



Youth Ambassador Program

Session 7: Eradicate Poverty and Hunger (part 2)

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SDG 2: End hunger, achieve food security and improved nutrition, and promote sustainable agriculture.

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Inspirational Quote(s):



“We can do no great things only small things with great love”

“We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty.”

~Mother Theresa

*“The most important characteristic that enables people to stay the course through great difficulties is that they have a powerful purpose. Whenever you want to make any change in your life, **the purpose behind your goal is more important than the goal itself.** It will keep you going when obstacles raise their ugly heads. Knowing your “why” intensifies your desire and commitment; **if you can create enough reasons why you want to make a change, there’s nothing that can stop you.**” ~Cynthia Kersey*



Session Seven Overview (Purpose, Payoff, and Process)



Purpose: During our seventh session, we will review SDG 2 (**End poverty and hunger, achieve food security and improved nutrition, and promote sustainable agriculture**) but this time with regards to the future vision of this fulfilled goal. We will learn about the value of being in the “belly of the whale” as well as the 6 human needs to strengthen effectiveness in leadership (and in our personal lives).

Payoff: The payoff of this session is to explore a level of depth, “under-standing” and resilience as it relates to moving through a “dark night of the soul”.

In addition to becoming more effective leaders, we will also learn how to align our actions to meet a higher level of needs which creates a deeper level of satisfaction and effectiveness with our ability to positively contribute to the world.

Process: This session will cover the following:

- Introduction
- Inspirational quotes
- SDG 2 overview
- Exploration of SDGs 2: End hunger, achieve food security and improve nutrition, and promote sustainable agriculture (future)
- SDG 2: Targets
- Stage 7 of the Hero’s Journey: The Belly of the Whale
- Leadership activity: 6 Human Needs
- Homework/Action plan
- Resources

SDG 2 Overview: End hunger, achieve food security and improved nutrition, and promote sustainable agriculture



The following are some basic statistics regarding the status of hunger and poverty in the world:

- Every year eleven million children die-most under the age of five and more than six million from completely preventable causes like malaria, diarrhea and pneumonia.
- 805 million people go to bed hungry each night.
- Severe acute malnutrition threatens the lives of **34 million children**.

SDG (2) Targets:

End hunger, achieve food security and improved nutrition, and promote sustainable agriculture



2.1 By 2030 end hunger and ensure access by all people, in particular the poor and people in vulnerable situations including infants, to safe, nutritious and sufficient food all year round.

2.2 By 2030 end all forms of malnutrition, including achieving by 2025 the internationally agreed targets on stunting and wasting in children under five years of age, and address the nutritional needs of adolescent girls, pregnant and lactating women, and older persons.

2.3 By 2030 double the agricultural productivity and the incomes of small-scale food producers, particularly women,

indigenous peoples, family farmers, pastoralists and fishers, including through secure and equal access to land, other productive resources and inputs, knowledge, financial services, markets, and opportunities for value addition and non-farm employment.

2.4 By 2030 ensure sustainable food production systems and implement resilient agricultural practices that increase productivity and production, that help maintain ecosystems, that strengthen capacity for adaptation to climate change, extreme weather, drought, flooding and other disasters, and that progressively improve land and soil quality.

2.5 By 2020 maintain genetic diversity of seeds, cultivated plants, farmed and domesticated animals and their related wild species, including through soundly managed and diversified seed and plant banks at national, regional and international levels, and ensure access to and fair and equitable sharing of benefits arising from the utilization of genetic resources and associated traditional knowledge as internationally agreed.

2.a Increase investment, including through enhanced international cooperation, in rural infrastructure, agricultural research and extension services, technology development, and plant and livestock gene banks to enhance agricultural productive capacity in developing countries, particularly in least developed countries.

2.b. Correct and prevent trade restrictions and distortions in world agricultural markets including by the parallel elimination of all forms of agricultural export subsidies and all export measures with equivalent effect, in accordance with the mandate of the *Doha Development Round*.

2.c. Adopt measures to ensure the proper functioning of food commodity markets and their derivatives, and facilitate timely access to market information, including on food reserves, in order to help limit extreme food price volatility.

Inquiry into This Month's SDG

End hunger, achieve food security and improved nutrition, and promote sustainable agriculture:



The following are questions to research and be prepared to present during our live session. For those following along, these are the questions for the students to answer for their written and oral reports:

Part #3: The Future (aka the Solution)

Describe a future where everyone has enough nutritious food to eat and agriculture is sustainable.

Standing in the future, report about what you imagine took place to bring this about:

- What **happened**?
- What was the **tipping point**?
- Where in the world did this solution make the **most significant** impact?
- What **role did you play** in this happening?
- What are your **personal feelings/thoughts** about being a part of this change?

SDG Hero: Dan West, founder of Heifer International



Dan West was a farmer from the American Midwest who went to the front lines of the Spanish Civil War as an aid worker.

His mission was to provide relief, but he soon discovered the meager single cup of milk rationed to the weary refugees once a day was not enough. And then he had a thought:

What if they had not a cup, but a cow?

