



CITY OF MUKILTEO, WA
MUKILTEO YOUTH ADVISORY
COMMITTEE
MEETING MINUTES
November 10th, 2020
Via Zoom

Call to Order Executive Assistant Lindsey Arrington called the meeting to order at 6:02 pm

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

Absent:
Tyler Lo, Councilmember Crawford

Agenda Items

1. Subcommittee Announcements

- Art Contest:
 - Outlined ideas on paper
 - Notes about including youth as judges (people who have taken AP Art and graduated seniors)
 - Google Form created and will send it out so people can sign up
 - Focusing on donations this meeting and advertising to schools
- Mental Massage:
 - Scheduled date for November episode
 - Outreach team has worked on finding guests for December
 - Graphic team created covers
 - Editing team learned how to move around Audacity
 - Outreach team found guest speakers and advertised
 - November podcast will be about intersections between immigrants/racial injustice impacting mental health
 - stress that first generation/immigrant students have from college applications
 - speaking your language in schools and how you don't feel accepted
 - what actions can be done to release this stress and improve their mental

health

- Social Justice:
 - reached out to Alex and Niko who are willing to help by finding connections
 - today's meeting will be about logistics and details

2. Subcommittee Meeting

Mental Massage:

- Cover for podcast determined
- Guest speaker, Katie, is meeting with Alice and Lorencia on November 18 to record the episode
- Finding essential workers besides health care (restaurant worker possibly)
- Hosts for each podcast:
 - March: Eric, Alice, Lorencia
 - February: Chloe, Mina
 - April: Lorencia and Allison
- Audacity seems like it works well for Eric and Mina (didn't break down)
 - Editing team will be starting to edit the podcast once it's recorded.
- All members of the subcommittee are on for the January podcast episode on social media addiction and its effects on mental health
- Need to research how technology and the algorithm of many social media platforms influence one's mental health, emotions, and even hunger levels
 - Watch Social Dilemma for background information
- Will have a psychologist's views on social media addiction
- Lindsey will create a webpage for Mental Massage and other subcommittee projects
- Try to have podcast out before Thanksgiving (Finish by November 25th)
- Outreach team will continue to reach out to other people
- Graphics team will continue making advertisements for instagram and cover photos.

3. Subcommittee Updates

Art Contest:

- Lindsey will publish website soon
- Will reach out to schools in MSD and art schools
- Start finding judges
- Promote contest to find applicants

Mental Massage:

- Will record episode next Wednesday (11/18/20)
- Graphics team created cover for podcast
- Editing team will edit recording before November 25
- Will publish podcast on November 25
- Social media posts will be made and published on November 25
 - Flyer to post on Instagram stories will be emailed by Chloe on November 24
- Created questions for January podcast
- Found three essential workers to be on December podcast
- Will watch the Social Dilemma to prepare for January podcast

Social Justice:

- Name: Mukilteo Stands Besides you
- Date of Event: February 21, 2020 (Black History Month) @ 3-4:30 pm
- Important to advertise during mid-winter break through social media, Kamiak website, and

- other platforms because it will be difficult to advertise in school
- Muhammed P is secretary
 - Social Justice seminar
 - Presentation for everyone's individual needs:
 - younger kids (elementary/middle school): history of racism and slavery
 - others: how we need to make changes in our lives to reflect kind values; how to lobby to their legislators (policy actions)
 - Everyone must update their zoom to choose which breakout room to be in
 - last 30 minutes will be interactive: breakout room discussions about personal experiences with racism
 - Coming up with questions for during breakout room discussions
 - Next month planning on creating poster
 - Audience: no parents -- only kids

Closing Remarks The next MYAC meeting is Tuesday, December 8th at 6:00 pm, via Zoom.

Adjournment The meeting was adjourned at 7:17 pm.

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

Prepared by:

Secretaries Eric Bae and Chloe Lee