



Conversations that Build Community

Around the Table South

Youth Conversation Guide

Tools for Hosting a Conversation with Youth

make
connections



share
ideas



inspire
action





Conversations that Build Community

Dear YOUTH Table Host:

Thank you for making sure youth voices are included in Around the Table South.

In this packet, you'll find a helpful exercise to guide your discussion and information for you to participate in an important HOST survey after your conversation.

Please be sure to review these items prior to your conversation.

Please read the introduction included on this page to your participants as you begin your conversation.

LESSON OBJECTIVES FOR STUDENTS

- Deepen knowledge & understanding of local issues.
- Explore ways to make a difference in their community or for causes they care about.
- Enhance their sense of connection & commitment to their communities and peers.
- Have fun and learn together!

Every Voice Counts.

Around the Table South is back again in 2020!

By hosting a conversation during the week of March 18-24th, 2020, you are part of an exciting community-building initiative to explore ways in which we can work together to create positive change and ensure that every voice counts in our community.

Around the Table South invites residents in the South Hills and Mon Valley to gather over mealtime conversations to build connections and explore how we can make our communities stronger. Around the Table South was launched for the first time in our region in October of 2018, engaging more than 1,000 voices in over 100 table conversations.

Around the Table South is designed to foster new relationships, elevate civic conversation, and inspire action across the Jefferson region. Around the Table conversations can spark new connections and ideas for making our region healthier, stronger, and more dynamic for everyone in our community.

This year, Around the Table South is partnering with Leadership Pittsburgh's Big Table Event to have an even bigger impact! Community members from the Jefferson area will participate in Around the Table conversations throughout the week of March 18-24, 2020, while community members in other regions surrounding Pittsburgh will participate in Leadership Pittsburgh's daylong Big Table Event on March 18th.

Results from all conversations will be collected, compiled and shared with the community in an Around the Table South Report in the coming months. Jefferson Regional Foundation is also pleased to offer *Ideas from the Table Mini-Grant Opportunities* to encourage local community action. (See more at aroundthetablesouth.org.)

Thanks again for signing up to host, and for all you do to make our region a better place!

This Host Guide has information on how to plan, host, and follow-up on your conversation. You can also find these materials and more at aroundthetablesouth.org



AroundTableS



facebook.com/AroundTheTableSouth

Jefferson
Regional
Foundation

jefferson
COMMUNITY • COLLABORATIVE



Conversation Guide

Head, Heart & Feet Activity

Use the metaphor of Head, Heart & Feet to capture the themes of your conversation.

1. On a big piece of paper, or white board or chalk board, draw an outline of a person. Use the template on the next page.
2. Lead a discussion using the conversation prompts below.
3. Recruit one or two students to capture ideas as follows:

- Near the **heart**, place ideas that students care about and the **issues** that are important to them.
- Near the **head**, put promising **ideas** that could bring about change.
- Near the **feet**, capture **actions** the group discusses that could bring about change and address the issues they discuss.

Conversation Prompts

You can use the following prompts to help guide a conversation among the youth participating in the conversation:

