

Your Future



Your Voice

My Story Today!

P O D C A S T



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The My Story Today Podcast

About the My Story Today Podcast

Everyone has a story. Everyone has a voice. Many do not have access or a platform to share their stories and voice. The My Story Today Podcast was created to provide a digital platform to youth members of Concerned About Teen Success, also known as C.A.T.S., located in Akron, Ohio, home of LeBron James.

The My Story Today Podcast, launched in July 2020, is the digital media platform providing a powerful message for youth with knowledge and information to make responsible choices. We believe this is the first podcast of this kind with this base of information.

With the effects of the coronavirus on society and gatherings, The C.A.T.S. program involved youth members giving in-class presentations at schools, has been hindered in outreach efforts. With the advances of technology especially in media, a unique platform has been created hosted, and conducted by youth.

The My Story Today Podcast enhances the youth's speaking, critical thinking, and presentation skills which are needed in today's digital communication age.



Social Media Promotions

Podcast Format

My Story Today Podcast is a weekly youth-hosted podcast on Podbean and Spotify, distributed on mystorytoday.org and social media platforms. The primary cast for the My Story Today Podcast is conducted by youth members of Concerned About Teen Success. Members serve as hosts and guests for each episode. Podcasts are occasionally co-hosted by the resident adult and instructor, Mr. Richard.



Branded Pens



Positive Youth Development



Recent Episodes and Topics

Topics presented on the My Story Today podcast are based on the Alliance for Healthy Youth program as well as Concerned About Teen Success.

- Concerned About Teen Success also known as C.A.T.S.
- Teen Dating Violence (TDV): Avoid It, Recognize It, and Get Help!
- Healthy Relationships: The Common Factors
- Keeping It 100? A conversation on dealing with your emotions social media
- Empathy & Compassion: Effectively communicating and caring for others in the digital age
- RU Good? A Conversation On Teenage Mental Health.



Positive Youth Development

The My Story Today Podcast engages students and schools across the Northeast Ohio region from different communities. The podcast provides a platform that applies to the definition and elements of positive youth development.

The Federal Interagency Working Group on Youth Programs provides the following definition:

“Positive youth development is an intentional, pro-social approach that engages youth within their communities, schools, organizations, peer groups, and families in a manner that is productive and constructive; recognizes, utilizes, and enhances youths’ strengths; and promotes positive outcomes for young people by providing opportunities, fostering positive relationships, and furnishing the support needed to build on their leadership strengths.”¹



Podcasting Station

Positive Youth Development Cont.



According to Y4Y, You for Youth, “A positive youth development environment will help students build on personal traits such as competence, confidence, connection, character, caring, and contribution.”² The My Story Today Podcast provides students the opportunity to express themselves in a constructive manner and building on the following personal traits.

Competence is strengthened through participation in the podcast which provides teamwork, organization, and presentation skills

Confidence is improved through the completion and the distribution of the podcast episodes. Youth members are providing a voice for youth across the region.

2. y4y.ed.gov/tools/the-5cs-of-positive-youth-development

Connection is provided through teamwork and friendship which are natural components of Concerned About Teen Success members. The podcast provides a positive outlook for youth, community organizations, and school leadership.

Character is developed through participation in gathering data and having conversations on topics that establish standards and positive behaviors for all youth.

Caring is reflected in many topics discussed on the My Story Today podcast. These topics range from empathy, compassion, friendship, and other issues many youth encounter. The podcast, website, and social media platforms are provided as a youth outreach to share thoughts and feedback.



Listen to episodes of the **My Story Today Podcast** on



Learn more on **MyStoryToday.org**

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