



## Regional Environmental Council's YouthGROW Participant Testimonials



*Pablo Rosario, YouthGROW Participant*

***Pablo Rosario Jr. age 14, 1st year in Youth Works***

"Throughout the summer I have had the chance to work with YouthGROW and learn about urban agriculture, professional development, and social justice skills. YouthGROW gave me the opportunity to grow as a person. I've developed many skills in fields I never knew existed such as consensus, leadership skills, and strong communication. They also taught me about my career in the future and how to make a resume. I took part in many discussions about the food industry. I learned about organic and conventional farming and what is healthy and non-healthy for your body. I also got the chance to meet members of the UMass extension program who taught me about nutrition. All of these skills, discussions, and activities at YouthGROW helped me become more professional and changed my life!"



*Christine Cheng, YouthGROW Participant*

***Christine Cheng, Age 14, 1st year in Youth Works***

"This program helped me improve on public speaking. It's easier to talk to other coworkers and people. I also improved on my communication and leadership. I learned to take initiative and volunteer to do other tasks. This program taught me how to be professional at any occasion or job and also to use appropriate behavior, YouthGROW helped me a lot and I improved on so many things since I started working with YouthGROW."

# YouthGROW Participants in Action, Summer 2014

