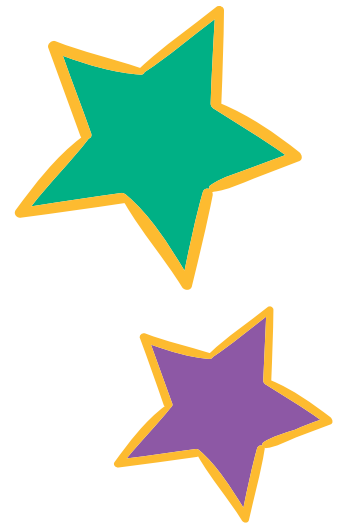
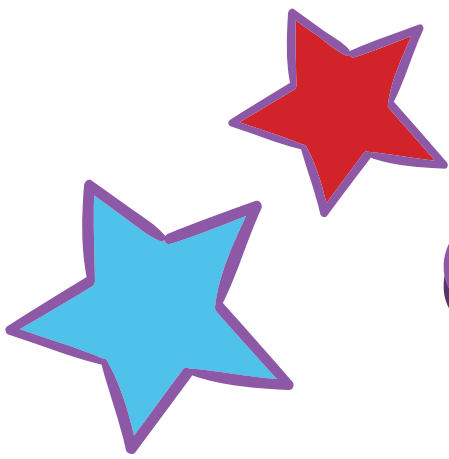




Conference Agenda

8:00am –
9:30am

Legislative Meetings

Schedule a meeting with your senator and representative to talk about youth health and safety in your community.

Once you've completed your legislative meetings, light activities will be provided for attendees starting at 9:00am at the Millbottom

9:30am –
10:15am

Opening Session & Keynote

Kick off the day with energy and purpose as keynote speaker Kate Garnes challenges you to silence self doubt, find your voice, and step into your strength.

In this powerful and relatable keynote, Kate Garnes challenges students to silence negative self-talk and reclaim their confidence. Through humor and honesty, she shares her journey of rewriting the inner voice that shapes belief, worth, and potential. Students will leave equipped with practical tools to challenge self doubt, build confidence, and take ownership of their mindset, igniting a movement of self belief that strengthens individuals and school communities alike.



10:15am –
11:45am

See the Stakes. Prevent the Risk.

Recognize the real world consequences of risky choices and step into decisions that protect your future

11:45am –
12:15pm

Lunch

Lunch is provided for all attendees. Please see a staff for dietary needs.

12:15pm –
1:45 pm

Know the Game. Share the Education.

Build the skills and understanding you need, then pass them on to help others make smarter, safer choices.

1:45pm –
3:00pm

Take the Stage. Advocate for Change.

Use your voice to stand up for what matters, inspire action, and create safer, stronger communities.

3:00pm –
3:30pm

Closing & Outstanding Youth Awards

Take a final bow as the day comes to a close, celebrating what you've learned and how you'll bring it to life in your community.