That "teach a man to fish" philosophy is what drove Dan West to found Heifer International. And now, nearly 70 years later, that philosophy still inspires their work to end world hunger and poverty once and for all.

How It Works

Heifer International empowers families to turn hunger and poverty into hope and prosperity. Their approach is more than just giving a handout—but a hand up. Heifer helps bring sustainable agriculture and commerce to areas with a long history of poverty. Their animals provide both food and reliable income, as agricultural products such as milk, eggs and honey can be traded or sold at market.

When many families gain a sustainable income, it brings opportunities for building schools, creating agricultural cooperatives, and funding small businesses.

To date Heifer International has helped 20.7 million families see higher incomes, have healthier livestock, and better access to education. With their successful and sustainable model in place, their dream of eradicating world hunger and poverty is becoming a reality.



Must See Videos

- **How Heifer International Works:**
<https://www.youtube.com/watch?v=fDIedFMSN64-t=78>
- **Angelina Jolie's Diary with Dr. Jefferey Sachs:**
https://www.youtube.com/watch?v=_kv0VdBkkn_o
- **Tony Robins TED Talk:** <https://www.youtube.com/watch?v=BwFOwyoH-3g>
- **The Last Hunger Season Movie Trailer:**
<https://www.youtube.com/watch?v=zR5M57xtzIc>

Trailer for the upcoming documentary film *The Last Hunger Season: A year in an African farm community on the brink of change*.

Four Kenyan farmers. One acre of land each. One year of work, worry and hope. If they succeed, so might humanity.

This is the story of four farm families who are struggling to improve their livelihoods through agricultural development. A forward thinking social enterprise, One Acre Fund, offers to help them defeat their persistent hunger with improved seeds, fertilizer, training, and market access. It is a leap of blind faith, putting their trust in new technologies unavailable in the region until recently. As we grieve for their losses and cheer for their successes hope builds for the many like them who, by becoming better farmers, bring the promise of food security to Africa — and the rest of the world.

- **President Obama--young people are hungry for a better world (03:56):**
<https://www.youtube.com/watch?v=kH29t9-nX48>

President Obama talks about how young people are the change-makers-hungry for a better world. This is an excerpt from President Obama's address to the United Nations General Assembly in New York, New York on September 24, 2014.



Hero's Journey Stage 7: The Belly of the Whale & How it relates to the Youth Ambassador Program:



Now that you've crossed the threshold, you say goodbye to the ordinary world and hello to the topsy-turvy terrain of the "special world".

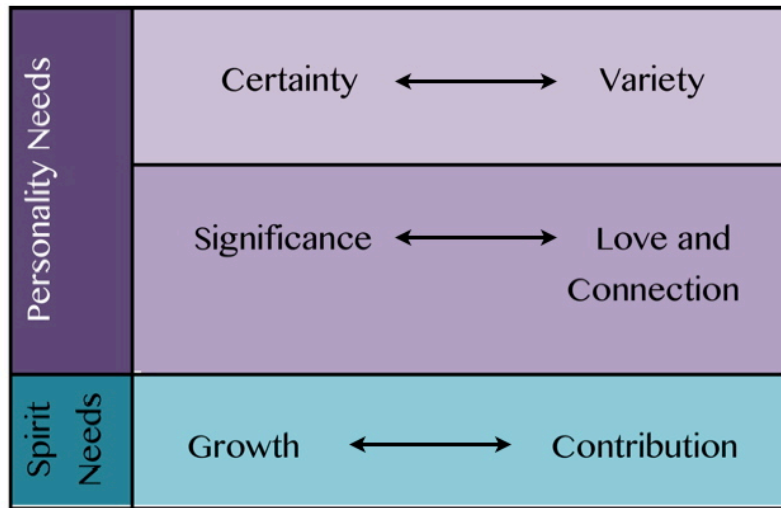
In some way, the belly of the whale represents every human's greatest fear: being isolated, out of control, and overpowered. To most people this "dark night of the soul" is feared as a fate worse than death. The irony is, however, once you relax into it, it's not so bad. In fact, in the dark of the belly is where the peace that passes human understanding can be felt. In the belly of the whale you might actually hear the voice of your own inner wisdom, and in fact, it's in the belly of the whale where the hero's initiation takes place.

In the belly of the whale we experience isolation, rejection, or feelings of being engulfed. In order to exit the belly, we must learn to expand our consciousness beyond good/bad, right/wrong and allow the "cognitive dissonance" of living in a world of contrast inspire us to expand rather than contract...so that we become related to the largess of our magnificence.

Contemplate the following:

- Have you ever experienced a dark night of the soul? If so, what benefits did you derive from the experience?

Leadership Modality: Hierarchy of Needs



Tony Robbins took Maslow's Hierarchy of needs and identified six basic human needs and believes everyone is—or can be—motivated by their desire to fulfill these needs. Consider these needs when working with your group. The question to ask is,

"What need or needs does my project fulfill for the community I'm wanting to impact?"

