



TOUKATA

YOUTH CENTER



Tokata Youth Center

- Aaron Vaughn, Program Director
- We operate similar to a “Boys and Girls Club”.
- Have activities for youth ages 6-18.
- Have 6 staff and about 20-30 youth attending daily, Monday-Friday.
- We offer physical fitness activities, character lessons, and tutoring for the youth.
- Daily serve a snack and supper, Monday-Friday

What We Did

- This past year of the grant was focused on physical fitness and healthy eating.
- We have an hour of physical activity every day, like kickball, basketball, and water balloon fights.
- Once a week we have a physical fitness test.
- The youth planted and are maintaining a garden.
- Lessons were taught about the benefits of fresh fruits and vegetables verses junk food.

The Problems

- Getting key stakeholders to the TAC meetings.
- Many ideas were generated from the meetings, but few people offered to help achieve the ideas they had just suggested.
- Keeping activities new and exciting for the youth.
- Finding ways to teach young kids why they should eat better and be physically active.

Overcoming these Issues

- Getting key stakeholders to the TAC meetings. Continually inviting people and asking the regular attendees to invite others. Serving food at every meeting.
- Many ideas were generated from the meetings, but few people offered to help achieve the ideas they had just suggested.
- Make sure that people leave the meeting with the understanding that they are part of the solution.

Overcoming these Issues

- Keeping activities new and exciting for the youth.
- Having a staff of mainly high school seniors has helped keep a high level of energy, as well as creative new ideas and games
- Finding ways to teach young kids why they should eat better and be physically active.
- Talk about the benefits they can obtain in a practical way; for example, they will be able to run faster. Also using activities that reinforce a healthy lifestyle, like listing healthy foods.

Program Accomplishments

- Growth in youth physically, and emotionally.
- Teamwork, and good sportsmanship.
- Understanding that the right food choices paired with physical exercise will lead towards a healthier body.
- Character development.
- Learning how to be a role model.
- Recent story of two youth.

The End

