



From Dayna's Desk...

Temperatures are beginning to drop and the seasonal shift is underway! As this change takes place, so do many other changes at CY.

First and foremost, we are re-organizing our staff for 2009-10. In September, I will be stepping into a new and more part-time role as CY Grants Administrator. While I have thoroughly enjoyed my tenure as Coordinator, this transition is for the good of the organization and for me personally, too! I am pleased to report that we have hired a fabulous new Programs Coordinator, Connie Beal, and she will be making the rounds to meet folks in the community throughout the fall. More on this inside the newsletter.

Another change this year is a new initiative to reduce underage drinking in our District. We are beginning a social marketing campaign that targets parents of 8th—12th graders. The message? Teen drinking is NOT inevitable, and parents have significant influence on their teens' choices around alcohol use!

As always, please feel free to contact me at 383-1211 or dscott@cssu.org if you want to chat.

Thanks and be well,

Dayna Scott, Coordinator & Editor



The Myth of Inevitability

"All teens drink alcohol!" That is, if you believe what you see and hear in movies, tv commercials, magazine ads, storefront displays, etc. But this is just a profit-driven illusion on the part of the alcohol industry. NOT all TEENS drink—in fact 66% of our own Chittenden South 8th—12th graders didn't drink in the past 30 days, according to the 2007 YRBS survey. One by-product of the myth of inevitability is that parents of teens feel powerless, as if there is nothing they can do to prevent teen drinking. This couldn't be further from the truth. Below are some practical tips that can help parents address the issue of teen drinking.

Tip #1: Don't buy into the inevitability myth! Create healthy rites of passage for youth.

Tip #2: Know that parents DO influence their teens' choices around alcohol use. The National "Monitoring the Future" survey found that the key reason kids give for not drinking is that they don't want to disappoint their parents.

Tip #3: Educate yourself and be a credible source of information for your teen. Did you know that alcohol-related fatalities are the number one cause of death for teens in the U.S.? Or that it is against the law in Vermont to provide alcohol to minors under penalty of fines and/or imprisonment? Also, research now shows that brains don't fully develop until the mid-

20's and teen drinking can interfere with memory and learning.

Tip #4: Find "teachable moments" to talk with your teen about alcohol and other drugs. Studies conducted by the Partnership for a Drug-Free America showed that teens whose parents talked to them regularly about the dangers of alcohol and other drugs are 42% less likely to use than those whose parents don't.

Tip #5: Keep the lines of communication clear. Ask your teen open-ended questions about any pressures they may face to try alcohol. Encourage them to think about how they would handle party situations in advance so they are better prepared.

Tip #6: Create a family policy TOGETHER WITH YOUR TEEN on alcohol and other drug use. Establish clear no-use standards and outline specific consequences if the policy is violated. (Hint—to learn more about how to do this, sign up for the CY parenting class. Look on the back page for details!)

Tip #7: Be aware of societal messages that promote drinking and talk with your teen about the media's influence on our choices.

Tip #8: Encourage and support "natural highs." There are thousands of ways to have fun without alcohol—spend time with your teen hiking, biking, swimming, skiing, making music, playing cards, *etc!*



CY Winds of Change

In order to better serve the needs of Chittenden South Supervisory Union, CY (Connecting Youth) is expanding and reorganizing its staff for 2009-2010.

CY Coordinator of 15 years, Dayna Scott, will be shifting into the role of Grants Administrator. CY has hired a new Programs Coordinator, Connie Beal, to handle operational work of the coalition, and Jan Bedard will remain with CY serving as Assistant Programs Coordinator. This change will effectively increase staffing capacity and improve CY's ability to promote a safe, healthy community. All other program staff (Student Assistance Counselors, Mentoring Coordinators, and our Peer Prevention Educator) will stay the same. For details, please visit www.seewhy.info.



CY is thrilled to welcome Connie Beal as our new CY Programs Coordinator. Originally from Maine and proud to call Vermont

home, Connie holds a BA in Psychology from Colby College and recently received her Masters in Public Administration from the University of Vermont. For the last two years, she served as the Center for Substance Abuse Prevention (CSAP) Fellow for the Vermont Department of Health and is currently pursuing her prevention specialist certification. Connie lives with her partner, Sarah, and two cats named Jude and Bean. When she's not working she can be found riding her old road bike she fondly refers to as "Red Thunder," planning a potluck, or making art and gifts for friends. You can reach Connie at CSSU by calling 383-1244, or via e-mail at cbeal@cssu.org.



