

ALL ABOUT ACTION CAMP

A PROJECT OF YOUTH SERVICES OF GLENVIEW/NORTHBROOK AND PHIMC

Action Camp is a five day sleepaway camp that brings together young leaders from GSAs and youth groups across Illinois to learn from one another and shape the safer schools movement. Campers are rising 8th-12th grade youth, and programming is planned and led by a group of up to 18 high school Youth Leaders, with support from staff and volunteer counselors.

In this guide, we'll answer some FAQ's about what you could expect at Action Camp so you can decide if camp is right for you!

WHAT HAPPENS AT ACTION CAMP?

Here is a sample day at Action Camp:

- 6:30 Morning Yoga (optional)
- 7:00-8:45 Morning Shower time (option 1)
- 8:45-9:30 Breakfast
- 9:40 Morning Announcements
- 9:50-11:10 Workshop: Intersectional Feminism
- 11:20-12:40 Activities: Swimming
- 12:50-1:35 Lunch
- 1:35-1:55 Community Clean
- 2:00-3:00 Horizontal time
- 3:10-4:30 Workshop: The Marvel-ous World of Queer Comics
- 4:40-5:40 Activities: Tie-Dye
- 5:50-6:35 Dinner
- 6:35-6:55 Community Clean
- 6:55 Evening Announcements
- 7:00-9:00 Camp Mixer & Campfire
- 9:00-10:30 Evening shower time (option 2)
- 10:30-11:00 Bunk debrief/planning
- 11:00 Lights out



"THE AMOUNT OF QUEER JOY, COMMUNITY, EMPOWERMENT, LEARNING, AND PEACE I SAW AND EXPERIENCED AT CAMP IS WHAT KEEPS ME GOING. ACTION CAMP MAKES ME FEEL EXCITED FOR MY OWN FUTURE, AND LEAVES ME WITH THE RADICAL IDEA THAT A BETTER WORLD IS POSSIBLE."

– ACTION CAMP YOUTH LEADER



WHO RUNS ACTION CAMP?

Each year, Youth Services' Pride Youth Program and the Illinois Safe Schools Alliance, a program of Public Health Institute of Metropolitan Chicago, partner together to create Action Camp! Programmatically, Action Camp is run by two Co-Directors, Julio Flores (he/him) and Lizzy Appleby (she/her).



YOUTH-LED PROGRAMMING? WHAT'S THAT?

Action Camp is supported by an amazing group of up to 18 Youth Leaders, which are high school students from across the state who work together to plan Action Camp programming. They meet all summer long to plan all the different workshops that are offered, and plan each evening's social events. They also choose our camp theme! Having youth-led programming means that Action Camp is created for youth, by youth!

WHO GOES TO ACTION CAMP? WILL THERE BE OTHER PEOPLE LIKE ME?

Action Camp is for rising 8th-12th grade youth from across Illinois, and we strive to create a diverse and inclusive space for everyone. We have youth from urban, suburban, and rural settings, and youth with all different racial, ethnic, religious, and cultural backgrounds. We also have youth with all different gender identities and expressions and all different sexual identities. When you arrive at camp, you will be placed in your bunk, or small group, which is 6-8 other campers around your age. This will be who you share a sleeping space with, and your bunk counselor will help you get to know everyone and make connections.

WHAT ARE CAMP ACCOMMODATIONS LIKE? WHERE DO WE SLEEP? WHAT ABOUT BATHROOMS?

Action Camp rents a wonderful campground with great facilities. Campers sleep with their "bunk" or small group in either an air-conditioned cabin or bunk room, each of which sleeps 8-10 people (6-8 campers and 2 counselors). All bathrooms have running water. For campers sleeping in cabins, the bathroom and shower house is a short walk from their cabin. For campers in bunk rooms, the bathroom (which includes the shower stalls) is down the hall. All bathrooms at camp are all-gender facilities.

The outdoor space at camp includes a swimming pool, campfire area, dirt pathways for walking, plenty of trees, open field space for active games, and a few creeks with bridges over them. There are often picnic tables near buildings if people would like to sit outside.



WHAT IS FOOD LIKE AT ACTION CAMP? WILL THERE BE SNACKS?

Our campground partners cook meals for us. All meals are served buffet style, and include several different options. If you have dietary restrictions or allergies, we are totally able to accommodate those. Depending on the meal, you may have some of the standard options available to you, or you may receive a special plate from the kitchen. We also have snacks available at all times. We usually get a variety, such as chips, popcorn, apple sauce, fruit snacks, and more!

WHAT IF I'M HAVING A HARD TIME WHEN I'M AT CAMP? WILL THERE BE PEOPLE WHO CAN HELP ME?

We have a fully staffed Health & Wellness Team (called HAWT!) made up of our camp nurses and mental health providers. These folks are there if you need to ask a question, check in, or take a break.

ARE THERE ANY FUN ACTION CAMP TRADITIONS?

Absolutely! At the beginning of camp, we raise the Progress flag to stay up for the whole week. On the last day of camp, we lower the flag and sing the chorus to Britney Spears' Toxic. We also have a camp talent show on the last night of camp, where campers and youth leaders share a variety of talents (singing, fun-fact sharing, mental math!). At the end of the talent show, we sing Queen's Bohemian Rhapsody and have a dance party.

WHAT ABOUT PHONES OR COMMUNICATING WITH HOME?

Campers are welcome to bring their phones with them to camp, though there is no cell service (occasionally limited service) at our campground. This means that any music will need to be downloaded in advance, and campers can expect to not have access to their social media accounts. If campers need to get in touch with family, they can collaborate with counselors to make that happen. Parents and caregivers will be given an off-site contact number who will be able to connect with staff so they can contact their camper if needed.



**"THIS WAS PROBABLY THE FIRST PLACE I FELT I COULD TRULY BE MYSELF"
- ACTION CAMP CAMPER**