



Youth Environmental Summit



Speak Out. Act Up. Be the Change.

November 2, 2018—Barre Civic Center, Barre, VT

The **Youth Environmental Summit (YES)** is an annual conference for middle and high school students. YES is an opportunity to learn about environmental issues and get involved in local communities. The mission of YES is to inspire, encourage, and prepare youth for a life of environmental responsibility, service and leadership by increasing awareness and knowledge of environmental issues and fostering leadership skills.

NEW

NEW THIS YEAR—We welcome all 6th grade students who are interested to join us!

At YES participants engage in hands-on workshops, action-inspiring discussions, networking with environmental professionals and like-minded peers, and much, much more!

What to Expect at YES!

At this year's YES!, you can expect:

- ⇒ Fun & informative workshops!
- ⇒ Over 200 students ready to learn and share ideas about environmental projects!
- ⇒ Workshops focused on a wide variety of environmental issues that affect Vermonters!
- ⇒ YES Graffiti Wall to share ideas of what you can do to make a difference at home, school, or in your community!
- ⇒ Exhibit Scavenger Hunt to learn even more about the environmental initiatives and program opportunities that exist in VT!
- ⇒ Zero Waste Lunch to teach you how to do one at your school!
- ⇒ A 2 pm finish time so no one has to leave early and miss out on all of the fun!

Look at back side of this flyer for a list of workshops and the agenda for the day.

Registration Opens September 1, 2018

For more information and to register online, go to: www.uvm.edu/extension/youth/announcements. Check, Visa and MasterCard accepted—you can still register online even if paying by check.

Registration Deadline is October 15, 2018.

Workshops are first-come, first-served.

- Youth participants (grades 6-12) and adult chaperones must register; cost is \$10 per person.
- School or youth groups attending must have 1 adult per 10 youth ratio.
- Bring your own lunch, drinks & snacks and make it zero-waste! (Information online on how to make a zero waste lunch.)

We hope to see you at YES!

Financial assistance may be available.

Lauren Traister

4-H Teen & Leadership Program Coordinator
Lauren.Traister@uvm.edu, 1-866-260-5603 x402

If you require a disability-related accommodation to participate in this program, please contact Lauren Traister at 866-260-5603 no later than October 5, 2018.



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www.uvm.edu/extension/youth



Youth Environmental Summit



Workshops to be presented at YES:

- What Conservation Looks Like and Why It's Important
- Hey, There's Food in Our Trash!
- Waste to Want: The Cool Things Being Made from your Recycling
- Reduce Waste at Your School – Why It Matters, Strategies You Can Use and More!
- My Consumption, My Planet
- Sink Your Teeth Into Farm to School
- Finding Your Voice: The Cycle of Change
- Conducting School Waste Audits
- Project Based Learning and Sustainability
- Microplastic Pollution in Lake Champlain
- NorthWoods: Hands-on Job Experience in Conservation
- Healthy Home, Clean Waters
- How to De-escalate Conflict: An Important Life Skill
- St. Johnsbury Academy Field Semester
- Fighting Climate Change with Your Fork
- Precious Plastic: Plastic Recycling at School
- Vermont Atlas of Life & iNaturalist
- Think Globally & Act Locally – Working with Vermont Towns on Conservation
- Be Heard – Public Engagement on Environmental Permits
- Climate Action – The Next Generation of Local Energy Committees in Vermont
- Watershed Alliance Watershed Model & Microplastic Project
- Youth Climate Leaders: How You Can Take Action on Energy/Climate Change

YES Schedule

8:30	Arrive, Check In
9:00	Welcome
9:15	Workshop 1
10:05	Workshop 2
10:55	Workshop 3
11:45	Lunch (bring your own), Exhibit Scavenger Hunt
1:00	Workshop 4
1:50	Closing Remarks & Raffle
2:00	Go Home & Begin Your Action Steps!

YES workshops encourage participants to develop a service-learning project that focuses on an environmental issue to improve their local community. And, projects can be shared at next year's summit!

For a description of each workshop, please go to www.uvm.edu/extension/youth/announcements and click on "Youth Environmental Summit."

Sign Up Today!

www.uvm.edu/extension/youth



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Youth Environmental Summit (YES!)



