

young women presidency

TOOL KIT

2025 Theme:
LOOK UNTO me in every THOUGHT;
DOUBT NOT, fear not

- Look unto me in every thought; doubt not, fear not.
D&C 6:36
 - Song: I Am a Disciple of Jesus Christ
 - [Look Unto Christ Music Video](#)
 - [Look Unto Christ Music Album](#)
 - [Look Unto Christ Sheet Music](#)

PURPOSE OF THE YW ORGANIZATION

- The Young Women organization helps God's beloved daughters prepare to return to His presence. It helps young women make and keep sacred covenants and deepen their conversion to Jesus Christ and His gospel. In their classes, young women serve others, fulfill covenant responsibilities, build unity, and learn and live doctrine. (See Handbook, [11.1.1](#).)
- The Young Women Theme can help each young woman understand her divine identity and become converted to Jesus Christ. Young women and their leaders repeat the theme at the beginning of Sunday meetings and at other Young Women gatherings. (See Handbook, [11.1.2](#).)
 - The theme has been divinely inspired and created specifically for this generation. (See talk [Beloved Daughters](#) by Bonnie Cordon, October 2019)
 - Theme:
 - "I am a beloved daughter of heavenly parents, with a divine nature and eternal destiny. As a disciple of Jesus Christ, I strive to become like Him. I seek and act upon personal revelation and minister to others in his holy name. I will stand as a witness of God at all times, and in all things, and in all places. As I strive to qualify for exaltation, I cherish the gift of repentance and seek to improve each day. With faith, I will strengthen my home and family, make and keep sacred covenants, and receive the ordinances and blessings of the holy temple.
 - We want to encourage all the adult leaders to take the time to memorize the Young Women theme. If you all memorize it and let us know, we will bring you a surprise!

PARTICIPATING IN GOD'S WORK OF SALVATION AND EXALTATION

- God invites all to come unto Christ and assist in His work:
 - Living the gospel of Jesus Christ
 - Caring for those in need
 - Inviting all to receive the gospel
 - Uniting families for eternity
 - Leaders should be sensitive to youth who lack family support for gospel living.
- Class presidencies, supported by adult leaders, counsel together about how to help accomplish this work. Adult leaders should be aware where each young woman is at in her journey on her covenant path and support her as she prepares for her next steps in her covenant relationship with Heavenly Father. (See the Sandy Dimple Dell Stake Vision: [Step Toward Christ](#).)
- YOUTH-LED YW Program
 - The purpose of all we do in Young Women is to strengthen faith in the Savior Jesus Christ.
 - The Young Women program is unique. It is not an adult-led program with youth involvement but rather a youth-led program with adult support. The Lord trusts these young leaders, and so must we. President Russell M. Nelson has given us this charge: "We need to let the young people lead. Particularly those who have been called and set apart to serve in class and quorum presidencies. Priesthood authority will have been delegated to them. They will learn how to receive inspiration in leading their class or quorum" ([Supporting Children and Youth: A Broadcast for Parents and Leaders](#)).

Ward YW Leadership (ADULTS & YW CLASS PRESIDENCIES)

- Adult Leaders:

- Bishop
 - Responsible to care for the rising generation.
 - Should meet with each young woman at least twice a year.
 - Regularly meet with the Young Women president and report on Young Women matters in bishopric meetings.
 - Along with his counselors, the bishop should regularly participate in Young Women activities, meetings, and service.
- Young Women President
 - Serve on the ward council. (See Handbook, 29.2.6).
 - Address needs in ward and find solutions
 - Represent the young women
 - Serve as a member of the ward youth council.
 - Minister to individual young women.
 - Submit recommendations to the bishopric for sisters to serve in Young Women.
 - Teach other Young Women leaders and class presidencies their responsibilities.
 - Counsel with young women about challenges that do not require the bishop or involve abuse.
 - Mentor class presidencies in their leadership responsibilities. Each class is assisted by a specific member of the Young Women presidency.
 - Support young women who serve as companions to adult sisters in ministering.
 - Regularly hold Young Women presidency meetings and meet with the bishop.
 - Oversee the records, reports, budget, and finances of the Young Women organization.

