

Youth Service
State PTA Chair – Pat Giuliani
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The purpose of the Youth Services Committee is to identify the greatest potential threats to children and youth and avert or lessen these dangers; and encourage the availability of facilities and services for these young people.

Issues that may be addressed by this committee are substance use and abuse, tobacco use by minors, sexuality issues such as sex education and teen pregnancy, eating disorders and obesity among youth, gangs, prejudices and discrimination, internet safety, child abuse prevention, stress, depression and suicide, bullying and school violence/discipline issues, teen driving, bus/bike/crosswalk and fire safety, stranger danger, peer pressure, high school absenteeism and high school dropout rates, runaway/missing children, terrorism and/or disaster preparedness.

The Youth Service Chairperson should:

- Work with your PTA's Legislative Chairperson to keep the membership informed about pending legislation on youth related issues.
- Attend workshops held by State, council and local PTAs
- Work with other chairpersons in related areas.
- Coordinate activities with other local units and councils.
- Share research and information.
- Cooperate with governmental agencies on programs to prevent criminal activity.
- Use regular PTA meetings and publications to educate parents on special concerns.
- Keep a procedure book and record of activities. Evaluate regularly.
- Check National and Georgia PTA calendars for designated awareness months.
- Ensure the National Standards for Parent/Family Involvement are implemented in all Youth Services programs/projects/events.

Programs

Safety – The goal of safety is to protect children and youth from accidental injuries of all kinds. Parents and teachers must give guidance aimed at reducing the incidence of accidents through education. Educating to prevent injuries is the responsibility of everyone, and it will take the support of everyone if we hope to reduce the toll of needless deaths and injuries that are sustained each year.

Suggested activities:

- Check bus stops for safety and observe the busing procedure. Celebrate Bus Safety week in October
- Promote first aid courses, including self-defense classes for all ages
- Publicize the telephone numbers of poison control centers if there are any in your community
- Work with police officials to emphasize bicycle and pedestrian safety rules and protection. Host a Bike Safety Check with local scout troops and bike companies. Support International Walk to School in October
- Assist with school safety patrol where needed

- Educate community on factors that contribute to safer teen driving, and learn how to reduce the risk of teens being involved in traffic crashes. Advocate teen driving educational programs
- Host lunch n learns for teens and evening programs for parents on teen sexuality, sexual assault, STDs, teen pregnancy prevention
- Educate parents on children on internet safety, cyber bullying, sexting, technology explosion, identity theft
- Publicize water safety rules and hazards pertaining to boating, swimming, skiing and surfing
- Observe Bike Safety Week, Poison Prevention Week, Gun Safety Pledge Day, Safe Boating Week, Fire Prevention Week, Safety on the Streets Week, Farm Safety Week, Crime Prevention Week and Defensive Driving Week, Suicide Prevention Week

Substance Use and Abuse – The committee should provide opportunity for parents and teachers to work with young people to combat the abuse of drugs, alcohol, and tobacco. It should:

- Acquaint adults with the type of drugs that are being abused in the community and the symptoms of their use
- Develop plans to make children aware of the dangers of substance abuse
- Educate parents and other adults in the community on the role they play in keeping alcohol away from underage youth
- Provide information on the legal status of minors regarding drug, alcohol, and tobacco use
- Promote techniques to help parents and children communicate with each other about these issues

The committee should work closely with the Health Chairperson. Members of the committee should familiarize themselves with the progress of current National PTA efforts, including membership in the National Coalition for the Prevention of Drug and Alcohol Abuse, and the PTA's own project on drug and alcohol abuse. The National PTA has identified marijuana, prescription drugs and alcohol abuse as the most serious problem confronting youth today. One especially disturbing fact is the increasing incidence of drinking and drug use among elementary school children.

Suggested activities:

- Involve all students in your school. Schedule a meeting with your principal and discuss possible plans. Organize a committee including parents, teachers, business representatives, students and community service clubs
- Provide parents with information on the level of drugs and alcohol abuse in school or among the youth of your community
- Provide a lists of community drug and alcohol abuse prevention or intervention resources
- Organize a parent's pledge program. Ask parents to pledge that they will not provide beer or illegal substances at parties, to chaperone all parties, to inform their children about the liability of parents even when they are not at home, and to talk to children about drug and alcohol use and its consequences
- Sponsor a Poster, Essay, Skit, Cartoon, Bumper Sticker or Song contest highlighting "Prevention: A Positive Approach", or your own drug program theme
- Plan a drug and alcohol education presentations and personal testimonies
- Evaluate drug and alcohol education in your school. Does your school offer a drug education curriculum to students? In all grades? If no drug or alcohol education program exists, discuss how to take action
- Organize teen dances and other recreational weekend evening events to provide students with somewhere to go and something to do with their leisure time
- Designate a Substance Use and Abuse Section in your PTA newsletter. Be sure to keep your local newspaper informed of what your PTA is doing. Get them to help you spread the word.

