



## Anchorage Youth Development Coalitions' Youth Matter Grant Guide

Application Deadline: Wednesday, 5:00pm on May 31<sup>st</sup>, 2017

[www.aydc.org/youthmatter](http://www.aydc.org/youthmatter)



# Building a Community where Youth Matter

## Preventing bullying and its consequences

The Anchorage Youth Development Coalition (AYDC) is working to improve behavioral health of Anchorage youth. In 2014, AYDC began working in partnership with the Anchorage Collaborative Coalitions (ACC), including the Healthy Voices Healthy Choices and Sprit of Youth coalitions. The ACC embarked on an in-depth community needs assessment to figure out how to improve behavioral health of Anchorage youth. Through the input of many community members and local data, we learned there is a direct link between poor mental health conditions and bullying. From this, the ACC decided to focus its efforts on preventing bullying and its consequences. Efforts toward this end include providing trainings, working on improving policies, and building awareness around the issue.

## **Youth Matter!**

An important piece of bullying prevention is to foster protective factors. By increasing protective factors, we can decrease bullying as well as reduce its consequences. National research has found that the perceptions of significance and mattering to others is related to improved mental health in both adolescents and young adults. The Youth Matter grant initiative seeks to build a community where youth know they matter. Funded projects will help to improve the relationships, environment, and experiences for youth in Anchorage.

**Youth Mattering:**  
youth's perception they are respected, trusted, supported, valued by others, and able to make a difference in their

## Creating projects that support Anchorage youth

Youth Matter grants are specifically intended to support community-based projects *through promoting* health, wellness, and other protective factors to support youth to feel like they matter to their communities. Projects are intended to support youth-led initiatives within the 12-16 year old age range.

In Anchorage, we asked youth to share what it means to them to “matter to their community.” We heard them highlight these three areas, which are now the goals for this grant program:

- **Safety.** Youth want to live in a safer community, not just for physical safety but also to be empowered to be themselves.
- **Support, Respect, and Fairness.** Youth want to be treated fairly and with respect by adults. Having friendly, supportive, and positive relationships with adults provides the right role models to empower youth.
- **Make a Difference.** Youth want to be engaged and make a difference. This may be through providing meaningful opportunities and service-based activities. Meaningful engagement also includes youth involved in decision-making, leadership, and implementing a project.

These not only help youth to *feel* they matter to their community, but *know* that they do matter!

Your proposal may be service projects, mentorship programs, a series of events or activities, a media campaign, peer-to-peer programs, or more. Be creative and innovative in your approach. The criteria and process outlined below are intended to guide your efforts to craft a proposal that supports youth in Anchorage to truly know they matter.

If you have questions, please feel free to reach out to Lindsey at [Lindsey@aydc.org](mailto:Lindsey@aydc.org).

## About the Anchorage Youth Development Coalition

### **Anchorage Youth Development Coalition**

The Anchorage Youth Development Coalition (AYDC) is a program of the Alaska Injury Prevention Center. The Alaska Injury Prevention Center's core purposes are to promote wellness, improve safety, and prevent injuries in Alaska. Here in Anchorage, the AYDC program promotes and integrates strength-based strategies through advocacy, resources, networking, and training to ensure that all Anchorage youth thrive. AYDC is working on this project in partnership with the Anchorage Collaborative Coalitions.

For more information, visit:

- Alaska Injury Prevention Center, [www.alaskainjurypreventioncenter.org](http://www.alaskainjurypreventioncenter.org)
- Anchorage Youth Development Coalition, [www.aydc.org](http://www.aydc.org)
- Anchorage Collaborative Coalitions, [www.anchoragecollaborative.org](http://www.anchoragecollaborative.org)

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## Grant Requirements

**Grant deadline:** Wednesday, May 31<sup>st</sup>, 2017, by 5pm

All applications must be submitted to the Anchorage Youth Development Coalition by 5pm on Wednesday, May 31<sup>st</sup>, 2017. Applications may be emailed to [Lindsey@aydc.org](mailto:Lindsey@aydc.org) or submitted online at [www.aydc.org/youthmatter](http://www.aydc.org/youthmatter).

Grant awards will be announced by June 14<sup>th</sup>. The grant cycle is from June 14 through September 30<sup>th</sup>.

AYDC plans to release another series of grants based off of this initial process. We value the community's input to improve our process and meet the needs of our community.