Registration Form

To be eligible for this program:

- ✓ Be in grades 6-12 with a good character and possess/display leadership qualities
- ✓ Be willing to commit time to organize and conduct a service-learning project individually or with a group
- ✓ Consider showcasing your service learning project at next year's summit
- ✓ Have parent/guardian permission to take part in the conference
- ✓ Be committed to protecting and improving the quality of the environment

Print Clearly, Use a Pen

Name: _____ Gender: _____

School (do not abbreviate): _____ Grade: _____ or Adult Chaperone

Email: _____

Where Do You Live? (Circle One): Farm Rural/Town < 10K Town 10K-50K

Ethnicity (optional): ☐ Hispanic ☐ Not Hispanic *(for statistical purposes only)*

Race (optional): ☐ White ☐ Black ☐ Asian ☐ American Indian ☐ Hawaiian or Pacific Islander *(for statistical purposes only)*

We would like environmental clubs / school groups / individuals to showcase environmental projects you have done by bringing a tabletop or poster display. This is a great way to share ideas with other students! Please indicate if you need space for a display:

☐ tabletop display ☐ poster display ☐ will not display

Turn Page Over to Other Side

Things to remember:

- ☐ All youth participants must complete the **Parent/Guardian Permission Form** – scan and email to lauren.traister@uvm.edu, or mail to address listed below. Must be received by October 15, 2018.
- ☐ Fill out the **Workshop Selection Form** to guide you when registering online. Or mail it in with your registration so we can assign you to workshops. Remember, workshops are first-come, first-served – so it is best to register early and online!
- ☐ **Cost is \$10** per person. Go to <https://www.uvm.edu/extension/youth/announcements> and click on “Youth Environmental Summit” to register. **The deadline to register is October 15, 2018.**
- ☐ You can register online and pay by credit card or choose the “pay by check” option and mail in payment.
- ☐ If you are mailing your forms and payment, then send to: Youth Environmental Summit, c/o UVM Extension, 29 Sunset Drive #2, Morrisville, VT 05661. **Checks payable to “University of Vermont.” Note: we prefer that you register online.**
- ☐ If you require a disability-related accommodation to participate in this program, please contact the 4-H Office at 866-260-5603 no later than October 5, 2018
- ☐ **Bring your lunch, drinks & snacks** and try to make it a zero waste lunch. Information on how to do this can be found on our website.
- ☐ **No refunds will be issued after October 15, 2018.**

Youth Environmental Summit (YES!)



Parent/Guardian Permission Form

****All youth participants must complete and return this form by October 15, 2018.****

Scan and email to lauren.traister@uvm.edu or mail to:
YES, c/o UVM Extension, 29 Sunset Drive #2, Morrisville, VT 05661

PLEASE PRINT CLEARLY and COMPLETE ALL SECTIONS

Child's Name: _____

Parent/Guardian Name: _____

I give permission for my child to attend the YES on November 2, 2018

☐Yes ☐No

and for my child to be photographed while at YES

☐Yes ☐No

I understand that even after reasonable precautions have been taken, and that the University of Vermont Extension will provide each participant with due care, that the University of Vermont Extension cannot ensure my child will remain free of injury. I, nonetheless, wish to have my child participate. I agree to hold harmless and indemnify the University of Vermont, their trustees, officers, employees and agents from any and all losses, penalties, injuries, damages, settlements, costs or other expense or liabilities arising out of YES activities. This release, however, is not intended to release the University of Vermont Extension from causes of action arising out of the sole negligence of the University of Vermont Extension, their trustees, officers, employees or agents.

To the best of my knowledge, my child is in good health and can participate in this activity. I have indicated below any reasonable accommodations needed to meet my child's mobility, vision, hearing, or other needs.

Parent/Guardian Signature: _____ Date: _____

Please tell us of any accommodations your child may require (hearing, vision, mobility, other....)

WORKSHOP SELECTION FORM

Full Name: _____

Workshop Selections: Complete one selection form per participant and then go online to www.uvm.edu/extension/youth/announcements; click on “Youth Environmental Summit” to register. Or mail this form with your registration form to get assigned to workshops.