- Counselors:

- Assist the Young Women president in her duties.
- Mentor class presidencies in their leadership responsibilities.

- Secretary:

- Help the Young Women president prepare agendas for presidency meetings.
- Attend meetings, take notes, and keep track of assignments.
- Instruct class secretaries and help them keep attendance.
- Using LCR, work with the Relief Society secretary to keep attendance for adult sisters serving in Young Women.
- Help the Young Women president prepare a budget and account for expenses.

- Advisers:

- Help Young Women presidency with their responsibilities.
- Support and guide class presidencies as they learn and carry out their responsibilities.
- Teach Sunday lessons as needed. Help young women who have been invited to teach a lesson to effectively prepare and teach.
- Attend class activities
- Attend ward Young Women presidency meetings when invited.

- Specialists may be called to assist with a particular event such as camp, sports, or youth conference. They work under the direction of the Young Women presidency.

- At least two responsible adult women should be present at all class meetings and activities.

- All leaders and advisers must complete a required training at ProtectingChildren.ChurchofJesusChrist.org.

- Class Presidency and Secretary:

- Each Young Women class should have a class presidency.
- The Young Women president may recommend young women to serve as the class presidents.
- Members of the bishopric prayerfully consider who to call.
- Working with the bishopric, the class president should prayerfully consider class members to recommend as counselors and a secretary.

- Class presidents serve on the ward youth council.

- Class presidencies work together on the following:
 - Lead the class's efforts to participate in God's work of salvation and exaltation.
 - Get to know and serve each young woman, including those who don't attend regularly. Be aware of their needs and circumstances.
 - Participate in ward efforts to share the gospel.
 - A presidency member from the oldest Young Women class attends ward mission meetings.
 - Participate in ward temple and family history efforts.
 - A presidency member from the oldest Young Women class attends ward family history meetings.
 - Plan and conduct Sunday class meetings.
 - Plan and carry out class service projects and activities.
 - Regularly hold class presidency meetings.
 - Secretaries prepare agendas, take notes, and keep track of attendance.
- Class Presidency Meetings:
 - Class presidencies should meet regularly.
 - The class president should conduct these meetings.
 - Adult Young Women leaders assigned to the class should also attend.
 - Leaders counsel together and seek revelation about the Lord's will for their class.
 - Agenda should include the following:
 - Helping accomplish God's work of exaltation and salvation.
 - Serving class members, with special attention to supporting new or less active members.
 - Reaching out to those of other faiths and beliefs.
 - Planning class meetings, service, and activities.
 - Leadership instructions from adult Young Women leaders or a member of the class presidency.
 - [Sample Agenda](#) for Class Presidency Meeting
- How to help Young Women teach Sunday lessons:
 - Opportunities to teach with another young woman, leader, or by themselves gives young women a unique opportunity to learn and grow in the gospel while helping others. By teaching the youth how to teach, we are empowering the next generation to share their

- testimony and love of the Savior with others. Teaching should be done with support and guidance from a leader. Young women who are new to the program or have less experience will need more support. Young women who are getting older and more experienced will need less support. Below is a basic guide for adult leaders helping support young women as they teach.
 - Invite the young woman to teach.
 - Provide clear information such as what day she is teaching, what the lesson is, and who will be supporting her.
 - Work with the young woman to establish her capacity and assess the amount of support needed.
 - Check in with the young woman in the weeks and days leading up to the lesson day to see what support she needs.
 - Encourage the young woman to seek revelation as she prepares. Follow her lead and ask what she needs as support.
 - After the lesson, check in with the young woman to see what she felt went well for her. Focus on providing an opportunity for her to reflect and avoid giving unsolicited feedback.
 - Have her set some goals or ideas for the next time she teaches
- “We generally underestimate their abilities and overestimate their experience.” ([Jeffrey R. Holland, Nov. 2019](#))
- “You set the example and let them learn. Consider the Savior. He lets us do His work here in our different callings. He is patient with us. That is what we need to do with our young people.” ([President Dieter F. Uchtdorf, June 2008](#))
- Sunday class meetings:
 - Sunday class meetings are held on the second and fourth Sundays to strengthen faith, build unity, strengthen families and homes, and make plans to participate in God’s work of salvation and exaltation.
 - Class presidencies, supported by adult leaders, plan Sunday meetings.
 - The meeting is typically 50 minutes long and follows this outline:
 - A member of the class presidency conducts
 - Begin with a prayer
 - The young woman conducting the meeting leads the class in reciting the theme together.

