviting the children of the local greek community, invitations have been extended to Big Brother Big Sister, Girl Scouts, Girls on the Run, local churches, and via social media. The registration form and flyer information have been completed and put on the website and Facebook page.

As of right now, we have Sorors signed up to donate items for the event and to volunteer on the day. There are still times and items available to be filled.