

16

STRONG PROJECT



Youth Advocacy Board

WHAT IS IT?

Hi there! We at the **16 Strong Project** are dedicated to empowering adolescents affected by adverse childhood experiences (**ACEs**) to take control of their own mental and emotional wellbeing. Our Youth Board allows students to participate in passionate projects and work with other youth mental health advocates.

"Mental health is something that we all need to talk about, and we need to take the stigma away from it. So let's raise the awareness. Let's let everybody know it's OK to have a mental illness" - Demi Lovato

HOW DO I JOIN?

To apply for the Youth Advocacy Board, please complete this **♥ Google Form ♥**

This form will ask you to submit either a video or short essay in which we ask you to introduce yourself, share about why, and how you think you can help push the 16 Strong mission forward.

WHO CAN JOIN?

Youth ages 14-24 who:

Want to grow as a leader and mental health advocate

Demonstrate excellent communication and organization skills

Are interested in collaborating with like-minded peers from across the country

Are able to inspire other youth and adults to take action for change

Are dedicated to making their community a more equitable place

Are interested in mental health education and awareness-building

For any questions email us at:

16STRONGPROJECT@GMAIL.COM

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