MY 🎵 VOICE 🎶

Texting with America’s Youth to Improve Health and Wellbeing

Tammy Chang, MD, MPH, MS
MyVoice is a national mixed methods text message poll that empowers young people (ages 14-24) to voice their opinion on important policy issues.
ADOLESCENTS ARE THE GREATEST RESOURCE FOR A SOCIETY TO THRIVE

Investments in adolescents bring a triple benefit:

HEALTHY ADOLESCENTS NOW

HEALTHY ADULTS IN THE FUTURE

HEALTHY FUTURE GENERATIONS
THE ADOLESCENT BRAIN
A SECOND WINDOW OF OPPORTUNITY

EARLY ADOLESCENCE IS A TIME OF RAPID LEARNING AND BRAIN DEVELOPMENT.

THOSE INCLUDE INCREASES IN SENSATION-SEEKING, MOTIVATION FOR SOCIAL RELATIONS AND SENSITIVITY TO SOCIAL EVALUATION.

A PERIOD OF VULNERABILITY AND OPPORTUNITY

PUBERTY INITIATES INTENSE LEARNING & BRAIN DEVELOPMENT, WHICH LEAD TO STRUCTURAL REMODELING AND NEURAL RE-CONFIGURATION OF KEY BRAIN SYSTEMS. IT'S A CRUCIAL TIME TO INVEST IN ADOLESCENTS.

DOWNLOAD "THE ADOLESCENT BRAIN: A SECOND WINDOW OF OPPORTUNITY"
WWW.UNICEF-IRC.ORG/ADOLESCENT-BRAIN
Right People
Right Information
Right Time
Strategic Science

MyVoice Process

SEEKING INPUT
- Identify Issue Area

GATHERING TEXTS
- 4-5 Survey Questions

IDENTIFYING THEMES
- Develop Insights

SHARING YOUTH OPINIONS
- Deliver to Stakeholders
Youth As Experts

Accessible Research Methods
Accessible Technology
SEX ED:
1. Do not have sex
2. See number 1
3. See number 2
4. See number 3

GARDASIL.9
Human Papillomavirus
9-valent Vaccine, Recombinant

OPIOIDS

1 in 2 sexually active young people will get an STD by 25 - MOST WON'T KNOW IT.

OMG.
GYT
GET YOURSELF TESTED.
Hello MyVoicer! Today we want to learn about how you use the healthcare system. When was your last doctor's appointment?

3 years ago

Who schedules your doctor's appointments? Why?

Either myself or my mom depending on what it's for

Who usually goes with you to your doctor's appointments? Why?

My mom because I like her to go. It makes me feel less awkward and if they ask questions I don't know the answers to she is there to help me not feel dumb

Who usually picks up your prescription medicine? Why?

Myself or parents. Whoever it's most convenient for

Do you wish that you were more or less involved in your healthcare? How?

More involved. I personally hate the doctor so I never go even when I probably need to. It's an added stress and I don't always know how it all works

Rate this week's questions (1-5): 1= one star, 5= five stars.

5

That's it for this week, T. Talk to you next week.
What motivates you to answer our questions each week?

- “Because I feel like my answers could help someone in the future”
- “$$ and MY opinion”
- “MyVoice is a platform that listens to the youth's opinion. Sometimes I feel like the world forgets to listen.”
- “Since I'm under the age to vote I like to find a way to voice my opinions on controversial issues”
- “The fact that you guys always give good questions”
- “It's important to discuss important issues and this is a convenient way”
- “They are easy to answer”
- “It's fun”
- “Y'all always keep me in the loop”
- “It's really been helpful to reflect on difficult topics and decide where I stand”
What do you think participants gain from being in MyVoice?

- “Knowledge about current issues”
- “they gain awareness of issues that they not have known about before”
- “Extra cash and opportunity to learn about current events”
- “I think participants gain the ability to develop and share their opinions on various issues”
- “Participants get to think about different relevant issues—including ones they might not think about often.”
- “A safe place to present their opinions”
- “A chance to have their voice heard! It makes you think too.”
- “Participants gain the feeling of validation and the feeling that they matter.”
- “I think that they gain the opportunity to speak about topics and participate in conversations that are not normally inclusive of youth”
- “A sense of representation”
Research Letter

September 2018

Youth Opinions About Guns and Gun Control in the United States

Murphy Van Sparrentak, MSW1; Tammy Chang, MD, MPH, MS2; Alison L. Miller, PhD1; et al

» Author Affiliations  |  Article Information

Young activists and mass-shooting survivors in the United States have recently been organizing protests and demanding increased gun control measures. Although national polls have tracked adult opinions about gun control policies for decades, little is known about how youth feel about guns and/or gun control. Because the youth perspective is a powerful factor in the public debate, the goal of this study was to characterize youth opinions on guns and gun control.
Young Americans support gun regulation but not ban

MEDPAGE TODAY
Most High School Students Want Stricter Gun Control
— But most also described themselves as 'pro' guns in the home

Many Youths Believe Gun Control Would Decrease Mass Shootings

Where do young Americans stand on guns?

