



**A Quarterly Publication
Produced BY & FOR NC Youth with Disabilities**

**What I want to accomplish or
am most excited for this coming year...**





Going to Disney &
summer rodeos
-Khloe



Swim meets & swimming with
friends this summer
-Scout



Summer!
-Tsega

STRANGER THINGS

The new season of
Stranger Things
-Donavan



Being more confident &
getting better grades
- Jaxson



Playing more music &
very excited for
the summer
- Matthew

3D Making cool things
on the 3D printer
- Oliver

Staying in the honors program
- Nevaeh



Playing more
basketball
- Zay

More commentary
experiences
- Nicholas



Getting braces
- Kelsey



Going to the gym &
getting better at sports
- Clare

Traveling &
keeping up my grades
- Brandon

What Does Self Advocacy Mean to Me?



"It's using your voice to tell others what you need."

-Khloe

"I advocate for myself when I tell my parents when I feel overstimulated."

-Donovan



Being a self advocate means speaking up for yourself. This can be hard sometimes. You can practice by writing down what you want to say or even by practicing in front of a mirror, friends, or with a camera phone

North Carolina's Got Talent!

YEP's ***NCGT*** column is here to put a spotlight on the many talents and abilities of N.C. Youth & Young Adults with Disabilities ages 5 to 26. The format of submissions can be a poem, artwork, blog, video, song, essay, article, presentation, an "About me" article, you name it. ECAC's Youth Advisory Team then reviews the submissions and chooses which ones to feature.



Selected entries receive a \$25 Visa gift card in the mail!

And the Winners Are...

"Clarity"



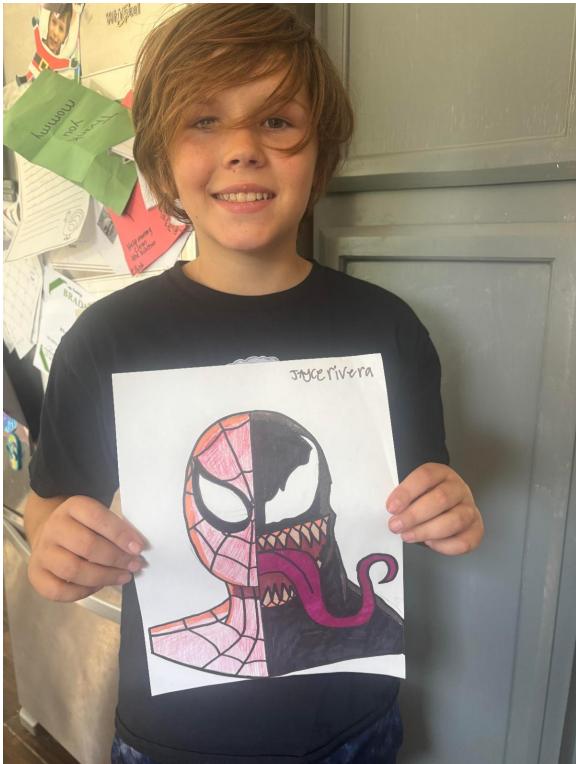
"I am submitting a video of me singing Clarity by Zedd, featuring Foxes. I hope it will be chosen because I want to be a Kidz Bop Kid someday and I want other kids to know that they can do anything they want."

Logan D.
Mecklenburg County, NC
Age 12



[Click here to watch
Logan's video](#)

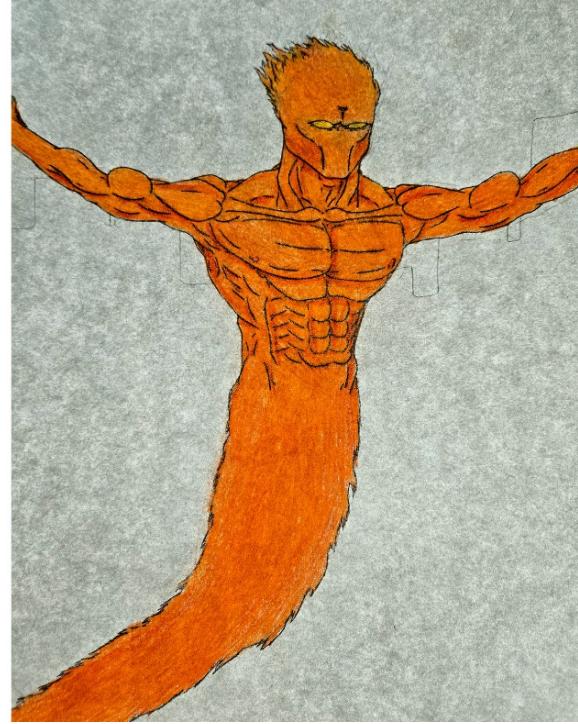
"Venom/Spiderman"



"I sent a half Venom half Spiderman drawing because they are my favorite marvel characters."

Jayce R.
Iredell County, NC
Age 11

"Flare"



"Flare is a superhero who uses a wheelchair because of an accident he had when he was young. When he uses his powers, he can fly, allowing him freedom to move. I hope that this piece of work shows my artistry. I have a dream to become the next Stan Lee with my superhero universe. Like Flare uses his powers, I use art to help me focus and relieve my anxiety and stress. "

Jack H.
Buncombe County, NC
Age 11

Hair Braiding



"I started doing hair in 9th grade. I love to help people look and feel good about themselves. I like to give them the look they want. This shows my creativity and adaptability proving a disability does not limit someone's ability to excel in hands-on, artistic fields like hair and cosmetology."

