

October 2013

ELLINGTON, CONNECTICUT

“Just Girls” Program for Middle School Girls to Begin



What do you think are the biggest challenges facing young girls today?

Would you like to give your daughter the opportunity to discuss these challenges while discovering her inner strength and beauty?



Kelly Gorman (L) and Sarah Riley (R)

Ellington High School students Kelly Gorman and Sarah Riley have created a new program for middle school girls with a goal of cultivating self-confidence, self-respect, and self-worth. "Just Girls", sponsored by Ellington Youth Services, gives middle school girls an opportunity to hear from guest speakers and discuss issues relevant to young girls. The girls will hear from experts and get hands-on participation on a variety of topics including *Style, Healthy Snacks, Social Media and Skin & Hair Care*. Sarah and Kelly remember what it was like to be in middle school and hope "Just Girls" will provide a place where 7th and 8th grade girls don't have to be afraid to be themselves.

The “Just Girls” series will take place on four Friday evenings; November 1st, January 24th, February 7th and March 14th. The program, designed and run by the high school girls and supervised by an adult advisor, takes place from 6:30pm-8pm in a relaxed environment at the Deer Valley Townhouse Clubhouse. Both Sarah and Kelly agree they wish they were given helpful advice from older girls when they were in middle school. They also agree that middle school is a very difficult time and hope this program will make it just a little bit easier. Their best advice to middle school girls is to be yourself and stay true to what is important to you. They are excited to offer this program and hope middle school girls will be excited to attend!

For more information and to reserve a spot for your daughter, please email Diane Lasher-Penti at Ellington Youth Services at dpenti@ellington-ct.gov

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Better Together



Reusable insulated shopping bags were given out at all open houses by the DPYC this fall and the theme this year is “Better Together.” The DPYC is working on this theme of developing positive youth culture and want to highlight those organizations and agencies in our community along with those represented on the DPYC who really do contribute a very important piece to this positive youth culture. All of our contributions for Ellington’s youth really prove that we are indeed **Better Together** creating this positive youth culture.

Learn · Share · Support
We're Better Together





October 2013

What About The Boys?

Tuesday
October 22, 2013
7:00 p.m.
Ellington Youth
Services



Boys commit suicide at five times the rate of girls. They do worse in school, have more social problems and learning disabilities, and are less likely to attend college. Yet frequently their needs are ignored--often because many boys believe reaching out is a sign of weakness.

—Rosalind Wiseman, *The Guide*

Join us for a discussion on how we can help our sons get the tools they need to succeed. For those who care about the boys and want the insight to reach them. This discussion will be led by Diane Lasher-Penti, Director of Youth Services and a licensed family therapist, and Deborah Stauffer, Prevention Coordinator.

Contact Youth Services to reserve a spot at 860-870-3130 or email dpenti@ellington-ct.gov.

The first ten participants will receive a free copy of Rosalind Wiseman's newly released book *Masterminds and Wingmen*. Rosalind Wiseman has also written a book called *The Guide*, for teen boys .

Social Media Apps Teens are Using

Teens are sharing more information than ever. While teens are still active in the social media their parents know, they are increasingly seeking privacy and perceived anonymity on other sites.

Facebook –A lot of teens have a facebook profile even if they are not active. For best results on Facebook, do not engage your teen. Just look and collect information.

Instagram –This photo editing and sharing app is very popular with teenage girls. By default, photos taken are public so be sure your child is using the privacy settings.

Twitter –This app offers quick connection with anyone in the world. Users post updates in 140 characters or less. They can follow and be followed.

Pinterest –It organizes users around interests. Users create boards, which are like digital bulletin boards where favorite content is “pinned.”

Vine –Users create and post 6 second videos, which are often shared on Twitter and Facebook. Plenty of inappropriate content on this app.

4Chan –Anyone can post images on bulletin boards, and anyone can comment. Users do not need to create an account to participate. Anonymity can create extremely hostile environments online.

Wanelo –it stands for “Want, need, love” - Users post images of and links to products, which are then bought, saved, tagged and shared by other users.

