OCYR Committee Meeting
September 14th, 2022
RYSE creates safe spaces grounded in social justice that build youth power for young people to love, learn, educate, heal and transform the lives and communities.

**RYSE is a:**
- Home
- 'Beloved Community'
- Movement
- **RYSE Commons!**

**RYSE provides:**
- Sanctuary and safe space
- Opportunities to connect, heal, learn, and lead
- Programs in Community Health, Youth Organizing, Media, Arts & Culture, Education & Justice
- Trauma response and triage
“My experience with violence is very brutal…I grew up with violence as if it were my sibling.”

“Healing looks like education. If people understood their privilege and how their actions can deeply affect someone, I think that it would help a lot of people who are struggling with these issues.”

Source: RYSE Listening Campaign, YPAR 2015 and 2016
“Realizing institutions don’t work for you, but against you, is the first step to healing your community.”

“I feel like nobody would be able to understand except marijuana...it’s the best stress reliever...When I don’t have it it’s like WW3 and a half…”

“We know we can’t run the city- it’s too complex- but our experience and our voices should count, especially because we’re the most effected.”

Source: RYSE Listening Campaign, YPAR 2016-2017
Adult Allyship and Solidarity

We remember we are in service to young people, not the systems.

We tend to what young people need, want, hope, and expect. We make space for young people to consider what they need, want...

We build awareness and sensitivity to oppression and privilege and how it shows up in our lives and in the work.

We take righteous risks and commit to healthy struggle.

We engage in collective learning, unlearning, and healing together.
Healing Centered Practices

- **Listen** to young people - individually and collectively.
- **Validate** their experiences and feelings, including anger.
- **Partner** with young people in the creation of safe spaces.
- **Ask** them how they are doing, what they need and want, and be patient with their answers.
- **Be the adult** that a young person can trust and talk to without judgment. Research shows that having even just one supportive adult can mitigate and alleviate social and emotional distress. *And that one adult will be burnt out without other adults.*
- **Be the beloved community of adults.** We need collective care, mutual support, and mutual accountability to disrupt the social conditions of harm and to dream and build the systems young people deserve.
Building Beloved Community

Acknowledge and appreciate

- Greet and affirm. *Even when it is not reciprocated, it is being registered.*
- Create ways to learn and build on young people’s experiences and expertise.
- Create a program aesthetic with young people that is reflective of their hopes, dreams, expectations.
- In situations of holding accountability, continue to affirm.
Building Beloved Community

Be Proximate and Predictable

- Create expectations with clear measures of accountability and support. Do this with young people as much as possible.
- Stay consistent in expectations **AND** flexible in strategies/practices.
- Take a breath or pause when possible. Do this together with young people.
- Be honest when we don’t know something and commit to following up.
Building Beloved Community in Our Classrooms

Avoid labeling and Closed Language

- Easy v. challenging, good v. bad
- Non-compliant, acting out
- Apologize for our mistakes, and even for those of others.
- Remember that empathy is the pathway to skill-building and competency.
Building Beloved Community Cont.

• Acknowledge and address the social conditions of chronic stress.
  ○ Doing this provides relief and builds healing connections.

• Keep learning about power, privilege, oppression.

• Build sensitivity of our own and our young people’s social locations.

• Consider where we and our young people are protected by privilege.

• Consider where we and young people are burdened by it.

• Talk about it with each other.

• Practice and support accountability, allyship, and solidarity.