

What We Do

We are the

Youth Oriented Leadership Organization

a group of high school students from Steele County working towards changing the narrative from you only live once so make careless decisions to appreciating the life you have & make decisions that support the future you want.

- We provide peer to peer classroom education on mental health & vaping.
- Peer outreach & advocacy for more mental health & vaping awareness & resources.
- Educate local decision makers and support existing school-based youth services.



Get in Touch

Email

theyoloproj@gmail.com

Instagram

@projectyolo_

TikTok

@the.yolo.project



Healthy Minds.
Healthy Lungs.
Healthy Youth.

YOLO helps

- Students find their voices
- Individuals advocate for themselves and for their community
- Adult members of the community understand youth issues
- Reducing vaping in community through education and resources

YOLO values

- Diversity & Inclusion
- Cooperative Teamwork
- Integrity
- Impact & encouragement
- Reducing the stigma & raising awareness around mental health
- Encouraging compassion instead of judgement
- Safe space in sharing ideas, thoughts & feelings
- Educating people on the reality & seriousness of mental health



Our Vision

Healthy Minds. Healthy Lungs.
Healthy Youth.

Our Mission

To empower youth to lead positive change in their schools and communities by promoting mental well-being, encouraging healthy lifestyles, and standing together against vaping through education, advocacy, and peer support.

This group is made possible and funded through the Minnesota Department of Health's Youth E-cigarette Prevention and Cessation Initiative.



Become a Member

To become a YOLO member at NRHEG Secondary School and Owatonna High School you must:

- ✓ Be in 8th grade at NRHEG or 9th grade at Owatonna.
- ✓ Let us know you are interested in joining at yoloproj@gmail.com
- ✓ Complete the required paperwork to be in the group.
- ✓ Participate in monthly meetings & events.

"YOLO has become more than just an organization to me. My favorite part of being in YOLO is it's commitment to mental health advocacy. It's given me the opportunity to take initiative, plan meaningful events, and promote living life with intention rather than making careless or reckless decisions" - YOLO member