



## **OHIO Youth Advisory Board Toolkit Instructions**

The Overcoming Hurdles in Ohio (OHIO) Youth Advisory Board exists to be the knowledgeable statewide voice that influences policies and practices that effect all youth who have or will experience out of home care

# **OHIO YAB ICEBREAKER BALLS**

### **Supplies needed:**

1. OHIO YAB icebreaker balls
2. Hand sanitizer

### **Application:**

This game can be used:

1. As part of the process of making introductions.
2. To introduce a discussion topic.
3. As an energizer after lunch or a long discussion

### **Facilitator instructions:**

1. Have participants stand in a circle.
2. Throw the ball to one of them.
3. Ask them to share their name and the question in the section under their thumb when they caught the ball.
4. They can answer the question, and then throw the ball to another participant.
5. Seek to make sure that everyone gets a turn.

### **The OHIO YAB has designed three icebreaker balls:**

1. Leadership Skills
2. Relationship Skills
3. Postsecondary Resources

## Leadership Skills:

- A **consumer movement** is based on the premise that those who receive a service (such as foster care) should be involved in its design, delivery, and evaluation.
- **“Strategic sharing”** in advocacy is selectively choosing which parts of our personal stories to share or not to share, so that the intent of our message isn’t misunderstood by the other person.
- When it comes to leadership styles, **turtle** refers to avoiding conflict, **teddy bear** to valuing the relationship over the issue, and **lion** to taking a strong stance.

## Relationship Skills:

- A **“power pose”** refers to using body posture to reflect and build confidence, such as shoulders back, head up, and eye contact.
- **Cognitive dissonance** refers to the tendency for abusers to either deny what happened or say the victim deserved it, rather than taking responsibility because they want to see themselves as a good person.
- **Reconciliation** refers to two people working together to heal a broken relationship. It takes one person to forgive, but two people to reconcile. Forgiving from a distance can be the safest option if a person continues to be abusive or will not acknowledge that harm was done.
- **“Chosen family”** is made up of people who choose to love and support one another, regardless of being connected by blood or legal ties.
- **Air mask instructions** while on an airplane are to put the mask on yourself before trying to rescue someone else. The same can be true when trying to navigate adulthood after foster care.