

be your best self

**National BYBS Week
April 20-24, 2020**



2020 Participant Handbook

an outreach program of





Overview

In 1987, Distinguished Young Women developed and launched the Be Your Best Self (BYBS) program as the organization's national outreach aimed at encouraging boys and girls all over the country to lead successful and productive lives. Through the BYBS program, Distinguished Young Women seeks to give program participants at the local, state and national level a means to make a positive and lasting impact on the world around them.

Five Elements of the BYBS Program

The five elements of the BYBS program are at the heart of the Distinguished Young Women philosophy, and the program helps to instill those values in others. Be healthy, be involved, be studious, be ambitious, and be responsible are the five elements that help define what it truly means to Be Your Best Self. In spreading the BYBS message to young people, we encourage them to choose to personally implement it into their own lives.

Be Healthy

Be physically fit and drug free

Be Involved

Serve your community

Be Studious

Stay in school

Be Ambitious

Set and achieve goals

Be Responsible

Live by moral and ethical principles



National Be Your Best Self Week

The 2020 National BYBS Week will take place

April 20-24. Distinguished Young Women participants across the country will share the BYBS program online.

Participant Role for National BYBS Week

As a participant in the Distinguished Young Women program, you play an important role in National BYBS Week. By promoting the BYBS message, you are enriching the lives of young people, serving as a role model and enhancing community relationships.

*In order to prevent the spread of COVID-19, Distinguished Young Women is not endorsing or allowing in-person Be Your Best Self presentations to be made to local groups for the 2020 program year. If a participant has already scheduled a presentation, please be sure to cancel. Canceling these presentations is a necessary precaution to keep not only our participants but the groups they usually present to at a lower risk.



2020 Distinguished Outreach Award

Your participation in National BYBS Week qualifies you to be considered for selection as the 2020 Distinguished Outreach Award recipient, a scholarship opportunity that is available to you as a participant in any Distinguished Young Women program (local, at-large or state level, excluding state winners). Class of 2021 participants should wait for the following year.

The winner of the Distinguished Outreach Award will be announced at National Finals in June 2020 in Mobile, AL. Participants must fulfill ALL requirements listed below to be considered for the Distinguished Outreach Award.

- Write a one-page essay on one of the five elements of the Be Your Best Self program. The essay should include what the chosen element means to the participant and how they choose to implement it in their daily lives. A participant's submission may not exceed one page. Though all BYBS week outreach presentations have been canceled for 2020, the report may reference any and all previous BYBS activities or projects in which the participant has been involved.
- Submit the essay, labeled with name, program & program year no later than May 15, 2020, to BYBS@DistinguishedYW.org.

Important Dates to Remember

April 20-24, 2020

National Be Your Best Self Week. Talk about the BYBS program on social media sites.

May 15, 2020

Deadline to submit your one-page essay and evaluation form to BYBS@DistinguishedYW.org.

Have Questions? Contact us!

Please do not hesitate to contact us with any questions you may have about the Be Your Best Self program or National Be Your Best Self Week.

Tara Principe
Marketing & Communications Director
Office: 251-438-3621
Tara@DistinguishedYW.org
BYBS@DistinguishedYW.org

**This handbook, along with all of the documents, forms and resources mentioned can also be found online at DistinguishedYW.org/About/Be-Your-Best-Self under the Outreach Award section.*