Child Abuse - Protecting our children against child abuse is a top priority for all of us. There are several ways PTA can help prevent child abuse. You can schedule (through county agencies) workshops for your volunteers and for interested parents/adults in your community. This will encourage adults in the school community to speak to one another about child abuse concerns. These workshops can also be a tool in recognizing signs of child abuse, and reporting child abuse cases.

Through PTA you can work with your community to put family support systems in place and create environments where children feel free to communicate their concerns to adults.

Prevent Child Abuse Georgia (PCAG) is an agency in Atlanta that has chapters around the state. For more information visit their website, www.preventchildabusega.org or call 404-870-6557.

How to Setup a Successful Youth Service Program in Your School

Get to know the players

- Survey
 - Kids, teens, parents, and teachers
 - During summer mailing or Open House

Get to know school personnel

- School secretary
- School counselors/graduation coaches
- School nurse
- School PE and Health teachers
- School calendar/curriculum-ILT Teacher
 - What each grade level is studying
 - When there is a special event planned at school

Team up with other PTA committees

- Parental/Family Involvement, Health, Education Enrichment, Arts in Education, etc
- Secure your volunteers

Get your resources

- Personal contacts
 - Doctors, nurses, lawyer, Chamber of Commerce Speaker Bureau
- Other schools in your districts
 - Successful programs – Best Ideas
- Local Enforcement agencies – police, fire, judicial
- Community/faith base group

Get references

- Nothing worse than a poor speaker

Get it on the school calendar

- Create flyers-posters-articles-front marquee
- Articles in PTA newsletter or website and feeder schools
- Use morning and afternoon announcements, school calling post
- Contact local paper with media release

Hold something for kids – follow up program for parents

- Lunch n learns
- Morning or afternoon assemblies
- Articles on PTA website

Evaluate program

- Create evaluation form for each event
 - Provides you with the good/bad/ugly of the event
- Keep a procedure book
 - Document all events

School Wide Activity Ideas

Decorate Outside of School or entrance into school with – balloons, ribbons, banners, spell JUST SAY NO with red plastic cups on a chain link fence outside, provide each student with a red 8 x 2 inch strip of paper and have them write how they would say NO to drugs. Link these together and connect around school hallways, create hall banners where kids can write ways to say NO to drugs and Yes to something else.

Plant the Promise – During Red Ribbon week schools, businesses, families and youth across America will plant bulbs that will bloom into vibrant red tulips and will serve as a reminder to stay drug free during April Alcohol Awareness Month. The Plant the Promise bulb package can be order from www.nfp.org/plantthepromise.htm

Decorate Homeroom Doors- Encourage all homerooms, pods or grade levels to decorate their homeroom door with a positive drug free message. Your PTA can decide on what the winning homeroom will receive. Use your Partners in Education as judges or local public service officials.

Create Red Ribbon Theme Days - Each day of the week students will have the opportunity to dress accordingly to a theme; Sock it to Drugs – wear crazy socks

Team Up Against Drugs – wear high school, college or NFL sport
Jerseys

Turn Your Back to Drugs – wear clothes backwards

Boot out Drugs – wear boots that day

Living Drug Free is no Sweat – wear sweatpants or something

Similar

And other suggestions

Participate in a Red Ribbon Speech/Essay/Poster Contest – using 2009 Drug Free Theme or PTSA theme to create a drug free message. Display posters in cafeteria, media center or school hallways. Provide prizes for 1st, 2nd and 3rd or a winner for each grade level or pod. Use Partner in Education to select winning entries.

Organize a “Walk Out On Drugs” walkathon - and the money you raise can be given to a prevention organization in your community.

Hold a **Slam Dunk – Drugs are Junk** 3 on 3 basketball game – teams sign up to play 3 on 3 basketball game and proceeds go towards prevention organization.

Create a **Hall banner** where students finish the statement... “Say yes to” Or have students put a thumb print with their initials on a banner stating they will **pledge to be drug free.**

Award prizes to the “**Most Creative Red Outfit**”

Host an parents educational evening with a panel of speakers: juvenile court judge, attorney, police officers, probation officer, nurse or EMT personnel and ask questions about what happens if child caught smoking, selling drugs, in possession, What happens if driving under the influence, what happens if parent supplies alcohol or drugs to underage youth. Or drug awareness questions on signs and symptoms. What are they seeing in the emergency rooms, at accident scenes, etc.

