



YOUTH AND PATIENT ADVISOR ROLE

TIPS FOR HOW TO BE AN EFFECTIVE YOUTH ADVISORY MEMBER:

- ❖ Believe that your investment in your own health experiences will help you to make a difference for others.
- ❖ Empathetic Listening.
- ❖ Honesty.
- ❖ Availability for Council Meetings and other activities (approximately 4 hours a month).
- ❖ Ask questions.
- ❖ Acknowledge staff and program roles and capabilities.
- ❖ Be mindful about being in a judgment free anti-stigma/anti-racist zone.
- ❖ Learn to be comfortable with staff and other patients and families.
- ❖ Be willing to partner with other youth members.
- ❖ Work inclusively with a team.
- ❖ Do not deal with personal issues in the advisory meetings. When talking about an experience that did not go well, don't just complain – offer suggestions on how it could have been made better.
- ❖ Using appropriate language and distancing from personal anger if necessary.
- ❖ Be professional when addressing staff and council members.
- ❖ Be willing to partner with staff.

- ❖ Commitment, responsibility, and accountability for attending meetings and activities.
- ❖ If you find that you are having difficulty balancing your personal life, school life and the Youth Advisory Council, address this with Council Staff to ensure the best possible solutions.