

# **Strategies for Incorporating Disabled Youth and Young Adults Tip Sheet**

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## **Mentoring**

- Connect disabled young people with older adult mentors in the field.
- Provide disabled young people with opportunities to build consistent connections with adults working in areas relevant to their lives.

## **Youth Advisory Boards**

- Establish youth advisory boards at your organization to help inform policies, procedures, and training materials.
- Compensate young people for their time.

## **Equitable Compensation**

- Equitable compensation is important for ensuring engagement with disabled young people is not exploitative.
- Secure or designate funding for any contract work, focus groups, feedback, or other work requested from young people.
- Create flexible compensation structures, such as the option to choose gift cards, so that compensation does not jeopardize disability-related benefits.

## **Blogs**

- Hire young disabled people to write blog posts for your organization on subjects relevant to their lives and lived expertise.
- Share their writing on social media and with policymakers and political influencers in the field.

## **Podcasts**

- Hire young disabled people to speak as guests on existing podcasts that your organization may produce already or create a new podcast for young disabled people to share their voices.

## **Commission Artwork**

- Commission artwork from young disabled people to share on social media.
- Include their artwork on published reports or toolkits or share on your website.

## **Social Media Takeovers**

- Feature disabled youth and young adult leaders on your organization's social media account.
- Allow young people to "take over" an organizations social media account for a day or week, allowing them to post approved content that is relevant to their lives.

## **Authorship and Attribution**

- Give credit where credit is due. Name youth and young adults as authors on work that they have contributed to, either in part or in full.

## **Outreach Strategies**

- Post opportunities for work in public places that young people frequent, such as schools, recreation centers, disability or youth resource centers.
- Post opportunities for work on social media platforms, and tag organizations such as schools, or youth-focused organizations, that may be able to share opportunities with disabled youth.

## **Internships and Employment**

- Hire disabled young people for paid internship and employment opportunities at your organization

## **Resources:**

[Youth Collaboration Toolkit](#) from True Colors United

Learn how federal agencies such as HUD are implementing [Youth Action Boards](#).

A list of disability cultural centers on college campuses can be found at the [University of Illinois at Chicago](#) website.

A Way Home America, an organization focused on youth housing justice, provides a resource on [equitably compensating young people](#) for their time.

To find examples of Youth Advisory Boards, see the resources below:

- [National Alliance for Mental Illness, Youth Advisory Board:](#)
  - The NAMI YAB provides feedback to improve NAMI's content, programs, and initiatives.
- [National Runaway Safeline, Youth Advisory Board:](#)
  - The National Runaway Safeline Youth Advisory Board speaks on the National Runaway Safeline podcast and offers feedback on National Runaway Safeline training tools and initiatives.
- [Michigan Organization on Adolescent Sexual Health Youth Advisory Board](#)
  - The MOASH youth advisory board gives feedback on sexual health resources and trainings. They also plan and host their own events related to sexual health.