

Iowa Department of
Human Rights

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Are you a student with a disability?

Do you need help obtaining
assistance?

The Department of Human Rights' **Client Assistance Program (CAP)** helps people with disabilities receive quality services by advocating for their interests and helping them identify resources, understand procedures, resolve problems and protect their rights.

Contact the Department's **CAP Advocate** for help.

Phone: 800-652-4298

Iowa Department of Human Rights
WE GROW OPPORTUNITY.



Discover your Path



YOU CAN BE A LEADER

As a young person in Iowa, there are boundless opportunities to discover your own path and take the lead.

What does it mean to be a **leader**? How do I **work with others**? How do I make **ethical decisions**, take **reasonable risks** and **creatively solve problems**? As a member of one of the Iowa Department of Human Rights' leadership organizations, you learn this and more.

The **Iowa Youth Congress**, **State of Iowa Youth Advisory Council**, **Youth Leadership Forum** and **Capitol Girls** each offer unique opportunities to chart your course for leadership.

*What matters to you? How can you take action?
Start today...*

Discover your path to leadership...



IOWA YOUTH CONGRESS

Develop leadership skills and practice civic engagement as one of the 100 high school students participating in the [Iowa Youth Congress \(IYC\)](#). Students who are 15—18 years old will learn about public speaking, community relations, and problem solving skills.

[IYC](#) participants meet to formulate position statements about pressing issues for youth. In October each year, [IYC](#) holds a three-day mock legislative session where position statements are presented to Iowa legislators for consideration as bills, followed by a celebratory Dream Forward Dinner.

There is no cost to participate, and [IYC](#) is pleased to provide reasonable accommodations for students with disabilities.

CAPITOL GIRLS

High school girls throughout Iowa can join [Capitol Girls](#) and participate in a one day event to learn how the Iowa General Assembly works, shadow women legislators, and understand how state laws and budgets are developed and passed.

Participation is open to girls throughout Iowa, and is sponsored by the Iowa Commission on the Status of Women and the Girl Scouts of Iowa.

YOUTH LEADERSHIP FORUM

The [Youth Leadership Forum \(YLF\)](#) is a five-day leadership training program for 11th and 12th grade high school students with disabilities. Tenth grade students may apply for the program and attend when they are going into their junior year.

Forty students from across Iowa are selected to participate in [YLF](#). To be eligible, students must be actively working with, or on a waiting list for, a Vocational Rehabilitation (VR) counselor.

Student delegates who participate in the program will learn about:

- Developing self esteem
- Choosing a career
- History of disability as a culture
- Available resources
- Assistive technology

[YLF](#) students will identify existing barriers to personal and professional success, and develop plans to overcome those barriers. Delegates will also be introduced to professionals with disabilities as possible mentors and role models to encourage youth to realize their ability, rights and responsibility to pursue meaningful employment and community leadership.

There is no cost to attend the forum and scholarships are available based on need to defray travel expenses.

STATE OF IOWA YOUTH ADVISORY COUNCIL

The [State of Iowa Youth Advisory Council \(SIYAC\)](#) advises the Governor's Office, Legislature and local communities on issues related to youth in Iowa. As a formal commission, established in the Code of Iowa, new members must apply and be selected by July 1 each year.

[SIYAC](#) members meet quarterly at the State Capitol Building in Des Moines and participate in bi-weekly conference calls to discuss and formulate strategies on youth policy issues. Members also have the opportunity to:

- Enhance their leadership skills
- Receive legislative training
- Practice creative thinking
- Network with other youth
- Participate in team building exercises
- Facilitate statewide service projects

There are no fees for participation in [SIYAC](#).



*Learn more & apply at
www.humanrights-iowa.gov*