### **Grant funding limits**

A total of \$25,000 is available for these Youth Matter Grants. Each project is limited to a maximum of \$5,000 and must be focused on addressing two or more goals detailed in this document.

Your proposal may be service projects, mentorship programs, a series of events or activities, a media campaign, peer-to-peer programs, or more. Projects do not need to be new as long as they meet the goals of this grant.

### **Grant Project Team**

Projects are intended to support youth-led initiatives within the 12-16 year old age range. Priority will be given to proposals reaching this age group.

For every project, AYDC requires a "Youth Group Representative" and an "Adult Representative" to be lead representatives for the Grant Project Team. The Team will carry out the implementation of the project, and the Youth Group Representative and Adult Representative will be the main points of contact between AYDC staff and their Team.

**Who is eligible to apply?**

The ACC is looking to be inclusive in its awards so that youth organizations and other non-profit 501(c)(3) organizations are eligible to submit proposals. Applications must be within Anchorage.

**Who cannot apply?**

Individuals, for-profit, 501(c)(4) or (c)(6) organizations, non-Anchorage based organizations are not eligible. Applications are also not eligible if they promote lobbying, fundraising, electioneering, or are political. Applications will not be eligible if they discriminate based on, but not limited to, race, ethnicity, gender, sexual preference, marital status, age, ability, or creed. Funds spent prior to this granting cycle are also ineligible.

**Evaluation**

All grantees must agree to administer an AYDC evaluation for their projects. Evaluations may be catered to fit the objectives of individual projects as needed. This will be an internal evaluation for the AYDC to learn the effectiveness of our process and outcomes for youth. Evaluation outcomes may also be provided to your organization for internal use to strengthen or improve the project. All applicants must:

- Administer an evaluation survey to participants and youth involved in the project.
- Collect completed surveys and share with the AYDC Evaluation Committee.

**Share Stories**

To report on the success of the grant, grantees are required to document their work in a Project Summary and to share stories, photos, or other media with AYDC. AYDC will collectively share the stories of all the Youth Matter projects. Project participants will be asked to sign media release forms for these purposes.

**Liability**

Grantees will also be required to provide their own forms of insurance as needed. Individuals and organizations awarded grants relieve AYDC and AIPC from all liability issues with the implementation of your project.

**Anchorage Youth Development Coalition's Role as Sponsoring Organization**

AYDC is sponsoring these Youth Matter grants. AYDC is a program of the Alaska Injury Prevention Center, and our staff will administer, monitor, and report on these grants. AYDC staff will provide support for the project, including requiring grantees to meet at the start and end of their project with AYDC staff. Additional staff support may be arranged as needed.

**Origin of Funds**

The Anchorage Youth Development Coalition was awarded funds through the Alaska Department of Health and Social Services Division of Behavioral Health grant program for Comprehensive Behavioral Health Prevention and Early Intervention Services (award #602-207-1713). These funds require that only effective and proven prevention strategies be funded, which is why this grant guide is rooted in local research, provides an evidence-based framework, and offers support from AYDC through the grant process.

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## Youth Matter Grant Purpose and Guidelines

AYDC recognizes the strength of our community members and partners like you. We are excited to offer a Youth Matter Grant to youth organizations in Anchorage. These grants are specifically to support community-based projects that promote health, wellness, and other protective factors. Specifically, we want to foster youth to know they matter to their community.

**Youth Mattering:** youth's perception they are respected, trusted, supported, valued by others, and able to make a difference in their community.

### Goals

Based on our local research in Anchorage, we are looking to support projects that address *two or more* of the following goals:

- **Safety.** Youth want to live in a safer community, not just for physical safety but also to be empowered to be themselves.
- **Support, Respect, and Fairness.** Youth want to be treated fairly and with respect by adults. Having friendly, supportive, and positive relationships with adults provides the right role models to empower youth.
- **Make a Difference.** Youth want to be engaged and make a difference. This may be through providing meaningful opportunities and service-based activities. Meaningful engagement also includes youth involved in decision-making, leadership, and implementing a project.