Remember: Online registration is quicker and saves paper! And, you will be able to see in real-time which workshops are still available.

Workshop #1: 9:15-10:00	First Choice	Second Choice	Third Choice
Conducting a School Waste Audit (limit 20)			
My Consumption, My Planet			
Watershed Alliance Watershed Model & Microplastic Project			
Think Globally & Act Locally – Working with Vermont Towns on Conservation			
Project Based Learning and Sustainability			
Waste to Want: The Cool Things Being Made from Your Recycling			
Workshop #2: 10:05-10:50			
St. Johnsbury Academy Field Semester (limit 20)			
Sink Your Teeth into Farm to School			
NorthWoods: Hands-on Job Experience in Conservation			
Healthy Home, Clean Waters			
Hey, There's Food in Our Trash!			
Fighting Climate Change with Your Fork			
Waste to Want: The Cool Things Being Made from Your Recycling			
Workshop #3: 10:55-11:40			
Vermont Atlas of Life & iNaturalist			
Reduce Waste at Your School – Why It Matters, Strategies You Can use, and More!			
How to De-escalate Conflict: An Important Life Skill			
St. Johnsbury Academy Field Semester (limit 20)			
What Conservation Looks Like and Why It's Important			
Climate Action – The Next Generation			
Finding Your Voice: The Cycle of Change <i>(double session; you must register for Session #3 and #4)</i>			
Workshop #4: 1:00-1:45			
Microplastic Pollution in Lake Champlain			
Youth Climate Leaders: How You Can Take Action on Energy / Climate Change			
Be Heard – Public Engagement on Environmental Permits			
Precious Plastics: Plastic Recycling at School			
Waste to Want: The Cool Things Being Made from Your Recycling			
Finding Your Voice: The Cycle of Change <i>(double session; you must register for Session #3 and #4)</i>			
St. Johnsbury Field Semester (limit 20)			

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2018 Workshops Descriptions

What Conservation Looks Like and Why It's Important

You probably already know what conservation is and the general theory behind it, but do you know the real life process of conservation in Vermont? How about the number of different jobs required to make conservation happen? Vermont Land Trust wants to introduce you to our work and a different perspective on conservation. We will talk through a case example, discuss the vast array of job positions required to complete a project, and have a discussion on how you can contribute to local conservation!

Presenter: Rebecca Roman, Vermont Land Trust

Precious Plastic: Plastic Recycling at School

Big Picture students will describe their process for building a plastic recycling system at South Burlington High School and they will demonstrate how the machines work and show some of the items that they have made from the recycled plastic.

Presenter: Big Picture, South Burlington High School (student presenters)

Hey, There's Food In Our Trash!

In Vermont, school food "waste" is valuable stuff! It can be turned into compost, a wonderful soil builder, and fed to chickens, which provide us with nutritious and delicious eggs. But food waste in our trash ends up in the landfill where it takes up valuable landfill space and gives off powerful greenhouse gases that worsen climate change. Participants in this workshop will learn the basics of setting up food waste collection systems for classrooms and school cafeterias, as well as what to do with food waste collected: have it hauled-off for composting and chicken feed or composting school food scraps on-campus.

Presenter: John Jose, Central Vermont Solid Waste Management District

Waste to Want: The Cool Things Being Made From Your Recycling

Laundry soap jugs, cardboard boxes, plastic bottles....We throw all this stuff – and much more – in the recycling bin at home every day and simply forget about it. But that "stuff" doesn't just disappear. Come learn from the Coca-Cola Bottling Company of Northern New England's Sustainability Team about the neat things your recyclables are being made into and how they're helping the local environment and economy!

Presenter: Keegan Smith, Coca-Cola Bottling Company of Northern New England

Reduce Waste at Your School – Why It Matters, Strategies You Can Use, and More!

The world of waste is exciting and empowering because every person can make a difference that matters. Come learn about the power of collective action and how you and your school can protect the environment and your community by reducing waste. Get inspired and learn some key strategies to send less stuff to the trash. Do you already have a project in mind? Bring your questions and ideas for the last part of the session so we can help each other troubleshoot and brainstorm.

