

**From:** [YMCA175](#)  
**To:**  
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FORWARD TO A COLLEAGUE

# GEN UP!

News and information for U.S. YMCA175 Delegates

#YMCA175

## MARCH 2019

### Get ready to "Volunteer 175" on June 8!



On Saturday, June 8, Ys around the world are celebrating the YMCA's 175th birthday by inviting people to **volunteer for 175 minutes** to improve their communities - together! World YMCA, the global resource office for Ys worldwide, has issued a **World Challenge** to Ys in every corner of the world to mobilize their communities for a day of good and **YMCA175 delegations are especially encouraged to participate!**

This one-day global volunteer event is the perfect opportunity for your YMCA175 delegation to **gain experience** exploring the critical issues impacting your community and begin to take action to create positive change. Volunteer 175 is a great example of how youth can "think global, act local" to positively impact society through the Y and examples from around the world will be shared at YMCA175!

Your Y's Delegation Leader has already received information about Volunteer 175 and we are encouraging all delegations to complete the following steps:

This newsletter is intended to help YMCA175 delegates "gen up" (get prepared) for a transformational experience at the [YMCA175 Global Youth Event](#) in London this August. Share it with fellow YMCA175 delegates and encourage them to [subscribe](#). You can also access past editions [here](#).

### Stay Connected!

Email: [YMCA175@ymca.net](mailto:YMCA175@ymca.net)



#YMCA175 #YforAll

### Gen Up: Talk Like a Londoner

To "take the Mickey" out of:  
To joke or tease someone in a lighthearted way.

*"I'm only taking the Mickey out of you, old chap, I wasn't serious!"*

### Delegations in the News



1. Meet as a group to identify the issue(s) in your community you are most passionate about addressing. (For a greater connection to YMCA175, consider how these issues connect to the global priorities outlined in the [UN Sustainable Development Goals](#).)
2. Develop a plan for a volunteer project you can organize at your Y **or** identify an organization in your community that you can volunteer with.
3. Delegation Leaders are asked to [register their delegation's volunteer project](#). Registered Ys will be listed on our [national website](#) so prospective volunteers can connect to a project near them.
4. Divide leadership responsibilities among members of your delegation.
5. Recruit people in the community to join you and make sure that all volunteers complete an [online pledge form](#) (the form can be filled out individually or as a group). This will enable us to measure the Y's collective global impact on June 8!
6. Share your volunteer plans on social media using #YMCA175 and #YMCAChallenge.

### Social Media Challenge

Learn how issues in your community are being addressed by Ys around the world. Grab a **Y in the World Deck** (you can [order a deck online](#) or just [print out a copy](#)), break into small groups, and follow these easy steps:

1. Have everyone pick a country card and read the facts about the Y in that country.
2. Have everyone share an example of how the Y in that country is working to address an issue that's relevant to your local community.
3. **Share something** you learned about an international Y on social media. (Be sure to use **#YMCA175!**)

The **Rogue Valley YMCA delegation** in Medford, Oregon made news this month with their successful fundraising efforts, which will enable them to send six teen leaders to participate in YMCA175. [Read all about it here!](#)

### YMCA Changemakers



**Peyton Klein** from the YMCA of Greater Pittsburgh created the **Global Minds Initiative**, a student-led afterschool program that combats cultural intolerance and discrimination by building bridges between English as a Second Language and Native English Speaking students. Click above to watch Peyton's TEDx Talk.

"We all laugh in the same language. We all smile in the same language."

- Peyton Klein, YMCA of Greater Pittsburgh

# #YouthStats



Did you know:

- Worldwide, 103 million youth ages 15-24 are illiterate
- More than 500 million youth ages 15-24 live on less than \$2 a day
- Every year around 20% of adolescents experience a mental health problem

Check out the UN's #YouthStats to learn about the critical issues impacting youth across the globe. What issues are most relevant to young people in your community?



East and Southern Africa is the region in the world most affected by HIV, accounting for half of new HIV infections and AIDS-related deaths worldwide. The [Ethiopia YMCA](#) educates youth on reproductive health issues and trains them to promote HIV/AIDS prevention to peers using a variety of engagement techniques including theatre performance, dance and music. Over 20,000 youth have been reached through this innovative peer-to-peer prevention campaign.