

2019 Youth Leadership Conference
House Leader Guide



University of Waterloo
Waterloo, Ontario

August 14-17, 2019

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1 Welcome

This document is intended to provide an overview of your responsibilities as a General Leader at YLC. Your leadership and example will greatly influence the success of YLC and provide memorable opportunities for service.

1.1 Conference Theme

"If ye love me, keep my commandments." (John 14:15)

1.2 Conference Dates

The conference starts at 7:00am on Wednesday August 14th and ends at 4:00pm on Saturday August 17th.

1.3 Conference Location

University of Waterloo
REV (Ron Eydtt Village) Central Complex
200 University Ave West
Waterloo ON, N2L 3G1

1.4 Conference Purpose

The purpose of YLC is to:

- Strengthen attendee's commitment to live the gospel of Jesus Christ
- Provide meaningful spiritual experiences
- Have fun, make new friends, strengthen existing friendships
- Prepare attendees for mission service and temple marriage

2 Directions to the University of Waterloo

2.1 Drop-off & Pick-up

Drop-off and pick-up location is just outside Ron Eydt Village (REV).

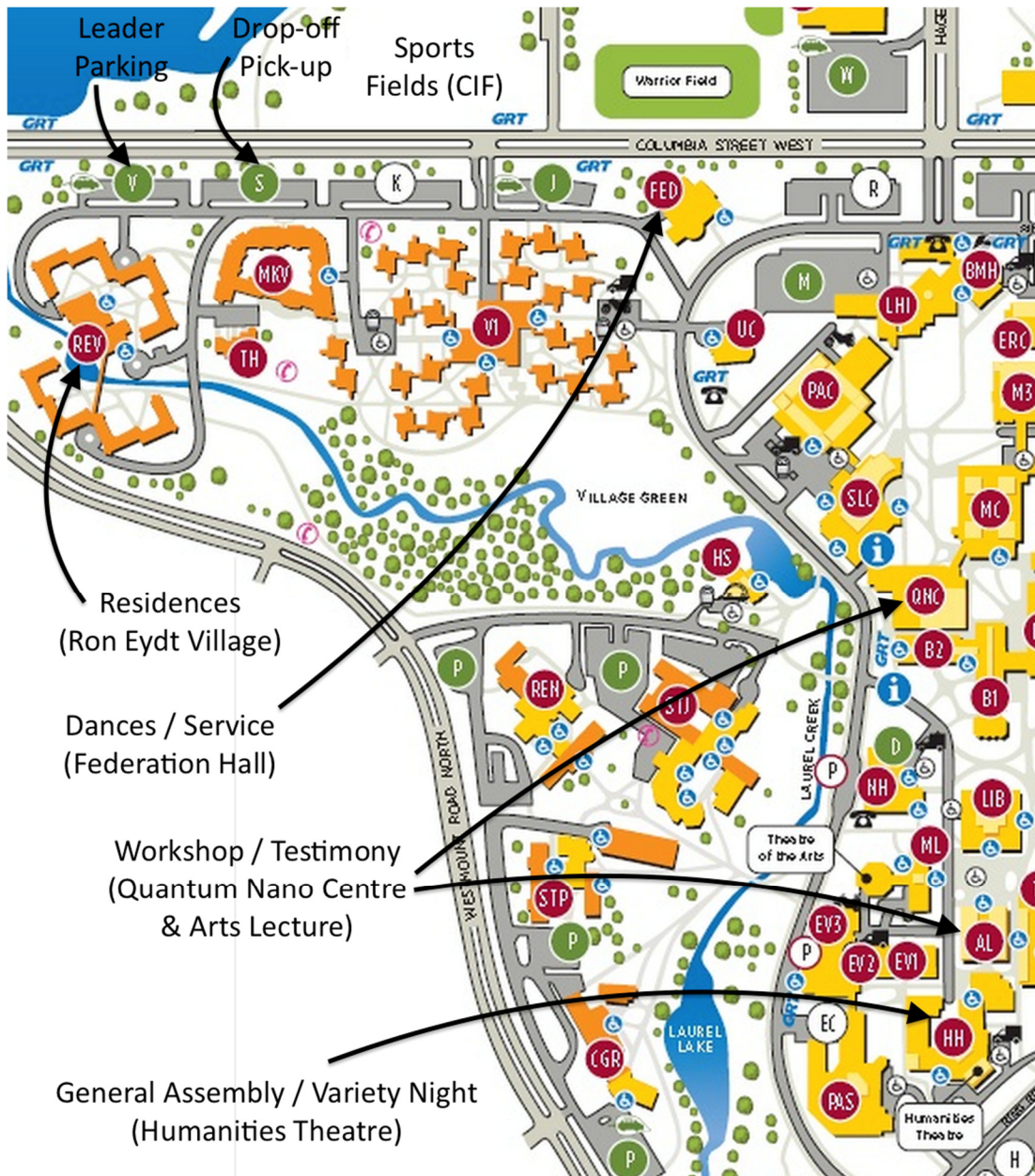
<https://tinyurl.com/vyrc6dex>

2.2 University Map

A complete map to the University of Waterloo can be found on the registration website at:

<http://ldsyoungconference.com>

A localized version of the university map is shown below:



2.3 Written Directions

And written directions and maps can be found on the University of Waterloo website at:
<https://uwaterloo.ca/about/how-find-us/maps-and-directions>

2.4 Parking

Please be mindful that you will be responsible for any parking tickets received while on campus.
House Leaders will receive a free parking pass and a key to their dorm room at time of registration.

3 Conference Check-in/Check-out

3.1 Check-In

August 14th registration starts at 7:00am.

3.2 Conference Check Out

YLC officially ends on Saturday August 17, 2019 at 4:00 pm. At this time individual stake leaders are responsible for their youth.

4 House Leader Roles & Responsibilities

4.1 House Leader Role

The main role of a house leader is to supervise a group of youth during their stay at YLC.

This supervision includes, but is not limited to, the following:

- Arrive promptly on day 1 to receive room keys, youth list and relevant documents
- Get to know the youth in your house
