

HEALTHY YOUTH SUMMIT AGENDA

SUMMIT DATE: 4/29/2025

START TIME: 9:00 AM

END TIME: 3:30 PM

TIME	DESCRIPTION	ROOM(S)
8:00 AM	REGISTRATION	
9:00 AM	OPENING SESSION (BEAT THE ODDS)	210 B
9:45 AM	BREAK & SNACKS	
10:00 AM	PANELS	210 B
11:00 AM	LUNCH & RESOURCE FAIR	
12:15 PM	WORKSHOP SESSION 1	210 A,B,C
1:00 PM	BREAK & SNACKS	
1:15 PM	WORKSHOP SESSION 2	210 A,B,C
2:00 PM	BREAK & SNACKS	
2:15 PM	YOUTH LEADERSHIP SESSION (SAFEBAE)	210 B
2:45 PM	CLOSING SESSION (MORE & BEAT THE ODDS)	210 B

WORKSHOP LIST

TIME	DESCRIPTION	ROOM(S)
12:15 PM	WORKSHOP SESSION 1	
	<u>YOUTH</u> : NAVIGATING CONSENT IN CLUBS & SPORTS	210 A
	<u>YOUTH</u> : STUDENT LEADERS CREATING A HEALTHY RELATIONSHIPS CULTURE	210 C
	<u>ADULTS</u> : SCHOOL EDUCATORS TAKING ACTION AGAINST GENDER-BASED VIOLENCE	210 B
1:00 PM	BREAK & SNACKS	
1:15 PM	WORKSHOP SESSION 2	
	<u>YOUTH</u> : HEALTHY COMMUNICATION, BOUNDARIES, AND BELONGING ONLINE	210 A
	<u>YOUTH</u> : LET'S TALK ABOUT IT: BREAKUPS & BOUNDARIES	210 C
	<u>ADULTS</u> : EDUCATOR DISCUSSION ON BUILDING INCLUSIVE SPACES	210 B
2:00 PM	BREAK & SNACKS	
2:15 PM	<u>EVERYONE</u> : YOUTH LEADERSHIP SESSION	210 B

WORKSHOP DESCRIPTIONS

WORKSHOP	DESCRIPTION	PRESENTERS
NAVIGATING CONSENT IN CLUBS & SPORTS	Learn how to understand, talk about, and respect consent in your clubs and sport teams.	Cambridge Rindge & Latin School
STUDENT LEADERS CREATING A HEALTHY RELATIONSHIPS CULTURE	Get the skills to promote healthy relationships at your school.	Natick High School
SCHOOL EDUCATORS TAKING ACTION AGAINST GENDER-BASED VIOLENCE	For teachers and staff: strategies to recognize, address, and prevent gender-based violence in our schools.	Wayland High School & Lincoln-Sudbury Regional High School
HEALTHY COMMUNICATION, BOUNDARIES, AND BELONGING ONLINE	Learn how to communicate effectively online, set your digital limits, and build positive online connections.	Digital Wellness Lab, BCH
LET'S TALK ABOUT IT: BREAKUPS & BOUNDARIES	Breakups can be tough, but not harmful. This workshop uses discussions, polls, and real scenarios to address misconceptions and emphasize safety. Participants will recognize healthy vs. unhealthy breakups and develop communication skills.	REACH Beyond Domestic Violence
EDUCATOR DISCUSSION ON BUILDING INCLUSIVE SPACES	For teachers and staff: let's talk about how to make our school welcoming and inclusive for everyone.	LGBTQ Youth Commission
HOW STUDENTS CAN LEAD	Develop your leadership skills and learn how to make a difference in our school and community.	SAFEBAE