Presenter: Emma Stuhl, Vermont Agency of Natural Resources, Solid Waste Program

My Consumption, My Planet

Every day when we get ready for school we use tens of products: in the shower, we use shampoo, conditioner, soap, and maybe even facewash. We use toothpaste, a toothbrush, and floss. We put on deodorant and, some of us, use scent. And of course we throw on our clothes: jeans or leggings, a top, socks, and possibly a fleece. We might grab a cup of coffee or a juice from our cafeteria on our way to first block. *But what is the connection to our planet?* For starters, a lot of things we use and wear have tiny pieces of plastic that end up in our waterways. Other plastics are single use and may end up in the trash or, even worse, in our oceans. This ends up negatively affecting the environment, but by gaining knowledge we can be inspired to learn more about what we can do to take action. This interactive workshop will not only provide food for thought, but also help you discover how you can make changes in both your personal life and your school.

Presenter: Ellie Ramirez-Richer, Champlain Valley Union High School (student presenter)

Sink Your Teeth Into Farm to School

Everybody loves to eat, so bring “Farm to School” to your school or add to what is already happening! Spend this workshop doing hands-on food and gardening activities designed to bring healthy, sustainable eating and growing into your classrooms, cafeteria and community. With a focus on the Vermont Harvest of the Month, participants will learn (and eat!) some great ways to use local food taste tests and food based activities to enhance awareness of local food, local farms and our local growing environment.

Presenter: Rachel Huff, Healthy Roots Collaborative

Finding Your Voice: The Cycle of Change

How do you effect positive social change? What steps do you take to get there? In this workshop participants will first explore different ways one can take action, and then apply those ideas to a real life scenario of their choosing. Working in small groups with a “cycle of change” template, they’ll learn how to craft an action plan from start to finish – and beyond. This is a fun, interactive workshop that draws on participants’ strengths and interests.

Presenter: Jacqueline Labate, The Growing Peace Project

Conducting a School Waste Audit

Audits provide insight into how effectively a school is separating its food waste, recycling and trash and where improvements can be made. The scientific data generated by an audit can be used to direct student-driven initiatives to make changes in school waste management, and to then evaluate how well changes made are actually working. Students will leave this workshop, which will include a hands-on audit activity, with an understanding of how to conduct an audit and constructive actions that can be taken with the information an audit generates.

Presenter: John Jose, Central Vermont Solid Waste Management District

Project Based Learning and Sustainability

Team Dynamix 802 at Main Street Middle School has a robust sustainability program integrated into the academic and personalized learning curriculum with a focus on citizenship. Come learn how sustainability can be taught in a 21st century context.

Presenter: Team Dynamix 802, Main Street Middle School (student presenters)

Microplastic Pollution in Lake Champlain

Microplastics may be small, but they're causing big problems for our environment and our health. These tiny pieces of plastic used in personal care products are designed to go down the drain and into our lakes, rivers, and oceans — by the billions every day. They adsorb toxins in the water, are eaten by marine life, and can make their way up the food chain all the way to our dinner plates. Come learn about current research happening on Lake Champlain.

Presenter: Professor Danielle Garneau, SUNY Plattsburgh

NorthWoods: Hands-on Job Experience in Conservation

This workshop will introduce you to ways of getting involved with environmental conservation first-hand and gain work experience in job programs like our Conservation Corps. We will cover the types of work projects our organization works on, including trail building, tree planting, watershed remediation, wildlife habitat restoration and more, and the reasons these projects are important.

Presenter: Dusty May, NorthWoods Stewardship Center

Healthy Home, Clean Waters

In this workshop you will investigate household toxins, primarily cleaning chemicals, and learn how they impact human health and our aquatic environments. Safer alternatives will be discussed and you will also get a chance to make your own non-toxic product from common, inexpensive items (recipes included!)

Presenter: Sarah McGraw, Northeast Resource Recovery Association

How to De-escalate Conflict: An Important Life Skill

You will learn to use the techniques of CLARA (calm, listen, affirm, respond, add information) to de-escalate interpersonal conflict. The workshop will also explore why this is an important skill when building and/or participating in movements for social justice.