- Conduct the initial day 'get-to-know-you' session
- Conduct daily devotionals
- Get familiar with the YLC schedule of events
- Manage the keys for each of the dorm rooms in your house
- Ensure all youth participate in scheduled events
- Ensure all youth comply with the YLC dress and behavior standards
- Ensure all youth remain in their residence after Twig devotional

Be aware that a 'house' will contain more than one dorm of youth and can range between 8-10 youth.

4.2 House Leader Responsibilities

House leaders are required to remain with their youth throughout the duration of the conference. You will need to ensure that the youth arise on time and are prepared to walk to the various locations on campus.

4.2.1 'Get-to-know-you' Session

On Wednesday morning during 'House Orientation' from 9:00 – 9:30am you should do the following:

- Introduce yourself, and have each of the youth introduce themselves.
- Find out about each of the youth by asking questions, for example:
 - Where are you from?
 - Do you have any brothers or sisters?
 - Why did you choose to come to YLC? What do you want to get out of YLC?
- Conduct a morning devotional
- Review the "YLC Behavior and Dress Standards" (found in this document).

4.2.2 Morning Devotional

On the Wednesday morning you should plan to conduct and present the morning devotional yourself. For the remaining mornings of YLC you should assign a youth to present the devotional.

The purpose of the morning devotional is to:

- Provide a spiritual start to each day
- Provide opportunities to reinforce YLC standards
- Provide opportunities to build relationships of trust

4.2.3 Lead Your Youth

As a House Leader you are expected to set an example for the youth in your house. Your influence should foster an environment where the Spirit of the Lord can be present.

You should lead by example and encourage the youth to follow the schedule of events for each day of the conference. You should strive to arrive promptly for each scheduled event.

You should strive to lead as the Savior led. Do not use compulsion or contention to manipulate the youth to comply. Encourage the youth sincerely and boldly, if necessary, but always “showing forth...an increase of love” (D&C 121:43).

Your service as a house leader can impact your youth in positive ways and may culminate in a meaningful relationship for years to come.

