

## Integrating Community Youth (I.C.Y.)

### Work-Shop III

**Composed by:** Kevin A. Ashby, MSHS MBA – I.C.Y. Coordinator at Argus Residence for Young People

**Objective:** To reduce and prevent biased-based or hate crimes by assisting youth experiencing or at risk of experiencing homelessness to further integrate into the community via education, information-sharing and self-esteem improvement.

**Materials:** Electronic device to show media from internet (i.e. laptop, PC, etc.), Photocopies of pages 7, 8, & 9. Pens or Pencils for each participant.

**Duration:** 45 minutes to 1 hour

### Introduction

*Moderator: Please Read Aloud*

We all have and/or belong to a community. Many people belong to more than one community. Community is defined in various different ways. One dictionary's definition of community is:

- 1 : a unified body of individuals: as
  - a: state, commonwealth
  - b: the people with common interests living in a particular area; broadly: the area itself <the problems of a large community>
  - c: an interacting population of various kinds of individuals (as species) in a common location
  - d: a group of people with a common characteristic or interest living together within a larger society <a community of retired persons>
  - e: a group linked by a common policy
  - f: a body of persons or nations having a common history or common social, economic, and political interests <the international community>
  - g: a body of persons of common and especially professional interests scattered through a larger society <the academic community>

One of the sub-definitions above is of special interest. “c: an interacting population of various kinds of individuals in a common location.” This definition is important because it realizes that first we are all individuals, unique and special each in our own way. Secondly, that we come

together and interact to form community. What is important is that we have a good and positive sense of “Self” and “Community” in order properly and safely integrate ourselves. Being a youth who experiences homelessness may make integrating into his or her community more of a challenge. The following will assist you in further integrating into your community.

## **Sense of “Community”**

Community may mean something different to us all, especially when we start to talk and think about sense of community and feelings of community.

### **Feedback:**

*Moderator: Please open up for brief discussion ≈ (approximately) 10 minutes*

What are some of the things or feelings that come to mind when you think of community? What are some of the various communities or groups might be a part of? What do you like about your community? What are some of things you might not like so much about your community? What are some of things you can do to improve your community? How can you help?

*Allow Responses and Discussion*

Some feelings or things that might come to mind when you think of community are:

- Neighbors
- School
- Church
- Sports
- Fun
- Safe & Secure
- Friends
- Parks

Some various communities you may be a member of are:

- Your region (i.e. Waterloo Region)
- Your city or town (i.e. Cambridge, Kitchener, Waterloo, N. Dumfries, Woolwich, Wellesley, Wilmot)
- Your school (i.e. Its mascot, logo and or crest)
- An on-line community (i.e. Myspace or Facebook)
- Girl scouts, Boy scouts, other community groups, etcetera

A sense of community is important, as it is important to feel and be a part of the whole. A sense of community promotes pride, strengthens peoples’ commonalities and assist persons to be better people; individually and as a community. While it is true that all communities are not perfect;

they are still communities that are made up of and belong to individuals. Every community can be bettered through hard work and perseverance.

## Sense of “Self”

Arguably, one of the more important things than a sense of community is a good sense of “self.” Sense-of-self for this workshop means realizing, understanding, accepting and liking one’s own-self. Many people may believe that this sense of self occurs naturally or that there is no effort involved in obtaining a good sense-of-self. Unfortunately, this is not always true or accurate for everyone.

Abraham Maslow, psychologist, is credited with the concept entitled “hierarchy of needs.” This concept states that all people have needs and after fulfilling the most basic of needs, people move on to fulfilling more complex needs. This hierarchy of needs is best diagramed in a pyramid form.



Diagram 1: Maslow’s Hierarchy of Needs (J. Finkelstein)

There are five distinct levels to the hierarchy of needs and at the base of the hierarchy are physiological needs. Physiological needs refer to those things which are vital to life:

- Air, Food, Water, Sleep, etc.