### Criteria

The criteria and processes outlined below are intended to support your efforts to craft a proposal to meet the goals outlined above. An AYDC Committee will meet to score and award proposals, based on the rubric in Appendix A for your reference. Your proposals should meet the following guidelines:

- **Goals:** Projects should address two or more of the goals listed above to promote: **Safety; Support, Respect, Fairness; and/or Making a Difference.**
- **Our Aim:** We aim to support projects involving middle-school and high-school age youth in Anchorage.
  - We will give priority to youth-led initiatives within the 12-16 year old age range.
  - Some populations of youth may experience more bullying behavior and its consequences than others, which may include LGBT youth, youth with disabilities, and overweight or obese youth.
- **Youth Involvement:** Projects will receive higher scores that involve youth in leadership roles, in decision-making, and project proposal development and implementation. We also value youth and adult partnerships that foster support, respect, and shared value. For this, AYDC asks for a Youth Group Representative and an Adult Representative be identified for all projects.
- **Evidence-Based Practices:** AYDC and our partners are working to implement evidence-based practices to support Anchorage youth. This guide aims to do that by providing you with the right goals and framework. AYDC staff support will also offer guidance throughout the process. Below are additional project features known to promote positive youth development and reduce problem behaviors, like bullying. AYDC asks for two or more of the following project features to be incorporated into the design of your project: (See Appendix B for details)
  - Assure physical and emotional safety
  - Maintain appropriate program structure

- Build supportive relationships
- Maintain positive norms
- Provide opportunities for youth to belong
- Provide opportunities for self-efficacy and mattering
- Create skill-building experiences
- Integrate family, school, and community efforts

### **Example Projects**

AYDC hopes these criteria are specific enough to give you direction, but broad enough to allow for creativity. We're excited to hear from you! For youth, it's often *how* these projects are carried out, rather than *what* the projects are that make a difference. Here are some *examples* to help get the juices flowing:

- An art-based program to create and show local art in a public space, which supports youth to work toward a goal and expand their horizons.
- A media project to interview elders and produce short stories of their lives. This builds supportive relationships.
- A peer-to-peer youth mentorship program between middle-school age youth and elementary school aged youth. This helps express care to young people.
- Hosting service projects to clean and provide art to a neighborhood, which helps build skills and improve community conditions.

...and many more! We're excited to see your ideas!

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## **Contact Information**

For questions relating to the application process, please contact Lindsey at:

**Lindsey Hajduk**  
Anchorage Youth Development Coalition  
4241 B Street, Suite 100  
Anchorage, AK 99503  
[Lindsey@aydc.org](mailto:Lindsey@aydc.org)  
907-562-4184

## Youth Matter! Grant Application

To apply:

- Fill out the attached form and budget proposals
- Submit them to [Lindsey@aydc.org](mailto:Lindsey@aydc.org)
- Submit online at: [www.aydc.org/youthmatter](http://www.aydc.org/youthmatter)
- Deadline: Wednesday, May 31, 2017, @ 5pm

Stay tuned for future application opportunities as well!

Organization: \_\_\_\_\_

Name of project: \_\_\_\_\_

Date and time: \_\_\_\_\_

Location: \_\_\_\_\_

### Contact Information – Youth Group Representative

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Contact Information – Adult Representative

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

1. Project Description. Please share a general description of your organization and your project. Please, include the two or more program features (from Appendix B) you have incorporated into the design of the project. (limit to 500 words):

2. The Anchorage Youth Development Coalition is working to support youth to know they matter to their community through meeting the following goals. Please list the two goals you will achieve and describe how you will do that: (limit to 500 words)

- **Safety.** Youth want to live in a safer community, not just for physical safety but also to be empowered to be themselves.
- **Support, Respect, and Fairness.** Youth want to be treated fairly and with respect by adults. Having friendly, supportive, and positive relationships with adults provides the right role models to empower youth.
- **Make a Difference.** Youth want to be engaged and make a difference. This may be through providing meaningful opportunities and service-based activities. Meaningful engagement also includes youth involved in decision-making, leadership, and implementing a project.

3. AYDC is aiming to support youth 12-16 years old. Please describe who you hope to reach through your project, including age and other relevant demographics. Please share how the people, outreach, and strategies involved in implementing the project will be sensitive to your target group. (limit to 500 words)

4. Describe what impact you are hoping to make, and how you will know if you are successful. (limit to 500 words)

5. Please describe how youth were involved in the creation of this proposal, and how youth and adults will work together in decision-making and implementing the project. (limit to 500 words)

6. Provide a timeline for your project, including start and end dates? (limit to 100 words)

7. Budget request: \$\_\_\_\_\_

- Attach Project Budget: include detail by source, activity, and estimated costs.
- Please describe any in-kind or community donation support? (such as staff time, volunteers, funds)

8. Do you see any challenges in meeting grant requirements, including collecting a participant survey, meeting with AYDC staff, or anything outlined in this guide?