4.3 House Leader HELP

4.3.1 Dealing with Anxiety and Mental Health

YLC can be overwhelming for some youth – particularly first-time attenders and those with pre-existing mental health challenges. You can do a lot to help youth manage the stress they might experience and help them have a growth experience as they adjust to the conference environment. To help you in this role, remember these three prompts:

- **Connect to Calm:** When we are upset or anxious our ability to be rational is diminished. We are not likely to calm down because someone tells us to. We naturally become calmer when we feel seen, heard, understood, and safe. Being attentive to and spending a bit of time with a youth in distress, listening carefully, validating feelings, and showing empathy and compassion will do more to help them feel secure than directing or instructing.
- **Connection Before Correction:** Taking a moment to connect is an important first step in changing a distressing experience into a growth experience. Once youth feel seen, heard, understood, and safe they will usually move naturally into problem solving. *As much as possible, focus on connecting with them first before moving into correction.* Try to help the youth explore solutions and come up with their own plan by asking questions rather than imposing solutions with advice or direction. (Examples: “*What do you think will help here? What has helped you in the past? Who here can help you with that? What should we do next?*”) Keep it focused on what they need, not what you need.
- **Name it to Tame it:** Often, when we are in distress, we will start to feel calmer if we can put a name to what we are feeling. As you connect with distressed youth, you can invite them to do this by asking how they feel. You may need to prompt a little – for example, “*Are you feeling...anxious? Angry? Alone? Scared?*” This goes a long way to helping them feel seen, heard, understood, and safe.

If your best efforts to help youth manage their distress don’t seem to be helping them become calmer and able to function and participate, call on the support of the general leaders who can help you connect them to the backup supports that are in place.

4.3.2 Dealing with Difficulties

If there challenges or difficulties with the youth (in your house) that you cannot deal with in a prompt and Christ-like fashion, go directly to a General Leader.

General Leaders are instructed to deal with any issues for the youth of their own stake.

4.3.3 Dealing with Health Issues

If there are any medical concerns for the youth in your house, please contact the YLC doctor or nurses directly. If you cannot locate the YLC medical staff, please contact a General Leader.

4.3.4 General Issues

If you are struggling with any issue that you feel requires additional help, do not hesitate to speak with another House Leader or General Leader. Do not struggle with difficulties longer than necessary. As a general rule, do not allow any issue to hinder your ability to perform your role as a house leader. Involve a General Leader as soon as possible.

5 House Leader Packing List

1. Clothing that is appropriate for the conference schedule and meets **YLC Dress and Appearance Standards**

2. Personal hygiene items (Toothbrush, Toothpaste, Soap, Deodorant, etc.)
3. Scriptures, Strength for Youth pamphlet, and a journal
4. Plastic bag for toiletries
5. Bath towel
6. Pillow (university pillows are terrible)
7. Alarm Clock, watch
8. Required medications
9. Umbrella
10. Optional: Camera, sports equipment
11. Spending money as needed
12. Fan (dorms are not air-conditioned)

6 In Room” Hours

“In Room” hours at YLC are:

- 12:00 – 6:00 am on Wednesday and Thursday
- 12:30 – 6:00 am on Friday.

Parents of youth found outside their assigned room during these hours will be contacted and the youth will be sent home. Exceptions to this rule are the use of bathroom facilities and/or medical or other emergencies.

7 Morning Devotional Instructions

7.1 Agenda

Use the following sample agenda for your morning devotionals:

- Opening Hymn
- Invocation
- Spiritual Message (see chart below)
- Group discussion
- Announcements by House Leader
- Benediction

7.2 Devotional Topics

Day	Topic	Assignee
Wednesday	Honesty and Integrity Alma 27:27; 53:20	House Leader
Thursday	Service Mosiah 2:17	Youth
Friday	Tithes and Offerings Malachi 3:10	Youth
Saturday	Repentance D&C 58:42-43, D&C 88:86	Youth

These topics have been selected from the "For the Strength of Youth" pamphlet.

8 Twig Leader

8.1 Responsibilities

A Twig Leader is an additional assignment given to selected House Leaders. Twig Leaders perform the day-to-day duties of a House Leader and may also receive assignments from the Branch Leader. These assignments may include, but are not limited to:

1. Conduct nightly Branch Devotionals
2. Ensure all youth, from every house within the Twig, are accounted for
3. Instruct House Leaders and youth to return to their houses after the Branch Devotional
4. Assist with “The Ask” for the formal dinner and dance

