

Hello, My name is Alida Apgar and I am a sophomore from Lyndonville VT as well as a member of VT state youth council. I found out about this program through a fellow student at my school who thought it would be a good opportunity. After looking into it more online and through social media I decided to Apply. I wanted to do this so I could be a voice for the other young people around me. One of the things about the youth council that drew me to it is the strive for equity and equality in our state. Specifically the disadvantages and discrimination that people of different races, ethnicity, gender, sexuality and income face. I personally am a lower income student and I know first hand how that can be a disadvantage. I am less likely to get into a selective college because of the fewer opportunities provided. However there are many people who are struggling more than I am. I want to help other students around me live up to their potential through the resources around them and I believe that the VT state youth council can help. There are many opportunities to help students and I want to make sure that these opportunities are accessible to all students throughout our state. For example I am a member of the Upward Bound program, a program for first gen low income students and through this program I am able to have access to tutoring, college tours, SAT prep, and more. I want to help every student have access to these things. This is one of the many issues facing youth today. Another struggle that is facing youth today is mental health. Through the youth council I want to be able to help the many teens who struggle with mental health. Almost every teen I know struggles with either depression, anxiety, or an eating disorder. All of these things are very detrimental to their lives. A major reason that mental health is such an issue is the stigma around it and the accessibility of help. I too have struggled with anxiety a lot and it makes it very hard to go through the day. By making it easier for people to receive the help they need this struggle would be less of an issue. I want to be a voice for all the people struggling and help others receive support. The thing that made me the most interested in the Youth council was the ability to help in the climate change crisis. One of the things I am most passionate about is the environment. I started a club at my highschool dedicated to helping the environment. Many young people today are very aware and concerned of the climate change crisis facing the world and want to help. By joining the VT youth council I can make sure that this problem is addressed. When I learned that the Youth Council had a subcommittee dedicated towards helping fight climate change I signed up. All of these and more are problems that affect youth. Because of this council I can fight towards making a change in so many ways.