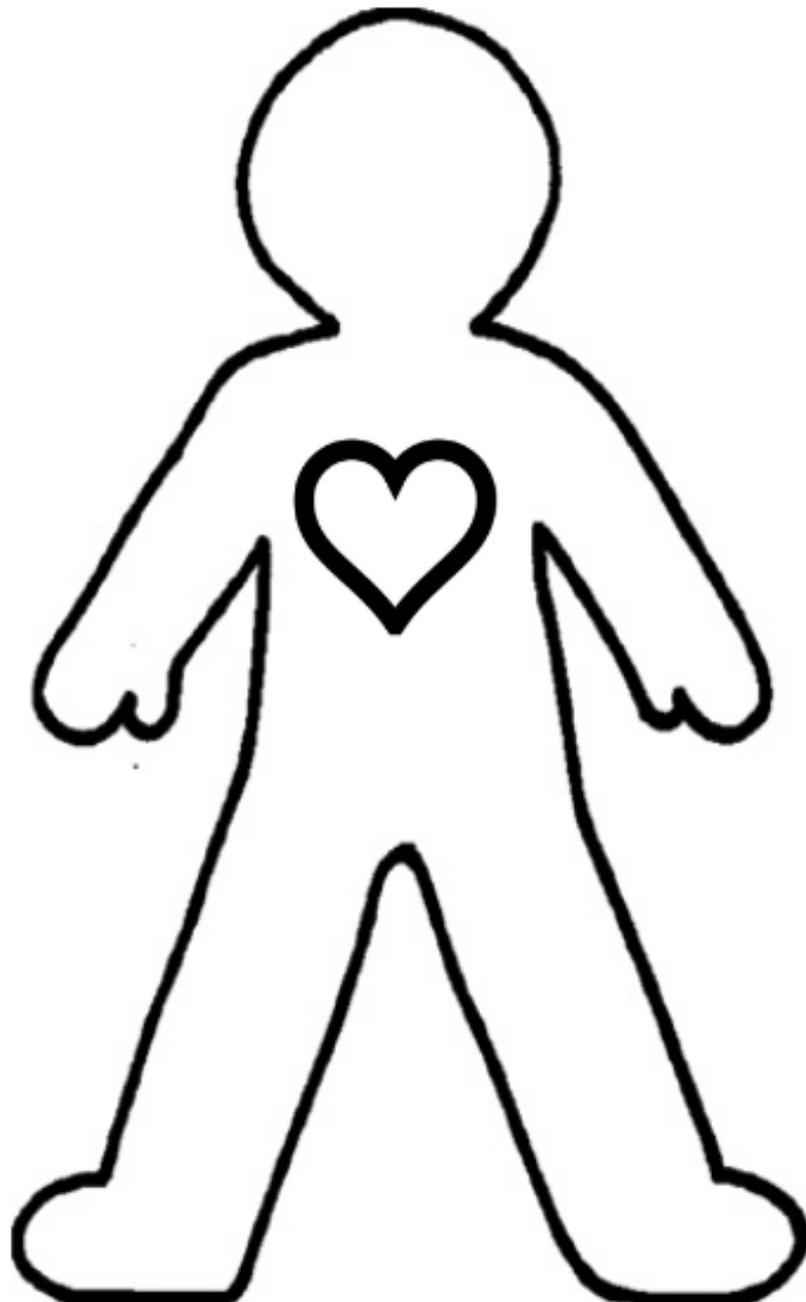
- What are the most important issues facing our community?
- Describe a healthy and strong school or community. What are the defining qualities & characteristics?
- What can we each do to make our school or community better?
- If we only had \$100 and one day to create change, how would we address this issue?
- Which idea discussed do you think has the most potential to bring about change in your community?



Conversations that Build Community

Head, Heart & Feet

- What **issue** do you care about most in your community?
Place it next to your heart.
- What **idea** discussed has the most potential to bring about change?
Write it next to your head.
- What **action** can you take to address this issue?
Write it next to your feet.





Conversations that Build Community

After Your Conversation

1. Take Pictures of Your Drawing

And post on social media using the following links:



[AroundTableS](#)



[facebook.com/AroundTheTableSouth](https://www.facebook.com/AroundTheTableSouth)

or email it to us at aroundthetablesouth@jeffersonrf.org

2. IMPORTANT - Complete the HOST Survey

We will be compiling results from all Around The Table events and sharing them back with you and the community at large.

We ask that all Hosts complete a HOST Survey to share your experience and record the topics or ideas discussed during your youth Table conversation along with your comments and suggestions. **Please complete the HOST survey within 3 days of your Table conversation online at aroundthetablesouth.org.**

3. Apply for a Mini-Grant to Support Great Ideas!

Jefferson Regional Foundation is once again pleased to offer ***Ideas from the Table Mini-Grant Opportunities*** of \$500 - \$3,000 to encourage local community action from these conversations. The Mini-Grant guidelines and a brief application are available online at aroundthetablesouth.org. Applications are **due by Friday, May 1st, 2020**.

About the Jefferson Regional Foundation

Jefferson Regional Foundation is a grantmaking foundation dedicated to the South Hills and lower Mon Valley area and priorities include: increasing health access and prevention, improving child and family outcomes, and strengthening vulnerable populations and communities.

For additional information, visit www.jeffersonrf.org or call 412-267-6770.

About the Jefferson Community Collaborative

Jefferson Community Collaborative is a network of more than 90 community-serving organizations who are committed to bring together change-makers to positively impact the health and vitality of communities south of Pittsburgh.

For more information, visit www.jeffersonrf.org or call 412-267-6774.