8.2 Branch Devotional Agenda

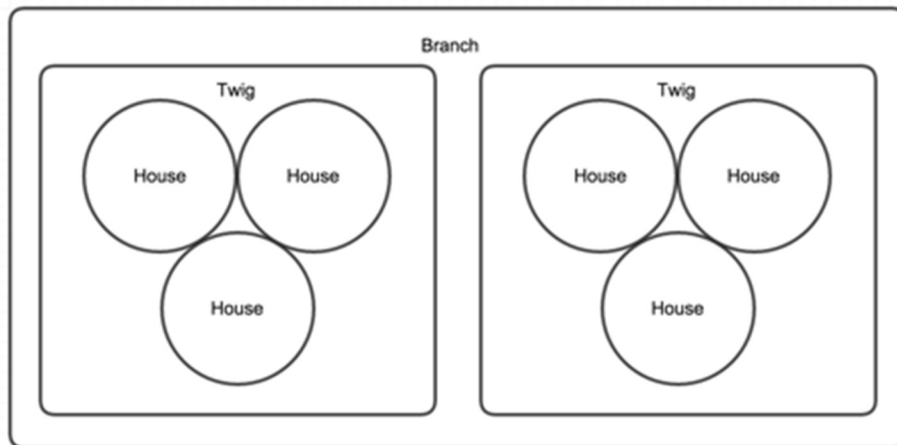
Use the following sample agenda for Branch devotionals:

- Opening Hymn
- Invocation
- Announcements by Branch Leader
- Group discussion about the events of the day
- Ask selected youth to report on highlights
- Branch leader should guide the discussion but should **not** dominate the discussion
- Closing comments by Branch Leader
- Benediction

Please ensure that the devotional ends promptly so the youth are present during the General Leader’s room checks.

8.3 Branch/Twig Configuration

The following diagram shows the configuration of a Branch, Twig and House:



9 YLC Behavior Standards

The YLC Behavior Standards are based on the standards outlined in the “For the Strength of Youth” booklet. We encourage you to read this booklet regularly and especially in preparation for YLC. Following the standards will assist you in being receptive to the spirit as you participate in the conference.

9.1 Summary of Conference Behavior Standards

- Hats are only permitted during sports activities
- Lanyards must be worn at all times (around the neck) in order to gain admission to meal lines and scheduled activities
- Be honest
- Live the law of chastity
- Keep the Word of Wisdom
- Obey civil and campus laws
- Use clean language
- Respect property of others, including that of the University of Waterloo
- Adhere to the “YLC Dress and Appearance Standards” (found on the next page)
- Willingly participate in all scheduled activities
- Encourage others in all aspects of conference participation
- Young Men may escort Young Women to and from all activities
- Stay in your house, twig, and branch groups for all activities
- Remain in your dorm room after your evening devotional
- Other than scheduled devotionals, young men should never enter the residence of the young women (and vice versa)

9.2 Reasons for Early Departure from the Conference

Activities for which a participant will be sent home early include, but are not limited to, the following:

- Stealing, Possessing firearms, knives, or any harmful weapon
- Doing anything harmful to themselves or others
- Violating the Word of Wisdom
- Violating the Law of Chastity
- YM inside a YW residence, or vice versa, other than for Branch devotionals
- Leaving campus grounds without permission for any reason
- Violating the “In Room” hours policy (see section 6)
- Repeatedly disregarding leader’s instructions and YLC standards

10 YLC Dress and Appearance Standards

General Behaviour Standards

- ✓ Be honest
- ✓ Use only clean language
- ✓ Keep the Word of Wisdom (including no smoking, drinking, or drug use)
- ✓ Obey the law and all site policies
- ✓ Respect others and facility property
- ✓ Participate with a positive attitude
- ✓ Stay at the activity. Those who leave the activity will not be re-admitted
- ✓ Live the law of chastity
- ✓ When dancing, avoid full body contact with your partner
- ✓ When dancing, do not use positions or moves that are suggestive of sexual or violent behaviour or are otherwise inappropriate

Formal Dress Standards



Young Men

- Suit or sports jacket and dress pants
- **Shirt:** collared, top button fastened, tucked in, white or one-coloured or pinstriped
- **Tie:** done up at the neck
- Socks
- **Shoes:** dress shoes
- **NO: running shoes, hoodies, hats, rolled cuffs (pants/shirts)**

Young Women

- Dress or skirt to the kneecap
- **Modest top:** shoulders, midriff and cleavage covered
- **Shoes:** dress shoes
- **NO: running shoes, hoodies, rubber flip flops, leggings, pants**



Semi-Formal Dress Standards



Young Men

- **Pants:** slacks, khakis, chinos (cotton dress pants)
- **Shirt:** collared shirt, tucked in
- **Tie:** done up at the neck
- Socks
- **Shoes:** dress shoes, solid-coloured dark running shoes
- **NO: denim jeans, painter or cargo pants, rolled cuffs (pants only), hoodies, hats**