Have students research drug facts and read over morning announcements.

Schedule a “**Band Against Drugs**” musical assembly

Arrange a **jingle contest** and the winning jingle is played on radio station during the month.

Create public service announcements to be played in schools in your area. Using high school student media classes.

Prom Promise Ideas

Contact MADD to get their packet information which contains stickers, posters, DVD, and pledge cards

Contact a local wrecker service to see if they have a wrecked car that could be brought to your school for the week of Prom. Make up lawn signs - PTSA says Drugs, Drinking and Driving, Major Mistake. Place signs around wrecked car.

Creative positive candy grams for seniors to be placed under the wipers of their cars. Contact Governor Highway Safety website (www.gahighwaysafety.org) or local insurance company and see if they have pamphlets, brochures, and handbills of information to be used regarding DUI facts, seat belt safety facts, and other promotional items. Purchase variety of candy like: Smarties, Dum-Dum suckers, lifesavers. Make up slogans such as: Play it SMART, Don't start Drugs, Be a LIFESAVER, Don't Drink and Drive, Don't be a DUM-DUM, have a SAFE Prom or Don't be a DUM-DUM, buckle up for safety. Put these three slogans, candy and educational pamphlets inside a sandwich zip lock bag. Make enough for each senior and select a day during Prom week to canvas the student parking lot and place candy grams under the wipers of the students' car.

You can also do this during Homecoming Dance or Finals week. Relating messages to stress and testing.

Organize with your local police department and EMT service a "Ghost Out" event. This will involve administration support, community and parent support. Students will randomly be selected during the day to be "ghost out" (representing they have died due to car crash) cannot speak to friends and friends cannot speak to them during the day. Overall presentation concludes at the end of the day with a mocked teen car accident with emotion impact on students.

Arrange to have a guest speaker during the week come speak to junior and seniors either in class or as an assembly. Contact your youth detention center or adult detention center to see if they have an outreach program where inmates come share their story about drinking and driving and the problems that brought them.

Youth Services Websites

General:

www.pta.org National PTA
www.georgiapta.org Look under Programs-Youth Services
www.cobbk12.ga.us/~preventionintervention/ -great articles for all age students
www.connectwithkids.com partnership with GA PTA – articles, videos, newsletters
www.ncadi.samsha.gov/ National Clearinghouse for Alcohol and Drug Information
www.mvparents.com tips for parents on all topics
www.theantidrug.com Great site for drug information but also general teen information
www.4parents.gov helps parents with information to talk to teens about
www.timetotalk affiliated with Partnership for Drug Free America
www.girlsinc.org programs devoted to girl's wellness
www.famfirst.org
www.casafamilyday.org third Monday in September is Family Day
www.advocatesforyouth.org
www.choa.org Children's Healthcare of Atlanta
www.aap.org American academy of Pediatrics
www.MCGHealth.org/kids Medical College of GA
www.commonsensemedia.org parent guide to appropriate movies, books, etc.
www.channing-beta.com source for posters, pamphlets, programs, pencils
www.redcross.org disasters
www.cobb.k12.ga.us/~preventionintervention/ - great articles
www.parentsplace.com
www.advocatesforyouth.org
www.health.org
www.aap.org American Academy of Pediatrics
www.cdc.gov Centers for Disease Control and prevention
www.dhr.state.ga.us Georgia Department of Human Resources
www.health.org National Clearinghouse for Alcohol and Drug Inf
www.redcross.org disasters, blood drives
www.jointogether.org sign up for daily e-newsletter on current issues
www.prideyouthprogram.org PRIDE Youth Program
www.ncpc.org National Crime Prevention Council
www.YMCA.net YMCA of the USA
www.girlscouts.org Girls Scouts of America
www.scouting.org Boys Scouts of America National Council
www.bgca.org Boys and Girls Club of America
www.campfire.org Camp Fire USA

Safety:

www.isafe.org Internet safety programs
www.netsmartz.org Internet Safety
www.safekids.org Internet Safety
www.safeteens.com Internet Safety
www.familyinternet.info Internet Safety arrange for speaker fill out request under community
www.slyde.com Playground equipment safety
www.playsafebesafe.com
www.playgroundhound.com
www.uni.edu/playgroung/home/html Nat'l program for playground safety
www.healthytoday.com
www.carseat.org

www.skincancerprevention.org National Council on Skin Cancer Prevention
www.missingkids.com
www.kidshealth.org
www.osha.gov

