

Bringing Youth and Elders Together

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Benefits of intergenerational relationships

- Provides an opportunity for both to learn new skills
- Gives the child and the older adult a sense of purpose
- Invigorates and energizes older adults
- Helps reduce the likelihood of depression in elders
- Reduces the isolation of older adults
- Fills a void for children that may not have access to grandparents
- Helps keep family stories and history alive



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Activity ideas

- Community gardens
- Canning and/or cooking classes
- Cultural activities
- Technology classes
- Game nights



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Activity ideas

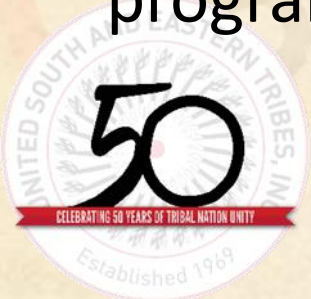
- Uniting child care and adult care
- Podcast creation
- Photo contests
- Chair yoga and guided meditation



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Community gardening

- Create a raised garden bed outside an elder center, youth center, head start building
- Place chairs around the garden for elders to sit
- While planting, weeding, watering and harvesting, elders can provide instruction and share stories
- Teach children songs to sing to plants
- Have elders assist in developing curriculum about traditional foods for youth and head start programs



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Canning and cooking classes

- Ask elders who are interested to open their home to three or four youth
- Elders can pass down the knowledge of canning fruits and vegetables that are harvested from the garden
- Have youth record recipes that are passed down from elders and create a group page on social media that community can access



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Cultural activities

Have elders sit with youth on a monthly basis to share cultural knowledge:

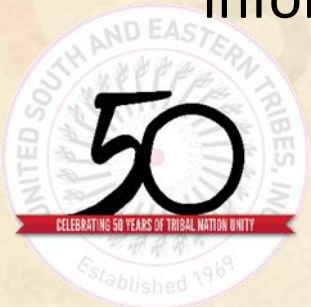
- Making of stickballs and sticks
- Basket weaving
- Beading
- Ribbon making
- Traditional dancing
- Traditional drumming



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Technology classes

- Don't undervalue seniors and their usage of technology
- Youth can assist older adults in how to use:
 - Their remote/DVR/television/Bluetooth player
 - Their phone – update contacts, how to text, how to take a picture
 - Social media – how to optimize their usage of Facebook
 - Computer – how to use email, how to find credible information on the internet



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Game nights

- Have youth and elders partner up to play:
 - Board games
 - Card games
 - Bingo
 - Video games
- Intergenerational play provides mutual benefits to the child and older adult



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Uniting child care and adult care

- Bring the “day care” to the Senior center
- There is nothing like the happy laughter of children and seniors
- Create an intergenerational learning center
- They read together, play together, share stories, eat together



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Youth-led & elder-informed podcasts

