



*Mission: We aim to set an example for future generations by giving of time, talent, treasure, and ties to actively impact the lives of youth in Northwest Ottawa County.*

*Vision: A community where all youth have the resources and opportunities available, allowing them to be successful.*

*Values: Empathy – to understand the needs of the youth in our community;  
Integrity – in making equitable decisions for the youth in our community;  
Collaboration – through innovation and teamwork;  
Open-Mindedness – through a passionate and diverse group of youth representation.*

*We encourage grant proposals that celebrate inclusivity and build self-efficacy in our community's youth. Typically, grant awards range from \$2,500 to \$10,000.*

#### We Want to Impact:

- Mental & Emotional Well-Being: promoting and encouraging a positive atmosphere and mindful habits.

#### Our Focus:

- Stress Management: pressure to succeed academically/college readiness/social emotional curriculum, time management, coping skills
- Bullying: in person & via social media
- Mental Health: depression, suicide, anxiety, and self-harm
  - Mindfulness, coping skills, social emotional learning, self-care, healthy daily habits & routines
- Relationships that encourage emotional well-being and mental development – positive role models, healthy romantic relationships, positive social media interactions, etc.

#### The Data:

- On a scale of 1-10, students report their average stress level at 5.75
- 1 in 3 females have been bullied or harassed in the past 12 months
- Females report electronic bullying at 2 times the rate of males
- 31% of students reported being depressed (feeling sad or hopeless) in 2019
- 19% of students reported that they seriously thought about suicide
- Teen girls are 2 times more likely than boys to feel depressed
- 14.8% of students who reported dating or going out with someone have been called degrading names by that person
- 90% of students reported that their parents know where they are and who they are with



- Physical Well Being: promoting and encouraging a safe and healthy lifestyle.

Our Focus:

- Nutrition & Wellness - healthy eating & lifestyle, sleep, physical activity
- Body Image – social media perceptions
- Safety – distracted driving, dating violence, physical & emotional abuse, human trafficking, family & close relationships
- Substance Abuse – education, prevention, and treatment
  - Marijuana, Vaping, Alcohol
- Sexual Health – education & consent

The Data:

- 2 in 3 teens get less than 8 hours of sleep per night
- 49.9% of teens have been physically active for 60+ minutes per day in 5 out of 7 days yet, 59% spend 3+ on screens outside of school time
- 1 in 2 females are trying to lose weight, yet 3 in 4 are a healthy weight
- 26% of teens are above a healthy body weight
- Over 1,000 teens may have been trafficked for sex or for work (estimated among the population of 13-18 year old youth)
- 68% of 12<sup>th</sup> graders report texting or using the internet, apps, or email while driving
- 1 in 5 teens perceived little risk to vaping and 34.3% have used an electronic vapor product
- 39% of teens have had a drink of alcohol
- 55% of teens believe there is little to no risk to trying marijuana
- 60.2% of parent/guardian(s) have talked with students about what to expect regarding sexual health

- Community & Cultural Well Being: promoting and encouraging celebrations of harmony between people.

Our Focus:

- Embracing Cultural Diversity & Inclusion
  - Cultural Appreciation vs. Appropriation
- Social Engagement & Outreach – opportunities to engage, empower, and create youth communities
- Celebration and/or education of cultural differences

The Data:

- 19.7% of teens are involved in a leadership activity
- 58.8% of youth volunteered in 2019
- 39.1% of teens participate(d) in a school or community club



**Eligibility Requirements:**

Non-profit organizations (including churches, schools, government agencies, and community groups with a 501 (c)(3) non-profit status) may apply for grants for programs that benefit youth in Northwest Ottawa County. The YAC values projects that promote inclusiveness and that work to build self-efficacy in our youth.

**Application Process:**

To apply, please visit: <https://form.jotform.com/lgrevel/youth-grant-application>

**Grant Deadline:**

- October 16, 2020

**Helpful Hints**

- Have a clear-cut, organized goal with foreseeable long-term benefits for youth in Northwest Ottawa County.
- Involve youth in the program development and/or implementation.
- Address a need identified in the [2019 Youth Assessment Survey](#) (all data shown above is from this survey).
- The online application requires a program budget:
  - o List all expenses and income sources for your project, including the status of other grant sources (*pending or confirmed*).
  - o Specify *exactly* how requested grant funds will be used.

*\*If you have an idea for a project that does not fit in with the YAC's focus areas or is in response to the COVID-19 pandemic, please contact Lauren Grevel at [lgrevel@ghacf.org](mailto:lgrevel@ghacf.org) to discuss potential options and partnerships.\**