- The person conducting could also use one or more of these questions:
 - What recent experiences have strengthened our testimonies of Jesus Christ and His gospel?
 - Who have we felt guided to help or serve?
 - What assignments have we received to help someone in need?
 - What can we do to help others feel God's love?
 - More questions are available in the class meeting agenda below.
- An adult leader or a member of the class then leads instruction about this week's Come, Follow Me reading.
- The person conducting bears testimony of the principles taught.
- Discuss how the class will act on what they learned.
- End with a prayer.
 - [Come, Follow Me- For Home and Church](#)
 - [Class Meeting Agenda](#)

- Annual YW Meeting (formerly known as New Beginnings):
 - This is an annual event for young women and their parents, priesthood leaders, and Young Women leaders. Young women who will reach age 12 in the coming year are also invited to attend with their parents. It is usually held at the beginning of the calendar year. It may be held as one of your weekly YW activities.
 - This event helps young women and their parents learn about the Young Women program. It includes an explanation of the Children and Youth program and a presentation of the Young Women theme. It should help young women and their parents plan for events in the coming year.
 - this event provides opportunities for leaders to express love for the young women, introduce young women who will reach age 12 in the coming year, and welcome young women who have joined the Church or moved into the ward.

INCOMING AND OUTGOING YOUNG WOMEN TIPS

- Incoming and Outgoing Young Women Tips
 - New YW Incoming
 - We recommend including the incoming Primary girls to Young Women's for an activity before January. This could help them get excited and also feel familiar with the current young women in the classes.
 - We also recommend talking with your ward's Primary presidency for insights about each girl that is coming in. (Examples: activity level, parent dynamics, information about their personalities, etc.)
 - Helping YW Prepare to Join Relief Society
 - Work with your ward's Relief Society presidency on how to best welcome the graduating young women into Relief Society. Maybe the Young Women can join the Relief Society for an activity.
 - You may consider having a lesson or activity to teach what the Relief Society really is, what their role can be within it, and how much they are needed.

STAKE YOUNG WOMEN ROLES

- Stake YW Presidency:
 - Purpose: We are to instruct, train, and be a resource to your presidency (see General Handbook, [6.7](#)).
 - Dimple Dell Stake YW Presidency Info:
 - Heather Huish (Pres): 480-223-3684
 - Katie Rowley (1st Coun.): 801-386-0539
 - Kim Perkins (2nd Coun.): 801-918-9062
 - Paige Horne (Sect.): 801-859-4281
- Stake Youth Leadership Committee (SYLC): [Handbook 23.3.9](#)
 - Purpose: Stake leaders and youth (1) counsel together about strengthening the youth of the stake and (2) plan service and activities. The stake youth leadership committee supports bishoprics, Young Women presidencies and advisers, and Aaronic Priesthood quorum advisers in their work with youth. Adult leaders on the committee give special emphasis to engaging youth in God's work of salvation and exaltation.
 - Responsibilities:
 - Plan service and activities. These could include youth conferences, dances, devotionals, service projects, and multi-stake events. (For service ideas, see [JustServe.org](#) where it is available.) Youth should lead out in planning and carrying out these activities.
 - Help plan Stake Youth Conferences.
 - Plan ways to support [For the Strength of Youth conferences](#).
 - Coordinate stake efforts related to the [Children and Youth program](#).
 - Engage with all youth at activities. Seek out those who need a friend.