Yes / No

9. If yes please explain (200 word limit)

10. Have you previously partnered with the Anchorage Youth Development Coalition?

Yes / No



## Appendix A: Scoring Rubric

This scoring rubric is for your reference. This will guide the AYDC Committee on reviewing Youth Matter Project proposals. Higher scores will be based on the information provided in this guide.

Grant Proposal:	Points Available	Notes
<b>Project Overall (80 POINTS)</b>		
Clear understanding of protective factor “Youth Matter to their Community,” including two or more project features (from Appendix B)	20	
Project is designed to two or more of the stated goals: Safety; Support, Respect, Fairness; and/or Making a Difference.	20	
Target group of youth and/or community are clearly stated and align with overall goals	10	
Sensitivity toward youth group is reflected in proposal, including for cultural competence	10	
Achievable project impact is described, including measures of success	10	
Youth involvement in project proposal, decision-making, and future implementation	10	
<b>Grant Requirements (10 POINTS)</b>		
Commitment to meet grant requirements, including realistic timeline	5	
Overall completeness and quality of the proposal	5	
<b>Budget (10 POINTS)</b>		
Budget request is within limits	5	
Draft budget is clear, actionable	5	

## Appendix B: Program Features to Support Youth Mattering

### National Research Council: *Community Programs to Promote Youth Development (2002)*

*Community Programs to Promote Youth Development* is a report from National Research Council and Institutes of Medicine. The group evaluated and integrated the science of adolescent health and development with research and findings related to program design, implementation, and evaluation of community programs for youth. The report identified the program features of successful youth programs that promote development and reduce problem behaviors.

The more the eight elements are incorporated, the more likely youth programs will increase positive youth development including connectedness, empowerment and in turn, perceptions of mattering to others. A summary of the eight program features follows:

**Assure Physical & Emotional Safety:** Program “climate” needs to be positive and relaxed, playful, respectful, supportive. The setting is safe and health promoting; conflict is managed, resolution is modeled; youth who are different feel like part of the program.

**Maintain Appropriate Program Structure:** There are clear and consistent rules of behavior and consequences, developed with and agreed upon by youth. There is stability, limit setting and clear boundaries of appropriateness; control and monitoring as needed. Youth are engaged and participating in organized age-appropriate activities/projects. Activities based on youth interests.

**Build Supportive Relationships:** Staff are caring, respectful, open, approachable, supportive, trusting, playful, and flexible; can relate to youth culture, provides guidance, is firm, helps youth learn from mistakes, will challenge as needed; has good communication skills, mediates conflict.

**Maintain Positive Norms:** Youth know how they should act or not act within the program; understand responsibilities of participation; setting promotes positive values and morals, including the importance of giving back to the community. Staff has high expectations based on individual’s traits and talents.

**Provide Opportunities for Youth to Belong:** Staff create a feeling of membership (team, family, group identity); youth have “buy-in” to the projects/activities; activities reflect the background and culture of participating youth. Assure opportunities for meaningful inclusion, regardless of one’s gender, ethnicity, sexual orientation or disability.

**Provide Opportunities for Self Efficacy and Mattering:** Settings need to be “youth centered” with empowerment practices that support autonomy and opportunities to make a real difference. Youth have responsibilities and a variety of roles and activities to choose from (e.g. advising, designing, researching, planning, teaching, organizing, advocacy, evaluation). Efforts focus on individual improvement. Meaningful challenges and engagement empowers youth and builds self-efficacy.

**Create Skill–Building Experiences:** Youth learn and practice new life skills and social emotional learning through meaningful activities and intentional experiences (e.g. goal setting, problem solving, decision making, communication, team work, pre-employment, financial, technology and media skills.)

**Integrate of Family, School and Community Efforts:** On going communication with parents and guardians; open communications with school staff, coordination and collaboration with other programs and agencies; provides referrals and resources for youth and families; participates in community wide events.