The second level is Security Needs and refers to a person’s need for safety:

- Shelter from the environment, security of body, of employment, of health and etcetera.

The third level is that of Social Needs. Social needs refer to person's needs for belonging, love and affection. Relationships with friends and family, romantic attachments as well as involvement in social, community or religious groups all help to fulfill a person's need for companionship and acceptance. This here relates to a sense-of-community.

The fourth level is that of Esteem Needs. Esteem needs are the need for things that reflect on:

- Self-esteem, personal worth, social recognition and accomplishment.

Finally at the top of the needs hierarchy is the level of Self-Actualization. Self-Actualization is at the top of the pyramid and refers to a state of being or state of consciousness. Self-Actualized people are self-aware, concerned with personal growth, less concerned with the opinions of others and interested in fulfilling their potential.

Both the fourth and fifth levels of the hierarchy of needs are directly related to 'sense-of-self.' Self-esteem and knowing one's own personal worth is a human need and a vital aspect of a healthy individual's life. Though Maslow's hierarchy of needs are debateable; his humanistic psychology focuses on the development of healthy individuals and contributed profoundly to the field of psychology.

### **Feedback:**

**Moderator:** *Please open up for brief discussion ≈ (approximately) 10 minutes*

What do you think of Maslow's Hierarchy of Needs concept? Where would you place yourself on the pyramid? At what level? Do you believe we move up the pyramid or levels of needs (moving on to higher needs as lower levels are attained)? Or do you think we as people are constantly trying to have all levels of needs met simultaneously (at the same time)? Are you meeting your needs?

### **Video Clip:**

**Moderator:** *Please insert the following address into the URL (address) bar of a laptop or PC for showing of the video or click the link below. Watch 7.58 minute of the video on improving self-esteem.*

[Career Counseling: Improving self esteem](#)

<http://youtu.be/wySXOCLGqpA>

*Note to Moderator:* *You may comment on key points of interest in regard the video and engage in brief discussion while and after passing out hand-outs (pages 7 & 8).*

**Moderator:** Please pass out hand-outs in regard to self-esteem and have each participant complete the self-esteem quiz.

**Quiz Answer Key:**

1. a. How I feel about myself
2. c. parents
3. YES
4. d. Inner qualities of your heart and/or e. achievements, accomplishments and talents
5. a. Substitute for the false self
6. e. All of the above
7. B
8. A
9. A
10. B

Having a good sense-of-self is crucial to integrating further into the community. Improving on self-esteem will assist with having a good sense-of-self. Improving upon your self-esteem is not only beneficial for career purposes but crucial to the existence of healthy individuals and safe, vital communities.

## **“You Are Not Alone”- EXERCISE**

This is the “You Are Not Alone” exercise. This exercise is meant to show youth that the predicament or situation of homelessness is not finite. In it is also meant to inspire and to give hope. Youth who experience homelessness are challenged more-so in regard to “sense-of-community” and “sense of self.” Myths about these youth lend to stigmas that these youth live with and have to strive to overcome. However, the issue of homelessness is a human issue and it is important for these youth to know that they are not alone.

**Moderator:** Please click on or follow the link below to the web-page *Celebrity Research Lists – Famous who were once homeless*. Simply scroll through the list of notable individuals and see how many people are recognizable to the participants. This should be fun and fairly informal. Please allow for discussion and banter ≈ (approximately) 15 minutes

[Noted Individuals Who Have Experienced Homelessness](http://www.angelfire.com/stars4/lists/homeless.html)

<http://www.angelfire.com/stars4/lists/homeless.html>

## **Dispelling Myths**

In order to combat stigmas associated with youth who experience homelessness, the myths and falsities in regard these youth must be dispelled. Shattering these negative conceptions will also

help to reduce and prevent biased-based or hate crimes against these individuals. A holistic approach must be taken to further integrating these youth into the community, fostering safer, healthy and more inclusive communities. Please prepare to watch the Integrating Community Youth Video ``Dispelling Myths About Youth Experiencing Homelessness`` and for a final, brief discussion to follow.

