

# HOW TO IDENTIFY YOUTH LEADERS



## WATCH

- Who are your young people listening to?
- Are any young people in your community already effectively engaging with others?
- Have any young people already campaigned for change concerning mental health in your community?

## ASK

- Ask youth!
  - Would they like to be a leader?
  - Who do they think could represent their interests effectively?
- Ask others in the community.
  - It can be difficult for young people who are quiet or introverted to take on leadership roles. They may not volunteer, but those around them may know they possess great listening skills, a passion for mental health, or quality relationship building abilities.

## LEARN

- Give young people a chance to lead and grow into Free Your Feels champions!
  - Youth leaders may need guidance in growing into their skills. Listen to their needs and goals, and help them develop the skills to achieve them!
  - Guide, don't do. Youth leaders are capable young people. Respect their goals for the youth in your community (even if you don't completely agree with them!).