The 6 Human Needs are:

1. **Certainty/Comfort**--We all want comfort. And much of this comfort comes from certainty. Of course, there is no ABSOLUTE certainty, but we want certainty about where our next meal will come from, how or where we'll get our next drink of water, or that the currency we use will hold its value.
2. **Variety/Uncertainty**—At the same time we want certainty, we also crave variety. Paradoxically, there needs to be enough uncertainty to provide spice and adventure in our lives. For example, once we know we will have a meal or two every day, our next need is to have variety in the food we eat.
3. **Significance**—We all want to be important. We want our life to have meaning. I can imagine no worse a death than to think my life didn't matter. When we offer people a “hand up” rather than a “hand out” and a sense that they can “pay it forward” it honors their need for significance.

4. **Connection/Love**—It would be hard to argue against the need for love. We want to feel part of a community. We want to be cared for and cared about. When we can involve communities to participate in the service project (i.e. a community garden, merry-go-round group where each month, members of a women’s group each contribute money to a “pot,” and one of the women gets to keep all of it) it helps to meet their need for connection and love.

5. **Growth**—There could be some people who say they don't want to grow, but I think they're simply fearful of doing so—or perhaps NOT doing so. To become better, to improve our skills, to stretch and excel may be more evident in some than others, but it's there. Once the most basic needs are met then we become interested in striving for more, stretching our potential, extending our giving, or even a new skill. Mohammed Yunus, the Nobel Laureate (aka the banker to the poor) is known for asking the recipients of his loans (from the Grameen Bank) what their skills are and the kinds of skills they’d like to develop that would support them in developing and/or growing their “business”.

6. **Contribution**—The desire to contribute something of value—to help others, to make the world a better place than we found it is in all of us. The ultimate service we can offer is the vision (and the actuality) of those we serve becoming strong enough in and of themselves to turn around and pay it forward to others. To go from being needy to someone who can sustainably help a needy person to get on their feet, is the ultimate gift we can give...to others and to ourselves.

Use this list to:

- Better understand your personal motivations.
- Examine which needs seem the most significant to those you are serving.
- Recognize the needs of those in your team.



CHIME IN Youth Ambassador Program-Session 7-Created
by Kelly Sullivan Walden

Action Plan/Homework

Share the 6 basic needs with your team and ask them to *Identify the need(s) that being involved in your project meets for them.

*Identify the need(s) that they imagine your project will meet in the people you serve.

- **Vlog** (video blog) your experience with the program. Upload a minimum of one post per week to our **Facebook** group (<https://www.facebook.com/Chime-In-The-Change-Is-Me-International-757333957689198/>)
- and our **YouTube** channel (<https://www.youtube.com/channel/UChCYgjseWkm9nzJ10DceYPw>)

In your vlog you might share...

- Your thoughts about the 6 basic needs
- Your challenges, ahas, breakdowns, breakthroughs with your project
- How you are inspired by Dan West's work with Heifer International
- Someone inspiring from your group (and what they did)
- A noteworthy experience from the community you are serving

Alternative posts:

- Photos
- Blogs
- Relevant links
- Commenting on other Ambassador's posts

○ *Remember, you are sharing your story with the world. Your engagement encourages other to get involved.*

Resource section:

- Watch the videos
- Scan the websites
- Read the books

Resources:

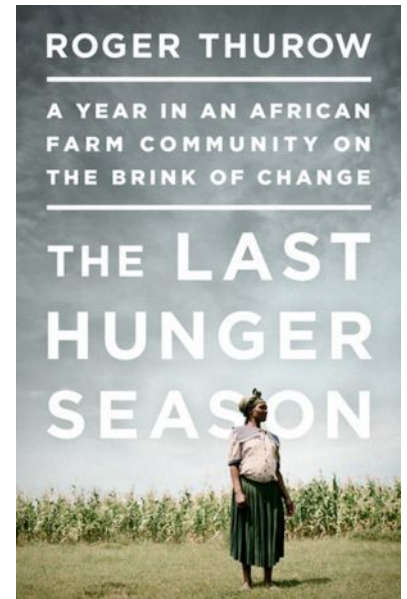
Books:

- The Last Hunger Season:

<http://tinyurl.com/thelasthungerseasonYAP>

Websites:

- One Acre Fund <http://www.oneacrefund.org/>
- The Hunger Project <http://thp.org/>
- Action Against Hunger
<http://www.actionagainsthunger.org/>
- Feed the Children <http://www.feedthechildren.org/>
- Free the Children <http://www.freethechildren.org/>



Videos:

- The Last Hunger Season <https://www.youtube.com/watch?v=zR5M57xtzIc>
- Tony Robins TED Talk <https://www.youtube.com/watch?v=BwFOwyoH-3g>
- Heifer International <https://www.youtube.com/watch?v=fDIedFMSN64-t=78>
- Angelina Jolie's Diary with Dr. Jefferey Sachs
https://www.youtube.com/watch?v=_kv0VdBkkno