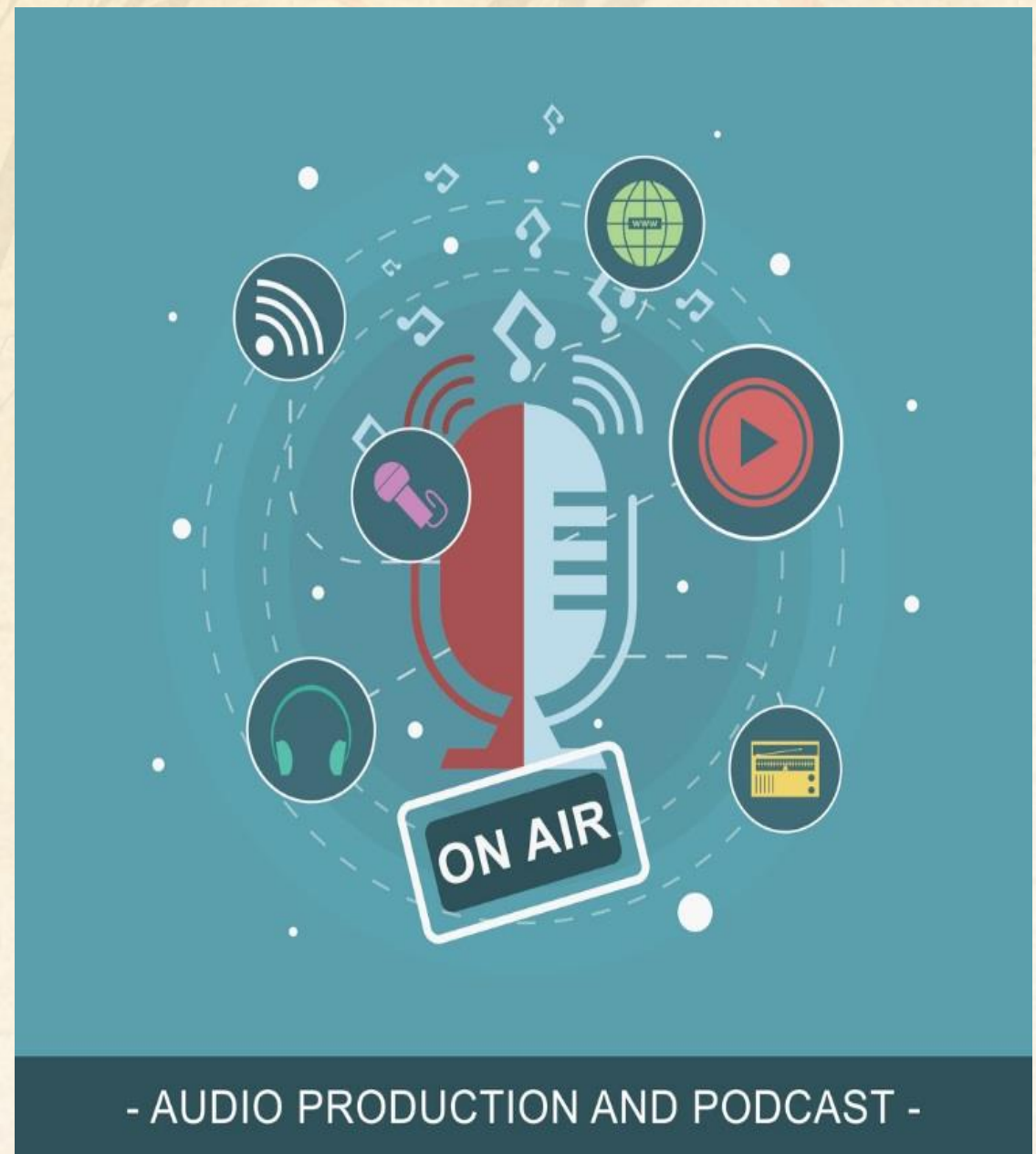
- Have youth create a series of podcasts
- Elders assist in choosing the theme and providing the information
- Youth come up with interview questions and discussion topics based on the theme
- Together they teach other and recordings are developed that preserve the culture of a Nation



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What is a podcast?

- A digital audio file that is made available on the Internet for downloading to a computer or mobile device.
- Typically a series.
- New installments can be received automatically by subscribers.



- AUDIO PRODUCTION AND PODCAST -



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Why youth-led?

- Young people often have the desire, energy, and idealism to do something about issues they see in the world, they are powerful agents for change.
- As students learn about an issue they care about, their natural instinct is to share their new knowledge and insight with others.
- In recent years, the use of social media to raise public awareness has been largely driven by young people and is a useful vehicle for raising issues and effecting change.



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Youth-led & elder-informed podcasts

- Commit
- Plan
- Be Consistent

CONSISTENCY
is not **perfection.**

It is simply
REFUSING TO GIVE UP

www.tinareale.com



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Youth-led & elder-informed podcasts

What do you need?

1. A microphone that plugs directly into your computer via a USB port.
2. A computer to record, edit, and upload the podcast.
3. Audio-editing software – Audacity is free and great for beginners.



Microphone Condenser 3.5mm FIFINE Plug in Microphones For Computer Recording on Amazon for \$16.99



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Photo contests

- Almost everyone loves a good picture
- Have a theme for each month – gardens, summer time, healthy foods
- The youth can take pictures on their phone and text/email to the senior center or organizer of event or use Instagram and hashtags
- The elders vote on the pictures
- Have different awards – most creative, best use of light, best overall, most comedic



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Instagram Photo Challenge



Summer Contest for Native Youth

We know that culture plays an important role in maintaining and improving our community's health. Whether it's hitting the powwow trail or pulling in canoe journey, summer is a great time to connect with your culture. Encourage youth you know to get involved in cultural activities and share their experience by entering this month's We R Native contest.

This month's contest asks American Indian and Alaska Native youth 15-24 years old, **"How do you #REPRESENT? What are some ways you're showing your Native Pride this summer?"** Youth can enter [online](#) or by sharing their story on social media using #REPRESENT. Stories will be featured on weRnative.org and youth will be entered to win up to \$150 (1st place), \$100 (2nd place), or \$75 (3rd place)!

Deadline for entries: August 20th

Enter Now!