JUST ASK JEN

*Dear Jen,
I've noticed that my child is feeling more anxious about school this year. He is having a difficult time getting up and is creating many excuses for wanting to stay home. I keep telling him that his junior year is one of the most important and I worry that he's going to sabotage the year. What can I do? Sincerely, Parent of an anxious teen*

Dear Parent: It is quite normal for teens to feel stressed and/or anxious over the start of a new school year. Stress is a natural part of life and can affect how we see the world and relate to others. While some stress may actually help us get motivated, too much stress can result in feelings of anxiety, frustration or agitation. The key is in knowing how to recognize signs of stress and manage it in healthy ways!

So first off, what are typical signs of stress? Usually these are marked by a change in behavior—irritability, insomnia, fatigue, weight loss or gain, headaches, or difficulty concentrating. Also, when people start to feel that stress is unmanageable, they often look for their own ways to cope, which might include unhealthy behaviors such as skipping school, overeating, drinking alcohol, using other drugs, cutting or other self-harming behaviors.

As a parent, it is important for you to empower your children to deal with stress and anxiety in healthy ways. While it would be great if you could heal every little wound in your child's life, that's just not

possible. (And, ultimately, they need to learn how to do this themselves, right?) So, what can you do? You can start by recognizing when they are stressed and checking in with them about it on a regular basis. It is important to talk with them about why they might be feeling stressed. Use open-ended questions, so you can avoid the "How was school?" "Fine" syndrome! Try to gain a better understanding of the specific stressors and help them form a plan about what to do. For example, If your child is nervous about a specific class, she might talk to that teacher. Or if he's worried about SATs and college applications, he could go see the Future Planning Counselor. Or if she hates the cafeteria food (which I can't imagine!), she could pack a lunch. If you are really concerned or are seeing a pattern of behavior, I encourage you to contact a school counselor and/or a private therapist to work with your child.

Finally, one of the best things you can do is to set a good example for your child. If you are the type of person who gets stressed out and the first thing you do to let off some steam is pop open a beer, pour a glass of wine, or light up a cigarette, consider the example you are setting. Instead, try some form of exercise, eating a healthy snack, playing a game that makes you laugh or meditating! Good luck, Jen Bickel-Hayes, SAP Counselor at CVU. (To reach me call 482-6951 or e-mail jbickel-hayes@cvuhs.org.)



News & Events



Real Life



Safety Zone



The Facts



CY Youth "All-Stars"



Name: Allison Giroux
Grade: 10
Hometown: Hinesburg
Years in CY: Going on 4

One CY activity you really liked and why? When I was in middle school, I went to the "Express Yourself" camp and had a really good time because I met kids from other towns and we played games and laughed for an entire week.

If someone gave you a check for \$1,000 but said you had to spend it all in ONE day--what would you do with the \$? Can I invest it? If not, I would buy one item that I wanted at the time, along with a cone from Ben and Jerry's, and then I would get \$100 of it in cash to hand out and make people smile. The rest I would donate to the Juvenile Diabetes Foundation.

If you were a back to school item, what would it be and why? I would be a daily planner because I love filling up my schedule and cramming in as many activities in a day that I can, but in order to do that I need to stay organized!

Five of your favorite natural highs? Water skiing, laughing with friends, playing an intense game that turns out in your favor, cheesecake, and achieving things above expectations.

Most outrageous thing that you never imagined you would experience?

Going to the White House with Mary Tyler Moore, Sugar Ray Leonard, and Nick Jonas, and meeting President Obama. Then getting a hug from Nick afterward!



Name: Jameson Hurd
Grade: 11
Hometown: Hinesburg
Years in CY: 2.3ish

"When I think of CY, I think of..." family! Because of all the time we spend together in the Improv Troupe, we get to know each other really well...almost as well as siblings?!

What was the last book you read for pleasure? The last book was Night Watch by Terry Pratchett. He is one of my favorite authors because he is hilarious—such a funny writer—and the characters are more or less real.

What is your most treasured possession? That's a hard one. Hmm...I'm looking at my dog right now, so I guess I'd say my dog.

A stereotype about teenagers that you'd most like to correct? The idea that teenagers aren't as bright as the rest of humanity. And that teenagers don't really work hard for anything!

