

YOUTH VOICE



Kids who feel they have a **sense of control over their life**, and have a say in matters affecting their lives, have better life outcomes >>



Mental health



School performance



Stress management

When youth have the opportunity and ability to influence the world around them, their mental health and well-being can improve.

Youth Voice fosters mental well-being because it activates:



**SOCIAL
SKILLS**



**DECISION-
MAKING
SKILLS**



**BELONGING &
CONNECTION**



“ Sometimes I don’t want a solution, just someone to listen. ”

WISCONSIN TEEN, APRIL 2024

SOURCES | Jain & Singh. (2015). [Locus of Control and its Relationship with Mental Health and Adjustment among Adolescent Females](#). | Li & Chung. (2009). [The Relationship Between Children's Locus of Control and Their Anticipatory Anxiety](#). | Nowicki & Strickland. (1972). [A locus of control scale for children](#).



Wisconsin Office of
Children's
Mental Health