



UROC NOMINATIONS CHALLENGE

Wednesday
May 5th 2021

Step One

Identify a youth, youth friendly adult or youth friendly business you want to say "UROC" to!

Step Two

Prepare a note or gift of recognition ie. sticky note thank you, gift card, balloons

Step Three

On May 5th, 2021 YOU give the token of appreciation and recognition and tag @abbyyouth on Instagram

Step Four

Fill out this form by May 5th to enter the youth, youth friendly adult, youth friendly business for a chance to win a PRIZE!!

Youth UROC Recognitions are presented to young people (12-18 yrs) who have demonstrated leadership, supported their peers and / or have volunteered in the community. This is also a great opportunity to celebrate a youth who has shown resilience, courage, perseverance, and growth! Youth leaders and youth character plays a significant part in the community and deserves to be celebrated!

Youth Friendly Adult UROC Recognitions are presented to adults who have excelled at building positive relationships with young people helping them to see their full potential; demonstrated dedication and commitment to services for youth; shown innovation in the delivery of services to youth; provided opportunities, support or services to youth. UROC Recognition brings attention to the incredible caring and dedication of adults working with youth in the community. This is also a great opportunity to recognize youth friendly adults as natural supports in the lives of youth such as grandparent, sibling, or neighbour!

Youth Friendly Business UROC Recognitions are presented to businesses and organizations that have performed an exceptional job in providing support and services to youth. We want to highlight and promote businesses who provided opportunities to youth or funding for youth activities; have exceptional hiring or training practices for youth; and / or will have proved themselves as genuine assets to youth in Abbotsford. UROC Recognition brings attention to the extra contributions that many businesses and organizations make for youth in our community!



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CHALLENGE

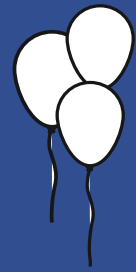
info@abbyyouth.com



STEP BY STEP GUIDE

UROC ROCK

UROC CHALLENGE - MAY 5TH, 2021



Find a flat smooth medium sized rock. Clean it with soap and water and allow it to dry completely.



Get some paints and paint brushes of the colours you want to use. White and black are good for words!



Paint your base colour first and allow to dry completely before adding shapes and words.



Paint a design (pictures or shapes work great!) and include the "UROC" word. If using white paint for words, use a black sharpie or black paint to outline the word after it dries completely.



info@abbyouth.com

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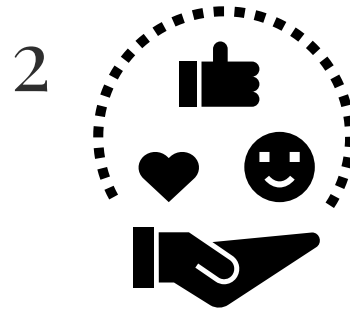
WAYS TO SAY UROC



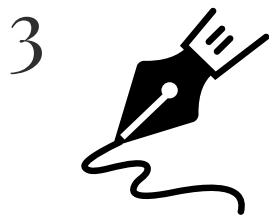
UROC CHALLENGE - MAY 5TH, 2021



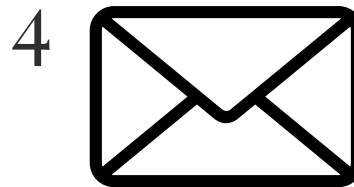
Identify a youth, youth friendly adult or youth friendly business who deserves recognition for promoting connection, resilience, diversity, creativity and collaboration among our youth!



Reflect on what makes them special? How do they excel? How have they motivated others? Do they show youth inclusion? What character quality or action deserves recognition?



Write phrases such as "Thank you for making a difference in the lives of youth by __" or "UROC because you've shown __ and __!" or "You are an inspiration to youth for your __ inclusion/ advocacy/ leadership/ positivity/ ability to overcome __"



Notes of recognition can be a short sticky note, a long letter or a shout out on social media! And then YOU give them the note and item (rock, flowers, balloons, gift card etc) of appreciation!

Be sure to tag @abbyyouth and fill out the Prize Entry Form!



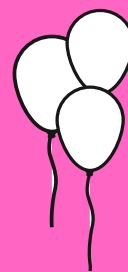
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May 5th 2021



WAYS TO SHOW UROC



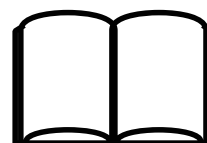
UROC CHALLENGE - MAY 5TH, 2021



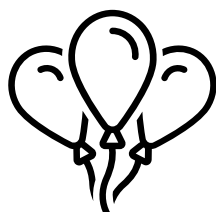
gift card



skip the dishes meal



inspirational book or journal



balloons



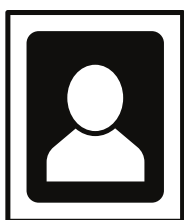
DIY trophy



flowers



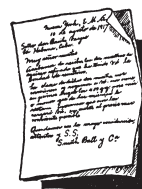
favourite drink



printed photos



decorations



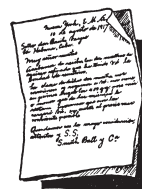
a note or letter



candy



ENTER TO WIN!



special gift



personalized meme

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Remember to follow COVID-19 restrictions and precautions! Wear a mask!
Be sure to tag @abbyyouth on Instagram and enter to win a prize using the QR Code!

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