If someone gave you a check for \$1,000 but said you had to spend it all in ONE day--what would you do with the \$? OMG! Wow! It's hard to think of that...I would give some portion of it to a charity...but I would keep a large enough sum for something like a souped up new computer that wouldn't be obsolete till the end of days. Pretty geeky, eh?

Important adult "mentor" in your life? My 6th grade teacher, Fran. She was awesome! Always happy to discuss anything with you and answer any questions you had.

To nominate a student for our CY Youth All-Stars, please e-mail Connie at cbeal@cssu.org or call 383-1244.

Smoke-Free Zones

There is no risk-free level of exposure to secondhand smoke.
US Surgeon General

Help pledge to protect youth by keeping a smoke-free zone around them at all times—whether inside or out, in the home or in the car! Secondhand smoke is associated with new childhood asthma cases, as well as bronchitis and pneumonia in infants and toddlers. Sign the smoke free zone pledge on-line at www.seewhy.info and enter to win cool CY prizes.

SADD National Conference

Six students from CY visited Washington, DC in July for the Annual SADD (Students Against Destructive Decisions) National

Conference. More than 600 youth from across the country attended the conference, whose purpose was to share tools for spreading prevention es



and to educate legislators about SADD and the importance of youth empowerment initiatives! CY attendees included Julie Ho, Rebecca

Alpert, Callan Souzzi-Rearic, Jameson Hurd, James Neiley and Shannon Ryan with Adult Advisors Margo Austin and Dayna Scott.



Transitions



Parents



Links



www.seewhy.info

Community Calendar of Events

September/October

- * **Positive Parenting:** Want some practical tips to improve your parenting skills? CY is offering two different opportunities this fall. First is a once a month support group, beginning Saturday 9/26 from 11 to 1 at CVU HS. The second is the "Staying Connected" five-week program beginning Tuesday, 10/6 from 6 to 8 pm (includes dinner) at CVU HS. For details or to register, call Jen Bickel-Hayes at 482-6951 or Jbickelhayes@cvuhs.org.
- * **Whose Line Is It-Theater Improv for Teens:** Youth in grades 6-12 are invited to join members of the See Why Improv Troupe for some weekend fun on Saturday 9/26, 10/17 and 11/14 from 11 am to 1 pm at CVU HS. Call Jen at 482-6951 or e-mail jbickelhayes@cvuhs for info.
- * **Prevent Underage Drinking Community Training:** Be a

part of the solution—join prevention coalitions and law enforcement officers from across the county for this FREE training on 10/5 and 10/6. Call Connie at 383-1244 or e-mail cbeal@cssu.org for more information.

- * **ACCESS to CVU Craft Fair:** Do some early holiday shopping and support community education programs on Saturday, 10/17 from 9 am to 5 pm at CVU HS.

November & Beyond

- * **CY's Aw Shucks Volunteer Recognition Night:** Join us for dessert as we honor community folks for their work supporting youth and families on Tuesday, 11/10. For details call Jan at 383-1219 or e-mail jbedard@cssu.org.
- * **Thursday, 11/19: Great American Smokeout.** Sponsored by the ACS, smokers are encouraged to quit for the day! For quit resources, visit www.VTQuitNetwork.org

I Care About Young People!

I would like to join—or renew membership with—CY. Please accept my tax-deductible 2009-10 contribution at the following level:

- \$100** will support our peer prevention and leadership activities, including the student-initiated See Why Improv Troupe.
- \$50** will support our Student Assistance Program which serves young people affected by their own or someone else's drug use.
- \$25** will support parent education and teacher trainings across the Chittenden South District.
- Larger contributions** will allow us to serve more people through programs like the CY Mentoring Program & ACCESS to CVU.
- I would like to donate my time or services**—as a chaperone for drug-free activities, by offering food or prizes for retreats, etc. Specify your interest below:

Name: _____

Address: _____

City, State, Zip: _____

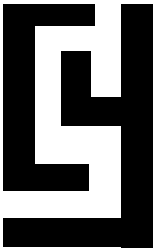
Phone number: _____

E-mail address: _____

Would you like information on **becoming a mentor for a child** in our schools? ___ Yes ___ Not at this time

___ I would like to **nominate a volunteer to be honored at Aw Shucks Night**. This is someone from a CSSU town who has donated significant time helping youth or families. List name (s) here:

Please make checks payable to "CSSU" and mail to CY, 5420 Shelburne Rd., #300, Shelburne, VT 05482, ATTN: CY



Chittenden South S.U.
CY-Connecting Youth
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Shelburne, VT 05482

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