



**CITY OF MUKILTEO, WA**  
**MUKILTEO YOUTH ADVISORY COMMITTEE**  
**MEETING MINUTES**  
**December 8, 2020**  
**Via Zoom**

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**Call to Order** Executive Assistant Lindsey Arrington called the meeting to order at 6:01 pm

**Attendance** Eric Bae, Shubham Bansal, Muhammad P., Lindsey, Lorencia Pak, Allison Seo, Alice Zhang, Chloe Lee, Aaron Lee, Mina Hwang, Ramya Arumilli, Muhammad K., Rohini Arangam, Bomi Kim, Amiya McLean, Councilmember Marine, Councilmember Crawford, Councilmember Louis Harris

Absent:  
Tyler Lo, Council Vice President Kneller

**Agenda Items**

**1. Subcommittee Updates**

- i. Art Contest:
  1. Art school said they would provide funds for prizes
  2. Contacted schools and advertised for the art project
  3. Asking rest of MYAC to advertise the posters they made
- ii. Social Justice:
  1. have all speakers
    - a. "individual as action" - Niko and Alex
    - b. "policy actions"- Representative Larsen from US HoR
    - c. History - Oglesby and Baer
  2. Wants MYAC members to split evenly between the groups
  3. Focusing on advertising so wants others to post the posters on social media
  4. Councilmember Harris joining to advise this subcommittee
- iii. Mental Massage
  1. November episode released
    - a. Put it on anchor and in 6 different platforms
  2. Preparing for December podcast about essential workers (Alice interviewed, Lorencia will interview this week)
  3. December podcast name: "Santa's Helpers: Essential Workers"
  4. Emailed a firefighter to see if they want to be featured

## **2. Individual Subcommittee Meeting Time:**

- a. Art contest Subcommittee meets
- b. Social justice Subcommittee meets
- c. Mental Massage Subcommittee meets
  - i. Recording audio for December episode
  - ii. No response from Firefighter Fernandez
  - iii. Questions finalized and interviewing the speakers
  - iv. Discussed "Social Dilemma", the film about the science of social media and its impact on society
  - v. January podcast episode: group discussion about the documentary and then introduce the guest speaker
  - vi. Topics for January podcast:
    1. Validation seeking through social media
    2. Screen time and how much parents should restrict their children's exposure to social media
    3. Algorithm
    4. When you first got social media and if you still use it
    5. Maybe mention how the recent presidential election impacted our mental health (regarding social media)
    6. Talk more about the technical aspects of how developers monopolize your screen time
    7. Finding a way to tie back to how social media affects health
    8. Solutions during the anecdotal portion
  - vii. 12/11 will record intro and outro for December episode

## **3. Additional Subcommittee Updates (Last 10 minutes)**

- i. Art Contest:
  1. Adjusted theme to be focused but not required about social issues
  2. Deadline: January 2
  3. Will continue to reach out to schools to spread awareness
  4. Updated flyers
  5. Webinar to congratulate winners January 23
- ii. Social Justice:
  1. Bomi made poster to advertise but will be revised
    - a. Will be sent out to everyone as soon as possible
      - i. Post poster on social media and put link in bio
  2. Will reach out to ALL middle and high schools in MSD
  3. MYAC members in each breakout room
    - a. History breakout room with Mrs. Oglesby: Chloe, Rohini, Amiya, Councilmember Harris, Tyler, Shubham
    - b. Individualized Action with Nico and Alex: Bomi, Mohammed P., Lindsey, Alice, Lorencia, Allison, Councilmember Crawford
    - c. Policy with Representative Larsen: Councilmember Marine or Councilmember Kneller, Aaron, Mina, Eric, Mohammed K.
  4. Date: February 21, 2021
  5. Will be using Mukilteo's Zoom account for the webinar
- iii. Mental Massage:
  1. Discussed thoughts on "The Social Dilemma"
  2. Came up topics to discuss in January episode

- a. seeking validation through Snapchat filters and likes on Instagram
  - b. Screen time: what is yours; should parents
  - c. Algorithm: polarizes one during election; scrolling makes it easier to be addicted
  - d. Solutions to combat social media addiction
3. Will reach out to Councilmember Kneller or anyone else interested in being the episode
  4. January podcast will have two parts: general discussion with whole subcommittee and part with guest speaker

**Closing Remarks** The next MYAC meeting is Tuesday, January 12th, 2021 at 6:00 pm, via Zoom.

**Adjournment** The meeting was adjourned at 7:19 pm.

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These minutes are excerpts from the meeting, and there is no recording.

Prepared by:

Secretaries Eric Bae and Chloe Lee