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- Dimple Dell Stake's 2025-26 SYLC Members:
 - Alta: Maddie Chatwin and Seppi DePola
 - Amaryllis: Lexi Lorenson and Danny Overson
 - Larkspur: Addison Nielsen and Newell Francom
 - Mountain Peak: No YW called yet and Luis Santos
 - Sandy Creek: McKenzie Hennessy and Bridger Jones
 - Savannah: Brighton Smith and Luke Ackerman
 - Windy Peak: Olivia Bybee and Max Jordan
- 5th Wednesday Activities by Stake:
 - The SYLC runs all the 5th Wednesday activities. There are usually 4 every year. You can just add them to your yearly planning.
- Policies:
 - Safeguarding the Youth
 - This content includes a required training for all leaders and teachers of youth. Typically it should be done within one month of receiving your calling. It covers how to recognize and prevent physical, sexual, verbal, and other types of abuse.
 - <https://www.churchofjesuschrist.org/callings/safety/protecting-children-and-youth?lang=eng>
- YW with Disabilities:
 - Learn more about what you can do to help your YW with disabilities be more included in your activities and lessons. Here you'll find general guidelines, FAQs, and more.
 - <https://www.churchofjesuschrist.org/life/disability/policies-and-guidelines?lang=eng>
- Budget: The Church has provided a step-by-step guide to budget allowance that will help you understand how money is allocated to the wards, fundraising activities (which are supported and encouraged by the Dimple Dell Stake), and what the funds may be used for.

- Ward Budgets

- In working with your Bishopric, you will get guidance on how to plan for get and an allocation of the ward funds for your operating budget. You should have access to your current budget numbers in the Leader and Clerk Resources link in the Church website.
- Activities: Activities refers to any event sponsored by your YW Organization. Most activities should be simple and have a little or not cost. All expenses for activities must be approved by your bishopric. Your YW should not pay to participate in activities. Section 20.2.6.
<https://www.churchofjesuschrist.org/study/manual/general-handbook/20-activities?lang=eng>

- Fundraisers: In the Dimple Dell Stake, Fundraisers can be held according to the guidance in the handbook. You can host one fundraiser combined with the YM each year to help pay for the cost of one annual camp/activity or to buy equipment needed for annual camps. Fundraisers should be positive experiences and provide a meaningful value or service - while having fun. These funds need to be used each year. At the end of the year any extra funds will be turned into the Stake to turn into the Church. Guidance about the types of fundraisers you can consider are found in the handbook.
<https://www.churchofjesuschrist.org/tools/help/fundraising-and-funding-activities?lang=eng>

- Stake Camps: The Dimple Dell Stake YW organization hosts stake camps every other year. The next stake camp will be held in the summer of 2026. Each ward has to pay \$150/youth, and each participant will be required to pay a \$35 commitment fee. You can consider using some of your fundraised money to cover these costs.

- Stake Youth Conferences: Every other year, the Dimple Dell Stake YW organization partners with the Stake Youth Leadership Council and the Stake YM Organization to plan and host a stake event for the youth ages 14+. Each ward has to pay \$150/youth and there is no commitment fee. You can consider using some of your fundraised money to cover these costs.
- Oakcrest: Our stake is an Oakcrest stake. That means that our YW that are finishing 7th and 8th grades have the chance to attend a weeklong camp at a Church hosted and provided facility. All activities, meals, and cabins are provided at the camp. The cost for each girl to attend is \$265. Typically, we ask the families to pay a \$75 commitment fee. The balance of the cost (\$190) is to be covered by your ward. You can use fundraised funds to cover those costs.
- Appropriate use of budgets: Funds should be used to bless people and further gospel principles.
<https://www.churchofjesuschrist.org/tools/help/the-budget-allowance?lang=eng>
- Excess Budget Funds: You will need to be wise and plan to use the money you are allocated and the funds that you raise each year. Any unused funds have to be returned to the Stake. You can carry forward some money for a specific activity planned for the next year, if detailed plans are made and permission is given. (Section 34.6.2.3)
<https://www.churchofjesuschrist.org/tools/help/the-budget-allowance?lang=eng>