Reddit –This app users submit links or text, which are voted up or down by users. This site is more popular with boys. The forum-like interaction means your teen can “talk” to anyone.

Tumblr –Enables blogging for those with a short attention span. Photo, audio, and video posts are often re-shared from other sites with very little text.

Kik –A smartphone messenger system where users send videos and images instead of text. Teens love meme and Kik allows them to search for and share images, memes and YouTube videos.

Snapchat –It allows users to send messages, primarily photos and videos that are destroyed seconds after they have been received Snapchat's fleeting image feature offers users the illusion of anonymity, but screenshots can be taken.

Pheed –It allows users to share all forms of digital content in 420 characters or less. Each user gets its own channel and it is a full service broadcast medium. Your teen could conceivably live-stream every waking moment on Pheed.



Source: www.today.com/moms/



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October 2013



The Parent Connection and Rise Above are on Facebook

For more information on youth and alcohol, check out these websites:

<http://bethechange.ellington-ct.gov>
www.ct.gov/opm/settherulesct
www.teen-safe.org
www.stopalcoholabuse.gov
www.preventionworksct.org
www.madd.org/under21
www.mourningparentsact.org
www.dontserveteens.gov
www.alcoholfreechildren.org
www.thecoolspot.gov
www.sadd.org
www.niaaa.nih.gov
www.notmykid.org
www.drugfree.org
www.samhsa.gov/underageddrinking/



Diane Lasher-Penti, LMFT

Youth Services Director

Offers counseling to children and adolescents and their parents.

She can be reached at

860-870-3130

or email

dpenti@ellington-ct.gov

Rise Above Update



Over 50 students attended Rise Above's first meeting of the year and shared ideas for a year full of events and activities. Plans are already underway for the community leadership group to host the annual Fall Festival at Brookside Park on Saturday, October 26th from 12pm-2pm. The Fall Festival, hosted in conjunction with Ellington Parks and Recreation, includes hay-rides, pumpkin painting, sack races, and much more! Also in the plans for this year are dodgeball tournaments for the high school and middle school, a community variety show, and a Kids' Fair. Rise Above is open to any high school student who resides in Ellington. Meetings are held the 2nd Wednesday of each month from 7pm-8pm at the Ellington Senior Center. For more information, visit the website BeTheChange.ellington-ct.gov

Prescription Drug Misuse

Young adults (age 18 to 25) are the biggest abusers of prescription opioid pain relievers, ADHS stimulants, and anti-anxiety drugs. They do it for all kinds of reasons, including to get high or because they think prescription stimulants will help them study better.



The DPYC has been awarded a \$29,000 grant from the Department of Mental Health and Addiction Services (DMHAS) for the period July 1, 2013 to June 30, 2014 to address prescription drug misuse in Ellington.

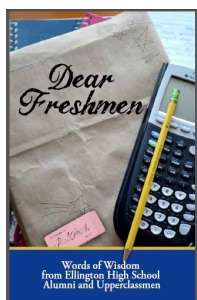
Almost half of teens in the U.S. say it is easy to get prescription drugs from a parent's medicine cabinet.

As a parent, teach your teen to:

- Respect the power of medicine and use it properly
- Recognize that all medications, including prescription medications, have risks along with benefits. The risks tend to increase dramatically when medicines are abused.
- Take responsibility for learning how to take prescription medicines safely and appropriately, and seek help at the first sign of a problem for their own or a friend's abuse.

source: www.samhsa.gov

Dear Freshmen...



Parents of Ellington High School Freshmen, your students should have received a booklet in their recent Advisory titled "Dear Freshmen." This booklet was funded by the DPYC and contains excerpts of essays written by alumni of Ellington High school. It is filled with words of wisdom and advice on how to navigate through the high school years, especially concerning drugs and alcohol. These students have been there and have experienced the high and lows of high school. It is an excellent booklet to refer to when times get tough.

Be sure to check out our websites!

<http://youth.ellington-ct.gov> and <http://bethechange.ellington-ct.gov>