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Photo challenge

- Instagram is the most popular social media platform with young people.
- It's fun! It will also give older adults a more personal look into the lives of young people.
- Can help everyone feel more connected.



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Instagram photo challenge

- Pick a time frame – needs to be manageable.
- Decide on award and how many.
- Choose a theme, such as “gardens.”
- Choose your prompts, or what they need to have in the picture (squash, for example). Keep the prompts simple –if it’s too difficult then people won’t take pictures.
- Create a hashtag.



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Hashtags

- Needs to be creative
- Needs to be unique – not already being used on Instagram
- Research hashtags for free on sites like Websta, FindGram and Iconosquare, but can also search on Instagram



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Photo challenge: WeRNative winners



#WERNATIVE PHOTO CHALLENGE

First Place: Ronald | November 2015

"I am currently studying abroad at Trinity College _ Dublin, Ireland, and I visited London, England for a weekend. Being abroad, I have become very aware of my existence as a Native American/Indigenous person on an international level and it is alarmingly isolating. Coming from a predominantly Navajo (Din.) community and living on the Navajo Nation, I am used to being surrounded by individuals who look like me and understand where I am coming from. Often times, I forget how much my ancestors have willingly sacrifice for my survival, my resistance, and my existence. I forget how very narrow the choices they had in life, and the choices they made were not for themselves. The choices they made were for me, and the generations after me. I owe my agency to being able to study abroad and attend institutions outside the United States to the choices and sacrifice of my ancestors, my grandparents, and my mother. If it was not for their support and their sacrifice, I would not be where I am today. I owe my existence to their resilience. We, as a community, have come a long way since the mass genocide and forced assimilation of our ancestors, yet at the same time we retain a legacy of trauma. At the same, we inherited a legacy of resistance and resilience. Being Native American/Indigenous means navigating this world, while being aware of the constant violence against us, yet possessing the ability to overcome them."

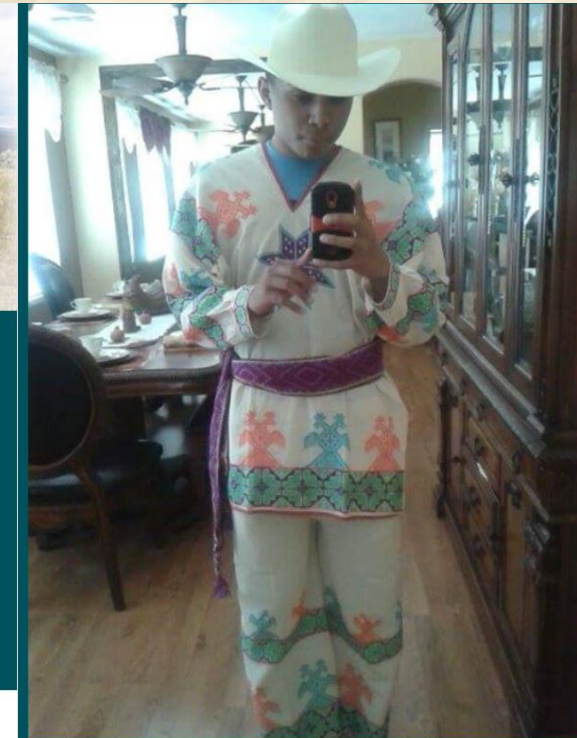


#WERNATIVE PHOTO CHALLENGE

Second Place: Chloe | November 2015

"Being Nez Perce is showing the country we as youth can be leaders no matter what age. We don't need alcohol, drugs, but knowledge of self, not take our history for granted. Learning and continuing our language in ways of life our ancestors gave us, we cannot drop the ball. Too many lives were given for us to keep thriving. Let's show our pride and be proud we are alive and thriving as future leaders, we are indigenous, we R Native."

share: [f](#) [t](#) [t](#)



#WERNATIVE PHOTO CHALLENGE

Third Place: Bayless | November 2015

Oglala Lakota / Huichol & Tohono Oodham #Nativepride



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Chair yoga and guided mediation

- Chair yoga is a gentle form of yoga that can be done while seated.
- Chair yoga is increasingly popular and is an excellent way to maintain physical strength.
- Children are usually overstimulated by technology. Guided meditation helps to slow them down and focus.



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Questions ???

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Resources

- How to Start Your Own Podcast - <http://lifehacker.com/how-to-start-your-own-podcast-1709798447>
- Publishing Podcast to iTunes - <https://create.blubrry.com/manual/podcast-promotion/submit-podcast-to-itunes/>
- How to Host an Instagram Takeover - <https://www.linkedin.com/pulse/how-host-instagram-takeover-stephanie-trembath>



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