Programs

- Come Follow Me - This is the curriculum we use for YW Lessons.
 - **2025** - Doctrine and Covenants
 - **2026** - Old Testament
 - The aim of all gospel learning and teaching is to deepen our conversion and help us become more like Jesus Christ.
- Children and Youth Program
 - This personal development guidebook offers principles and tools young women can use in their efforts to develop their gifts and follow Jesus Christ.
 - The three areas of focus in the Children and Youth program are:
 - Gospel learning
 - Service and activities
 - Personal development
 - Young women set personal goals in 4 different areas:
 - Spiritual
 - Social
 - Physical
 - Intellectual
 - Three broadcasts by the First Presidency and Quorum of the Twelve Apostles explain the Children and Youth program.
 - [Introduction by President M. Russell Ballard](#)
 - [Face to Face with Elder Gerrit W. Gong](#)
 - [Face to Face with President Dallin H. Oaks](#)

- Emblems: Children and Youth represents a worldwide group of individuals striving to become more like Jesus Christ. To represent that unity, children and youth will receive several emblems during their time in Primary, Aaronic Priesthood quorums, and Young Women classes. They can also receive emblems of achievement near the completion of their time in Aaronic Priesthood quorums and Young Women classes.
 - The year they turn 12:
 - Temple recommend holder from Bishop
 - Necklace with medallion & gem pendant from their class presidency Given at the beginning of the year.
 - The year they turn 18:
 - Pendant they can add to their necklace from their class presidency. Given at the beginning of the year.
 - Emblems of Achievement - Certificate from the First Presidency and the Children and Youth Crystal. These are given after an interview with the Bishop. He gives these to youth who are trying to become more like the Savior by striving to:
 - Study the scriptures and pray daily.
 - Be worthy of a limited-use temple recommend.
 - Participate in Sabbath meetings, quorum or class work, and seminary.
 - Work on goals in each area of growth.
 - Serve others in a personally significant way, which could include a service project.

- Young Women's Camp

- Young women need a place where they can gather together, separate from worldly influences, feel the Spirit of the Lord, grow in unity and love, and strengthen their faith and testimonies of Heavenly Father and Jesus Christ.
- Complete the [Event and Activity Plan](#) and counsel with and receive guidance from priesthood leaders about the purpose, goals, location, activity details, and schedule of camp.
- Request a Camp Director and any other camp leaders (cook, assistants, etc) to be called by the Bishop.
- Determine the budget with the Bishopric.
- Two or more Melchizedek Priesthood brethren need to be present at all times during the camp to provide support and protection (see General Handbook, [20.5.5](#)).
- Young women ages 16 and 17 can be called as youth camp leaders (YCLs). These youth camp leaders should have the primary responsibility for planning, directing, and evaluating camp.

- FSY

- These large events are designed to help youth have fun as they apply the gospel in all aspects of their lives. At FSY, they will participate in five days of devotionals, classes, and activities which will help them strengthen their faith in Jesus Christ and feel joy and belonging as they live the gospel.
- Dimple Dell Stake
 - We are invited to have our youth attend FSY on even years (i.e. 2024, 2026, 2028)
- Age of youth that can attend: Youth may attend FSY beginning in the year they turn 14 and may be no older than 18 by the end of the session they plan to attend.
- [FAQs Page](#)
- [Budget Info](#)
- Youths attending FSY pay \$75 when they register.