Presenter: Kyle Silliman-Smith, Peace & Justice Center

St. Johnsbury Academy Field Semester

St. Johnsbury Academy's Field Semester Program is a semester-long, immersive interdisciplinary course focused on finding answers to this question: *How do we understand our environment and manage its resources in order to build a sustainable community?* Our workshop will feature student presenters explaining their work and how others can get involved with environmental issues related to agriculture, natural resource management, and outdoor recreation.

Presenter: St. Johnsbury Field Semester (student presenters)

Fighting Climate Change with Your Fork

What you eat matters! Our animal-based western diet has a larger impact on climate change than all transportation impacts combined! Come learn about the benefits of moving towards a plant-based diet for the Earth. Participants will see video, explore interactive games, and get to eat food samples.

Presenter: Otis Murphy-Starble, Scout Harper, and Isaac Wood-Lewis (student presenters)

Be Heard – Public Engagement on Environmental Permits

The Department of Environmental Conservation has an online platform called the Environmental Notice Bulletin (ENB) that encourages public input on all projects that require a permit to be issued. This workshop will explain why projects require an environmental permit and why it is important to get public input on these projects. You will also learn how to use the ENB so you can become an engaged environmental citizen and voice your opinions!

Presenter: Bryn Oakleaf and Jessica Mendizabal, Vermont Department of Environmental Conservation

Youth Climate Leaders: How You Can Take Action on Energy/Climate Change

Come to this workshop to learn about youth making a difference on energy/climate change in Vermont and learn how you can become a change maker in your school or community. In this workshop we will get you thinking about climate action by sharing some current and recent student projects from the Youth Climate Leaders Academy (high school) and Green School Energy Challenge (middle and high school). Then we will begin the process of looking at your own school or community and imagining changes you can make and share some tools to start planning your own Climate/Energy Action Project.

Presenter: Mariah Keagy, Vermont Energy Education Program

Vermont Atlas of Life & iNaturalist – Citizen Science

The Vermont Atlas of Life is a citizen scientist-driven effort to document the diversity of flora and fauna in the Green Mountain State. Since 2008, more than 3000 observers have contributed approximately 217,000 observations and documented more than 6000 species in our state using the iNaturalist website and app. Our workshop will teach students how to use the website and app to upload photographs and sound clips of life in Vermont. Don't know what you're looking at? Is it a beetle, a bug, or a scale insect? No problem! The iNaturalist app uses advanced artificial intelligence to suggest identifications for your observations. Still don't know what it is? That's okay too, because other naturalists will offer identifications for your observations as well. We will show students how they can easily track and view how many species they have detected in Vermont and anywhere else in the world. iNaturalist is a global endeavor with millions of observations and ~75,000 active users across the globe.

Presenter: Jason Hill, Vermont Center for Ecostudies

Think Globally & Act Locally – Working with Vermont Towns on Conservation

In this exciting workshop, you will learn about the variety of opportunities for greater youth involvement on town boards and commissions. Because land use decisions are mostly made at the local level in Vermont, there is a huge incentive to work with local conservation and planning commissions, trail and energy boards to benefit the environment. We will explore case studies in the impressive array of projects Vermont towns have engaged in to protect wildlife in a changing world.

Presenter: Jens Hilke, Vermont Department of Fish & Wildlife

Climate Action – The Next Generation of Local Energy Committees in Vermont

Addressing the global issue of climate change can seem overwhelming. Thankfully, town energy committees are already taking action across Vermont. These grassroots groups are helping to combat the climate crisis by taking action on energy efficiency, conservation, and clean, renewable energy generation. The Vermont Energy and Climate Action Network (VECAN) is building a movement, but we will only succeed with the help and leadership of your generation. Come learn about VECAN and how you can join the movement right in your hometown.

Presenter: Vermont Energy and Climate Action Network

Watershed Alliance Watershed Model & Microplastics Project

This workshop is for anyone who loves our streams, rivers, lakes and oceans! Through an interactive watershed model activity participants will be introduced to foundational concepts about watersheds as well as how human activities affect water quality. Participants will also hear from local students about a project they did with the Watershed Alliance on microplastics in Lake Champlain.

Presenter: UVM, Lake Champlain Sea Grant – Watershed Alliance and Local Students