Young Women

- Dress or skirt to the kneecap
- **Modest tops:** shoulders, midriff and cleavage covered
- **Shoes:** dress shoes, solid-coloured dark running shoes
- **NO: rubber flip flops, leggings, hoodies, pants**



Best Casual Dress Standards



Young Men

- **Pants:** jeans, khakis, painter/cargo pants
- **Shirts:** T-shirt, polo, collared
- **Hoodies:** hood down
- **Shoes:** running shoes, deck shoes, sandals
- **NO:** ripped jeans, shorts, vulgar pictures or words on T-shirts, hats

Young Women

- **Pants:** jeans or capris
- **Top:** T-shirt or blouse covering shoulders, midriff and cleavage
- **Shoes:** running shoes, sandals
- **NO:** ripped jeans, vulgar pictures or words on T-shirts, rubber flip flops, hats



Sports Dress Standards

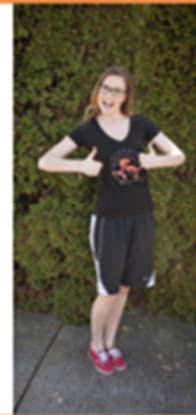


Young Men

- **Shorts:** to the knee
- Sweat pants
- **Shirt:** T-shirt
- **Shoes:** running shoes
- **NO:** ripped shorts, vulgar pictures or words on T-shirts, spandex

Young Women

- **Shorts:** to the knee
- Sweat pants
- **Shirt:** T-shirt
- **Shoes:** running shoes
- **NO:** ripped shorts, vulgar pictures or words on T-shirts, spandex



Inappropriate Clothing/Styles

- ✓ More than one pair of earrings for girls
- ✓ Earrings for boys
- ✓ Body piercings
- ✓ Immodest clothing – sheer fabric or excessively tight-fitting clothing

11 YLC Cell Phone and Electronics Policy

As convenient as cell phones are, they can be a frustrating and unwelcome distraction to both the user and to the people nearby. Cell phones should not interrupt YLC activities. In order to show courtesy and respect for everyone involved, we ask YLC participants to be good examples and follow these guidelines:

- Please do not use cell phones for texting, conversation, e-mail, game play, or anything else during organized meetings, devotionals, classes and other activities.
- If you feel you must have your cell phone with you, please turn it off during activities to avoid the temptation to use it.
- Camera Features — If your cell phone has a camera, please do not use it when its use could be unwelcome, distracting, or an interruption to others.

The atmosphere at YLC is both spiritual and social. Cell phone use (including texting) typically isolates users and limits their ability to communicate well with those around them.

YLC requires specific leaders to be available through cell phones for purposes of organization and emergencies. We appreciate everyone's understanding regarding this necessity.

12 Escorting at YLC

It is expected that young men within a branch will escort the young women of their branch, to and from the events during YLC. The purposes of escorting are to:

- Show respect and appreciation for the young women
- Develop conversation skills
- Meet new people
- Ensure young women reach their destination safely

Escorting is not intended to be an exclusive, dating experience. Young men are encouraged to escort many different young women within their branch.

13 “The Ask” - Formal Dinner and Dance

For the Friday night dinner and formal dance, the young men within a branch will ask the young women in their branch to the formal dinner and dance. We encourage the young men and their house leaders to prepare a creative way to accomplish this invitation.

This invitation is **not** a single or exclusive couple invitation. The young men in a branch will ask and escort the young women within their branch.

14 Opening Day Orientation Meetings

14.1 House Orientation (Conducted by House Leader)

- Wednesday morning from 9-9:30am
- See section 'Get-to-know-you' Session for more information

14.2 Branch Orientation – Meet & Greet

When: Wednesday morning from 9:30-10:15am

Where: Outside the REV complex (rain location: inside REV connecting tunnels)

Instructions:

1. Encourage all House Leaders and Youth to attend
2. Divide youth into 2 lines, one line for young men, one line for young women
3. Lines face each other and spend 60 seconds introducing themselves and getting to know each other
4. After 60 seconds the line of young men moves one person to the right.
5. The young man on the far right moves to the opposite end of the line.

15 Lost and Found

Please contact Sister Julie Jakob via email at juliejakob7@gmail.com to arrange collection of items that may have been lost during YLC. Any items remaining at the end of the conference will be kept for one month at which time they will be donated to charity.