Akeeylah B.
Bertie County, NC
Age 16



[Click here to watch Akeeylah's first video](#)



[Click here to watch Akeeylah's second video](#)

Cello Recital



[Click here to watch Anna's video](#)

"I am attaching a video of me playing cello in my recent recital. I am proud of myself and want others to see me playing."

Anna N.
Haywood County, NC
Age 18

Opportunities for Youth and Young Adults!

**"Living Independently -
What Skills Do you Need?"**

For students with disabilities age 12-22 who live in Florida, Georgia, North Carolina, South Carolina, Tennessee, or Virginia ONLY.



WAZE to Adulthood for Students is a FREE, LIVE training for you! Join us for a live Zoom training as we discuss various independent living skills that will benefit you as you prepare for adulthood. Choose one date to attend:

Wednesday, February 26, 2025 | 6:00 pm - 7:00 pm
Thursday, February 27, 2025 | 6:00 pm - 7:00 pm

[Click here to learn more and register](#)



Applications are due Sunday, February 23, 2025.

[Click here to learn more and apply](#)

Youth Policy Accelerator

Mental Health America's Youth Policy Accelerator (YPA) is a youth leadership program that equips 10 outstanding young adults (18-25) with the skills, relationships, and experience to advance federal youth peer support policy.

The inaugural YPA cohort helped shape mental health policy by conducting original research, meeting with policymakers, launching a national youth peer support policy coalition, and speaking on panels, at events, and town halls.

The all-virtual YPA will take place from April 2025 - December 2025. In addition to receiving a \$3,000 stipend.



[Click here to learn more](#)

North Carolina Community Foundation

Nearly 140 college scholarships administered by the North Carolina Community Foundation are now open for applications! Most close on March 3rd - no cost to apply.

Most scholarships close for 2025 applications on March 3. There is no cost to apply and students can apply online using [NCCF's Universal Scholarships Application](#).

2025 Youth Leadership Forum Delegate Application Now Open



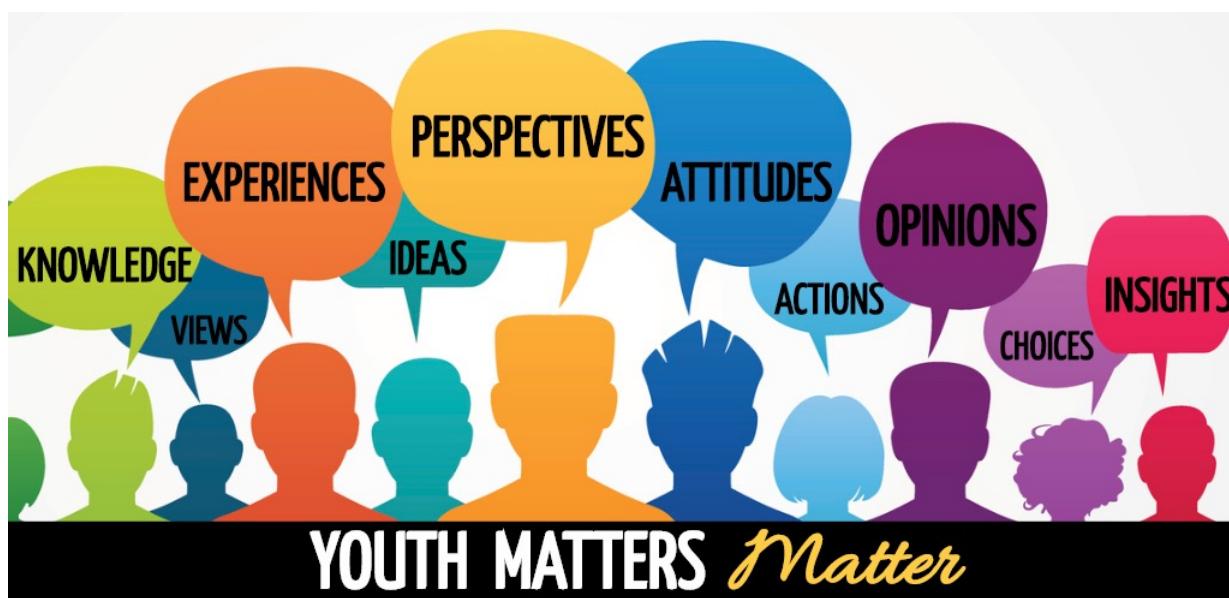
Applications are due no later than March 31, 2025

[Click here to learn more and apply](#)

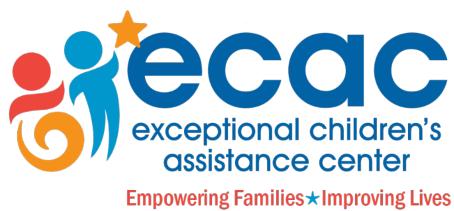
The 2025 Youth Leadership Forum (NCYLF) delegate applications are now open for youth and young adults! The event is July 26th through the 30th, and will be held at NC State University in Raleigh. The NCYLF is completely accessible and free to all participants. Any NC resident with any disability from the ages of 15-30 is encouraged to apply!

NCYLF is a multi-day and overnight program hosted by the non-profit organization [Youth LEAD NC](#) that helps to foster emerging youth and young adult leaders, teaching them to advocate for themselves and in their communities.

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