### **Video Clip:**

***Moderator:** Please insert the following address into the URL (address) bar of a laptop or PC for showing of the video or click the link below. Watch the entire video on dispelling myths.*

[Dispelling Myths About Youth Experiencing Homelessness](#)

<http://youtu.be/YTCIqme4vkM>

### **Feedback:**

***Moderator:** Please open up for brief discussion ≈ (approximately) 10 minutes*

Did you identify with any of the participants in the video? What message from the video sticks out for you (is memorable)? What are some of your hopes and aspirations? What are your educational goals? What kind of job or career would like to pursue? What lessons can we take away from the viewing of this video?

## **EVALUATION**

***Moderator:** Please pass out anonymous questionnaire form for completion by participants*

Please collect completed evaluation forms and mail, send or call for pick up to Kevin Ashby, I.C.Y. Coordinator at Argus Residence for Young People, PO Box 22041 RPO Water Street, Cambridge, Ontario N1R 8E3. Phone: 519-650-0452

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 **Ontario** Ministry of **Community Safety and Correctional Services\***



***Argus Residence for Young People***

*"The Watchful Guardian"*

*\*The views expressed in this video are views of the I.C.Y. Project and do not necessarily reflect those of the Ministry.*

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

### SELF ESTEEM QUIZ

1. Define self esteem:
  - a. How I feel about myself.
  - b. How I visualize myself.
  - c. How I esteem myself.
2. Who has the most influence on establishing your self esteem as a child?
  - a. friends
  - b. siblings
  - c. parents
  - d. teachers
  - e. employers
3. Is it possible to raise your own self esteem?  
NO                      YES
4. Esteem should be based on
  - a. Money, looks and clothes
  - b. Career and job.
  - c. Whether or no someone loves or likes you
  - d. Inner qualities of your heart
  - e. Many achievements and accomplishments and talents
5. Masks are created to
  - a. Substitute for the real self
  - b. Brings others closer to us
  - c. Protects us from injury of humiliation, overprotection, dominance, neglect
  - d. Gets us what we want
  - e. Makes us more genuine and real
6. How to raise self esteem
  - a. Believe in your inner qualities
  - b. Be willing to take risks and reveal true self
  - c. Accept weaknesses and learn from mistakes
  - d. Don't believe people who put you down – they have a problem if they have to do that
  - e. All of the above

***Decide which of the following are characteristics of low and high self esteem:***

- |  |                     |
|--|---------------------|
| _____ 7. Why try, I could never do it.         | A. High Self Esteem |
| _____ 8. There are many ways to solve problems | B. Low Self Esteem  |
| _____ 9. I'm just as good as anyone else.      |                     |
| _____ 10. Feels powerless                      |                     |

**You become  
which you think  
about most.**



*No one can make you feel  
inferior without your consent.*

*Eleanor Roosevelt*



*There are two different people in the  
world. One that says, "I wish I had"  
and the one that says, "I'm glad I did."  
Remember you can have anything in this  
world if you just believe in yourself.*





## EVALUATION – I.C.Y. WORKSHOP III

Anonymous (No Name Required): Please check Yes / No

1. Have you gained a better understanding of how youth who experience homelessness can better integrate into the community?

YES

NO

2. Do you believe you have a good sense of community?

YES

NO

3. Do you believe you have a good sense of self?

YES

NO

4. Do you now know more about your needs as an individual and how to improve self-esteem?

YES

NO

5. Do you understand how myths in regard youth experiencing homelessness can be harmful?

YES

NO

6. Would you like to know more about youth experiencing homelessness, biased-based or hate crimes and integrating community youth?

YES

NO

7. What was your favorite part of the work-shop in which you participated today?

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8. What, if anything would have improved this work-shop and your learning experience?

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