- Oakcrest

- Our Stake has been invited to participate at this special camp for girls that are between their 6th & 7th grade school years and again between their 7th & 8th grade school years. We are assigned a specific week during the summer.
- At the beginning of the year, the Stake YW Presidency will communicate all the information about Oakcrest, and host an Oakcrest Kickoff fireside for families and leaders to attend with their participating YW.
- Typically the YW will need to register in March.
- NOTE: YW can choose one roommate, but it's not required. Some girls prefer to not go with a roommate and make new friends.

- Important Supporting Resources:

- Handbook: The General Handbook of The Church of Jesus Christ of Latter-day Saints provides general guidance for you as a Church leader. The chapters present doctrine and principles fundamental to serving in the Church. You will find answers to a lot of your questions in the Handbook - so be sure to learn it and understand it.
<https://www.churchofjesuschrist.org/study/manual/general-handbook/title-page?lang=eng>
- For Strength of Youth: There are times when you and your young women don't feel strong or capable - that's normal. During those moments, we need to turn to our Savior as he is the strength of youth. This is a guide that has been created to be a resource for your Young Women and to help them understand what our Savior wants to tell them to help them make righteous choices.
<https://www.churchofjesuschrist.org/study/manual/for-the-strength-of-youth?lang=eng>
- Weekly activity planning sheets: The General YM and YW Organizations have created a Detailed Service and Activity Plan. Your YW Class presidency can use these worksheets to plan their activities.
https://www.churchofjesuschrist.org/bc/content/ldsorg/content/pdf/children-and-youth/PD60011124_000-Detailed-Service-and-Activity-Plan.pdf

- Service Ideas:

- JustServe.org → Youth section: JustServe is an organization that will help you and your YW start to make a difference in your community. You can search for activities and even sign up to get notified when new projects are posted in your area. <https://www.justserve.org/>
- Turtle Shelter Project: This project creates insulated vests for people experiencing homelessness. Their mission is to provide people with a portal shelter - just like a turtle. They are always looking for help to make the vests and the process is really fun for all ages! <https://turtleshelterproject.org/>
- Shelter the Homeless: There are many opportunities to give of your time and your talents in promoting self-sufficiency and housing stability. Volunteers are needed to help serve meals, sort donations, and provide other support. <https://homelessutah.org/how-to-help/>
- Welfare Square: As the host of lots of different employment services, food production, storage and distribution facilities, and training services, this center provides valuable service to members of the community. You can book a tour to learn more about the work that is done there. <https://www.churchofjesuschrist.org/learn/welfare-square?lang=eng>
- Catholic Community Services: Their mission is to practice the gospel values of love, compassion, and hope through service, support, and collaboration. Volunteer opportunities include the food pantry, dining hall services, warehouse, support, refugee community co-sponsorship, mentoring, tutoring, and more! <https://ccsutah.org/get-involved/volunteer>
- Utah Refugee Center: They support all kinds of services including World Refugee Day. Learn more about helping the Refugees in Utah. <https://jobs.utah.gov/refugee/volunteer/wrd/index.html>

- Church Website Pages:

- [Youth and Adult YW Leadership Instruction Page](#)

- Tips for Success

- Canva is an amazing resource for making digital and paper flyers.
<https://www.canva.com/>
- FedEx offers a substantial discount to members of the church. When checking out ask for the LDS church discount.
- Alta Seminary - The Alta Seminary has invited all wards to use their building for a weekly activity - they will be happy to host you! You can bring the youth to come and have a small introduction to what seminary is, play some games that they have there, and enjoy the SemSip (a soda bar with funny scripture-story-inspired drink suggestions!) To schedule this contact Katie Brimley (Alta Seminary Administrative Assistant) - katie.brimley@churchofjesuschrist.org
- The Gospel Living App - The Gospel Living app focuses on living a Christ-centered life. You'll discover inspiring content like music, videos, images, activities, and goal ideas. And you can create personal goals, plan activities, set reminders, record your impressions, or message your quorum, class, friends, and family.
- Helpful Documents - This includes Service and Activity Guidelines for Youth, Service and Activity Planner PDFs, and Permission and Medical Release Forms.