Gun Issues

www.pledge.org Gun Pledge
www.paxusa.org ASK campaign (gun safety)
www.washingtonceasefire.org group aimed at reducing gun violence
www.bradycampaign.org Million Mom March/Brady Campaign
www.vpc.org Violence Policy Center

Drugs/Alcohol:

www.theantidrug.com ONDCP Parents the Anti Drug website
www.nationalfamiliesinaction.org Local Atlanta company resources and references
www.cobbat.org Cobb Alcohol Taskforce
www.gasubstanceabuse.org GA substance Abuse and Mental Health
www.drugfree.org Partnership for Drug Free America
www.ncadi.samsha.gov National Clearinghouse for Alcohol and Drug Info
www.freevibe.com- fabulous site for teens
www.livedrugfree.org
www.parentingisprevention.org
www.health.org National Clearinghouse for Alcohol and Drug Information
www.CASAFamilyDay.org National Center on Addiction and Substance Abuse
www.pta.org/commonsense- National PTA drug and alcohol abuse prevention project
www.CADCA.org Community Anti-Drug Coalitions of America
www.inhalants.org
www.drugabuse.gov or www.nida.nih.gov National Institute on Drug Abuse
www.whitehousedrugpolicy.gov Office of National Drug control Policy
www.jointogether.org Subscribe to receive daily e-newsletter
www.ourdrugfreekids.org
www.drugstrategies.org
www.PRPOonline.net Safe and Drug Free program/Supplementary material
www.UDETC.org Center for Enforcing Underage Drinking Laws/Policy
www.camy.org Marketing alcohol to youth
www.cspinet.org/booze binge drinking
www.MADD.org Mothers Against Drunk Driving
www.SADD.org Students Against Destructive Decision
www.cdc.gov Centers For Disease Control and Prevention
www.Samhsa.gov
www.faceproject.org
www.addictionprevention.org
www.drugstratergies.org Locate treatment centers in your state
www.focus.com Focus Adolescent Service
www.streetdrugs.org
www.ncadd.org National Council on Alcoholism and Drug Dependence, Inc
www.hispanichealth.org National Alliance of Hispanic Health
www.nbcdi.org National Black Child Development
www.nacoa.org National Association for Children of Alcoholics
www.al-anon.alateen.org Al-Anon/Alateen Family Group
www.alcoholics-anonymous.org Alcoholics Anonymous
www.strengtheningfamilies.org Office of Juvenile Justice and Delinquency Prevention

Tobacco

www.gasmokefreeair.org
www.americanheart.org
www.lungusa.org
www.tobaccofreekids.org
www.kickbutts.org
www.cancer.org

Teen Driving Issues

www.gohs.state.ga.us Governors Office of Highway Safety
www.joshuabrownfoundation.org Driver Education in the 21st Century
www.safeteendrivingclub.org Safe Teen Driving
www.ridesafegeorgia.org Safe Teen Driving
www.carcontrol.com Car Control
www.dmv.ga.gov Dept of Motor Vehicle Safety
www.nhtsa.dot.gov National Highway Traffic Safety Admin.
www.aaasouth.com Triple A information
www.safeamerica.org driving simulators
www.highwaysafety.org Insurance Institute for Highway Safety

Teen Sexuality Issues

www.teensexuality.org
www.abstinence.net
www.teenpregnancy.org National Campaign to Prevent Teen Pregnancy
www.gcapp.org Georgia Campaign for Adolescent Pregnancy
www.cdc.gov Centers for Disease Control and Prevention (go to teens link)
www.parentingteens.about.com

Violence/Gangs/Bullies:

www.ncpc.org Nat'l Crime and Prevention Council (McGruff the Crime Dog)
www.bulliesandvictims.com
www.safeyouth.org National Youth Violence Prevention Resource Center
www.ncpc.org/besafe.com National Crime Prevention Council-Be Safe and Sound Program
www.colorado.edu/cspv Center for the Study and Prevention of Violence
www.childrensafetynetwork.org
www.preventchildabusega.org
www.stopitnow.com child abuse prevention
www.cycc.state.ga.us Bullying- Governor's Children and Youth Coordinating Council
www.atf.treas.gov/great/index.htm Gangs
Cobb Anti Gang Enforcement (CAGE) 770-528-8865
www.geocities.com Parents in Crisis Information on what gangs, how to join, gang structure, clothing, groups, etc.
www.communityinterest.org look under neighborhood safety youth and gangs