

# YOUTH RESEARCH ADVISORY BOARD (YRAB)

A teen and young-adult advisory board through the  
Center for Adolescent and Young Adult Health (CAYAH)

## Members Testimonials



*Curtis, 26*

“I joined YRAB because I am in college studying research and ethics- I was very excited to join a group where I could integrate this into practice”

“YRAB has helped me gain the **knowledge** of the kinds of research going on in Pittsburgh and UPMC and the importance of youth **perspectives** to advise youth researchers, Every step of the research process has to engage and be informed by youth participants. I feel that YRAB was **manageable** with my busy schedule and supplemented my **learning**



*Megan, 23*

“I decided in high school that I wanted to pursue a health care career. I wanted to learn more about research and its applications - YRAB provided this opportunity”

“YRAB has afforded me the opportunity to **strengthen** my critical thinking and reasoning skills while developing **confidence** in my participation. Working with a **diverse** group of individuals has helped me gain an appreciation for the field of research by collaborating with young people”



*Anjana, 20*

“YRAB has offered me a **unique perspective** in the research process and has shown me the importance of collaboration between researchers and youth.”

“Being part of this board has helped me **network** with prominent researchers in Pittsburgh and has helped me develop friendships with youth who are just as **passionate** about the science fields as I am. I have also gained incredible **leadership** and communication skills.”



**John, 22**

“I found YRAB through volunteering in medical research studies at UPMC. I’m interested in medicine and research, so YRAB has been an **excellent experience** for me.”

“Joining YRAB has allowed me to shadow doctors in the program, learn and apply **research ethics**, and volunteer in the community. I feel very fortunate to be able to work with my peers to provide **meaningful feedback** to researchers so they can improve their studies on youth.”



**Hannah, 20**

“YRAB has given me great insight into the research process, and allowed me to have close interactions with researchers. I am grateful to have this inside perspective.”

“I first joined YRAB in high school. I had very little knowledge and was curious to learn more about research studies. Now, as a college student, I am more educated about the field of health care and am able to relate the experiences that I have had in YRAB with my own studies. I enjoy being a part of a motivated group.”



**Ellen, 15**

“YRAB has provided me with a forum to work with physicians, scientists, psychologists, and other professionals and to be exposed to the groundbreaking research.

“As a teenager, I am especially attuned to the concerns of youth regarding research participation. YRAB has provided me with a platform to share my knowledge with researchers while simultaneously gaining valuable insight into various cutting-edge research in Pittsburgh.”