Many US teens think gun control might curb mass shootings

Many U.S. teens think gun control might curb mass shootings
**BILL H.1195**

190th (Current)

**AN ACT PROTECTING CHILDREN FROM HARMFUL DIET PILLS AND MUSCLE-BUILDING SUPPLEMENTS**

By Ms. Khan of Newton, a petition (accompanied by bill, House, No. 1195) of Kay Khan and others for legislation prohibiting the sale of dietary supplements for weight loss or muscle building to minors under the age of 18. Public Health.

**Presenter:** Kay Khan

**Status:** Referred to Joint Committee on Public Health
Neurobiological and Socio-behavioral Science of Adolescent Development and Its Applications

THE PROMISE OF ADOLESCENCE:
REALIZING OPPORTUNITY FOR ALL YOUTH

Committee on the Neurobiological and Socio-behavioral Science of Adolescent Development and Its Applications

Board on Children, Youth, and Families
Division of Behavioral and Social Sciences and Education
Health and Medicine Division

A Consensus Study Report of
The National Academies of
SCIENCE, ENGINEERING, MEDICINE

THE NATIONAL ACADEMIES PRESS
Washington, DC
www.nap.edu
FAST FACTS: THE IMPACTS OF CLIMATE CHANGE ON YOUTH

AND HOW THEY CAN MAKE A DIFFERENCE

89% OF YOUTH ARE WORRIED ABOUT THE ENVIRONMENT

- "I feel very concerned about climate change. It’s my future." - A 12-year-old
- "I believe climate change is real and I think it’s affecting our future." - A 17-year-old
- "I’m worried about what’s going to happen in the future." - A 17-year-old
- "I’m concerned about the effects of climate change." - A 16-year-old
- "I’m concerned about the effects of climate change, especially on the future." - A 14-year-old

- "It has been mentally depressing." - A 17-year-old
- "I am worried about the environment." - A 18-year-old

DID YOU KNOW? MORE YOUTH LEARN ABOUT CLIMATE CHANGE THROUGH THE MEDIA THAN IN SCHOOL

MOS T YOUTH HAVE PERSONALLY EXPERIENCED THE IMPACTS OF CLIMATE CHANGE

- "Climate change has made me feel extremely frustrated and depressed." - A 19-year-old
- "I have personally experienced an increase in temperatures." - A 17-year-old
- "I have personally experienced an increased amount of hurricanes." - A 16-year-old
- "I have personally experienced an increase in temperature." - A 15-year-old
- "I have personally experienced an increase in hurricanes." - A 14-year-old
- "I have personally experienced an increase in temperature." - A 13-year-old
- "I have personally experienced an increase in hurricanes." - A 12-year-old
- "I have personally experienced an increase in temperature." - A 11-year-old

YOUTH TAKE PERSONAL ACTION TO IMPACT THE ENVIRONMENT

What’s the most common action? 99% of youth recycle, but there are other ways to make a difference.

HOW YOUTH CAN MAKE A DIFFERENCE (APPROVED BY THE EXPERTS):

1. Advocate
2. Vote
3. Cut back on meat
4. Buy less stuff
5. Utilize social media

MY VOICE

[Image of a booklet with the text above]
Thanks to everyone who came out to the MacArthur Boulevard Community Fun Day last week! What a great event filled with lively activities, resources, and community.
Introducing Youth Policy Connect: A MyVoice Data Service

MyVoice is piloting a new free research data service for policymakers. We offer a portfolio of data and research services, providing organizations across the country the real time data and analysis need to make informed youth-centered decisions.

LEARN MORE
When asked about why
MY VOICE

Questions

www.hearmyvoicenow.org
@MyVoiceYouth
@chang_tammy
MyVoice Policy Framework

Policy Creation Process

How MyVoice Can Inform Policy
No Stories Without Data

No Data Without Stories