

Teens Rise Up (TRU)

Summer Youth Leadership Intensive

Dawn Menken, Ph.D., facilitator, conflict resolution educator, counselor, teacher and author, is the founder and director of Teens Rise Up (TRU), the Summer Youth Leadership Intensive. Dawn is passionate about youth empowerment and social diversity. She has contributed her expertise on parenting and bullying to the Oregonian, and her book, *Raising Parents Raising Kids: Hands-on Wisdom for the Next Generation* (2013), was selected as a Finalist in the 2014 USA Best Book Awards, "Parenting & Family" category. Portland Family Magazine published an excerpt from her book in their January 2015 issue. In 2014, she pioneered an innovative program to address school bullying, a cutting-edge program that empowers and educates young people to step into their leadership, engage in honest dialogue and co-create a more welcoming school community.

The Process Work Institute (PWI) in Portland, Oregon is a registered 501 (c) (3) non-profit, independent educational center, dedicated to creating a sustainable, deeply democratic world that values all viewpoints and experiences. Dawn Menken is a senior faculty member at the Process Work Institute and co-creator of the MA program in Conflict Facilitation.

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THE TRU EXPERIENCE

Youth come away from TRU with a sense of purpose and empowerment, knowing they can make a difference in the world. Here is what they say in their own words:

“This is the best memory of my life.”

“I learned a lot about conflict resolution. I can feel myself using these techniques already.”

“My biggest learning was to stand up for myself and people who get bullied by others.”

“This is the best program I ever joined and it will be the right program if you want to be a future leader in our community and around the world.”

“I learned so much about people from other cultures.”



Teens Rise Up (TRU)

Summer Youth Leadership Intensive

Empowering the next generation of leaders



TRU Summer Youth Intensive offers an opportunity to support diverse youth gain the skills they need to take on leadership roles and co-create our world.

Become a project angel and support our future leaders!

Sponsored by the Process Work Institute

BE THE CHANGE YOU WANT TO SEE

Teens Rise Up (TRU) offers a Summer Youth Leadership Intensive, that provides a unique leadership and community building experience for teens aged 14-18.

In this 5-day summer program, young adults develop leadership capacity in addition to the skills and inner resources to forge relationships across the divides of race, culture, gender, sexual identity, and socio-economic differences and to bring out the best in each other, for the good of the whole community.

Teens engage in creative and fun activities that help them:

- *Develop confidence*
- *Find their authentic power, creativity and talent*
- *Get along with differences and power dynamics*
- *Feel comfortable with a wide range of diversity*
- *Deal with bullying and become an engaged bystander*
- *Develop grit and fortitude through struggle and obstacle*
- *Learn real-life conflict facilitation skills*

We reach a broad spectrum of youth including those from under-served communities, who are limited by financial resources or exposure to such educational offerings, including youth from refugee populations. This diversity creates a unique environment in which youth learn first-hand from peers with different life experiences.

In the long term, we believe that youth who attend TRU are more likely to make meaningful contributions to society and less likely to become a burden on the community. In our intensive program, we observe that youth grow in their confidence, become more curious and interact with those who are different, and step more into leadership roles.

“This week was the best memory of my life.”
- 16 year old Burmese refugee

EMPOWER A TEEN TODAY

Become a TRU Project Angel

Join our community and become part of our mission to support youth to become the next generation of leaders.

Over the past two summers, the TRU Leadership Intensive has brought together teens from a variety of backgrounds and experiences to create a powerful, one-of-a-kind experience. The first year was self-funded, and in 2016 we were fortunate for the support from the Collins Foundation.

Moving forward, we need angels: committed and passionate people, organizations and businesses, who understand that our healthy democratic future depends on fostering the leadership potential of a diverse community of young adults.



How to be a TRU Project Angel

Each program costs \$23,000 to run, including food, venue, faculty, administration, supplies, advertising, and transportation for the youth. As an Angel your generosity supports a program that makes a difference in the lives of our youth.

Supporters can contribute at the following levels:
Community Angels can donate at the \$1000- 2000.
Guiding Angels can donate at the \$2500-5000.
Sustaining Angels make annual contributions of \$2500 or more.

Your donation is fully tax-deductible. Thank you.

OUR PARTNER ORGANIZATIONS

As a Project Angel you become part of a network of individuals and organizations whose mission it is to build bridges, empower youth, and build community.

Some of our Partner Organizations Include:

I HAVE A DREAM OREGON

helps low-income Oregon students succeed in school, college and career

PORTLAND MEET PORTLAND

welcomes and befriends immigrants and refugees, enriching community by creating mutually beneficial mentoring opportunities

LUTHERAN COMMUNITY SERVICES

provides services for refugees, children in foster care, victims of sexual assault and human trafficking, and families dealing with poverty

MULTNOMAH YOUTH COMMISSION

provides a voice for youth in city & county affairs

THE CIRCUS PROJECT

transcends social barriers & inspires personal transformation through circus and performance

THE AUGUST WILSON RED DOOR PROJECT

changes the racial ecology of Portland through the arts

SEXUAL MINORITY AND YOUTH RESOURCE CENTER

provides safety and support for LGBTQ youth

Many local businesses have generously provided the food for our program, including:

Ken's Artisan Bakery

Dick's Kitchen

St. Honore Boulangerie

Chipotle

Sansei

Trader Joes

Food Front

New Seasons

Whole Foods

Safeway

Saint Cupcake

Maryhill Orchards and

Vineyards

Sun Gold Farm

Gala Springs

Groundwork Organics