

**“Your Future, Your Choice”
19th Annual Youth Conference
Friday, March 5, 2010**



**8:00 a.m. - 2:00 p.m.
Pioneer Valley Regional School
Sponsored by the Community Coalition for Teens**

A Program of the Franklin Regional Council of Governments
Funded by the Department of Health and Human Services and generous private donations

Conference Schedule

8:00 – 8:20 am:	Registration & Breakfast
8:30 – 9:00 am:	Introduction and Icebreakers
9:00 – 10:30 am:	Morning Workshops
10:30 – 11:00 am:	Performance by the FCTS Conflict Resolution Theater Group
11:00am – 11:30 pm:	1st Lunch and Performance/Discussion
11:30am - 12:00 pm:	2nd Lunch and Performance/Discussion
12:00 – 1:30 pm:	Afternoon Workshops
1:30 – 2:00 pm:	Closing Performance

Morning Workshops

- M1 **Drug Jeopardy** (Julia Wallis, Dial/Self, STEP) Using the game of Jeopardy we will explore drugs, the dangers of drug use, and statistics on use in the Pioneer Valley!
- M2 **Get a Job, Keep a Job** (Tobey Ward, Community Action Youth Programs) Find the job! Get the job! Work the job! Keep the job!
- M3 **Credit Wheel of Fortune** (Charity Day, Franklin County Regional Housing & Redevelopment Authority) Credit Wheel of Fortune is an interactive opportunity for students to understand the importance of protecting their credit and using it wisely.
- M4 **“Understanding Trauma and Stress Reactions- Moving beyond Freaking Out or Numbing Out”** (Community Crisis Response Team of Community Action) In a fun and interactive workshop, participants will identify stressors as well as trauma reactions common to anyone experiencing a period of high stress including a traumatic event. Participants will learn what does and doesn’t work in reducing stress and healing from trauma and how to integrate these challenging experiences.
- M5 **The Past, The Present, The Future is NOW!** (PVRS Gay-Straight Alliance) Society has come a long way regarding GLBT issues, but we’re not there yet! Open your eyes to situations and experiences the GLBT community lives with today. There will be a hands-on project, open forum discussion, as well as student and faculty testimonials.
- M6 **Multiple Intelligences: Make School and Life Easier by Understanding How You Learn** (Jared Libby, The Brick House) Have you ever sat through a lecture and realized at the end that you don’t really know what it was about? Learn about Multiple Intelligence Theory and how these intelligences

make up the facets of your personal learning style and thought processes. Participate in fun activities involving celebrating your personal talents. Learn how embracing this theory can help you to better understand yourself and others, and help you to be more successful in school, work, and life!

- M7 **CANCELED Defrag Your Life** (~~Community Action Youth Programs~~) ~~Are you often late for appointments? When you get there are you prepared? Is your girlfriend, boyfriend, teacher, coach, or boss frequently telling you to get your stuff together? This workshop will help you get organized and stay on top of your game!~~
- M8 **Exploring and Understanding the Stigmas of Mental Health** (ServiceNet TAY Program) Come see what mental health is all about! This workshop will answer questions and increase your own understanding of what happens for teens and adults who struggle with these issues. We'd love to meet you and talk about it more.
- M9 **Real Food for All!** (Seeds of Leadership Garden Youth, Seeds of Solidarity), Food! A topic that can be confusing, political, disgusting or delicious. How do I make choices about what is best to eat for my own health and the environment? Can I afford to eat and cook our own locally grown food over buying fast food? How and where do I get it and what do we do with it? And, how can I help feed my community so fewer people are hungry? Join SOL Garden teens to see our new Seeds of Solidarity short film, play Real Food, Fast Food, engage in fascinating discussion about these topics, and maybe even taste something and get some great recipes too.
- M10 **Make Sure We ALL Matter!** (STOP ACESS Springfield) This workshop seeks to uncover the power of young people to change their communities. Members of the Youth Advisory Board of Springfield will share what they are learning about self identity, oppression and how we can move toward a culture that values all people (Youth Only).
- M11 **Becoming a Mobile Worker** (Ken Johnston) New cell phones and the mobile technology they use are changing the way youth communicate. Having grown up with technology and its many versions, students are using it to perform work in multiple locations such as school, company offices, and at home. In this workshop, we will discuss the most popular cell phones, their proper use for school and work, and the ethical issues that come with them.
- M12 **Supporting Friends with Siblings with Special Needs** (United Cerebral Palsy, Community Resources for People with Autism) Do you know someone with a disability? Do you know someone who has a brother or sister with a disability? Being a sibling of a disabled individual can be a great experience, but it can also be annoying, difficult and tiresome. Without friends to help support you it can become an overwhelming experience, come and learn what it means to be a teen with a disabled sibling and how you can help be part of the support your peers need (Youth Only).

Afternoon Workshops

- A1 **Drug Jeopardy** (Julia Wallis, Dial/Self, STEP) Using the game of Jeopardy we will explore drugs, the dangers of drug use, and statistics on use in the pioneer valley!
- A2 **Get a Job, Keep a Job** (Tobey Ward, Youth Programs) Find the job! Get the job! Work the job! Keep the job!
- A3 **Credit Wheel of Fortune** (Charity Day, Franklin County Regional Housing & Redevelopment Authority) Credit Wheel of Fortune is an interactive opportunity for students to understand the importance of protecting their credit and using it wisely.

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- A5 **Play it Smart** (Massachusetts Council on Compulsive Gambling and North Brookfield Youth Center) This highly interactive session will use the playing of games to see just how important an understanding of probability and statistics is as a protective factor in not having problems related to gambling if one chooses to gamble. This session is a mini-session of a twelve session curriculum that was designed for students by students. Come have fun and learn some important skills in the process!
- A6 **GLBTQ – What the Community Faces** (Community Action Youth Programs) GLBTQ people and allies come together to dissect how gender, sexuality, heterosexism and transphobia affect us all. All ranges of knowledge of queer issues are welcome, from “What Do Those GLBTQ Letters Mean?” to “Super Active Ally.” Learn how to be a resource to the queer community, how to counteract homophobia, and what the GLBTQ community faces in their daily lives. Hear personal stories, discuss tough topics, and participate in fun, insightful activities!
- A7 **Understanding Conflict Resolution through Theater Games** (Franklin County Technical School Conflict Resolution Theater Group) “Understanding Conflict Resolution through Theater Games” is a fun, interactive workshop facilitated by acting students. It is designed to give participants of all ages an introduction to conflict resolution method through popular theater games involving sound, movement, improvisation, and presenting opinions and ideas. No acting experience is necessary.
- A8 **Get Off the Dollar Menu: Prepare Good Food On a Small Budget** (Community Action Youth Programs) Do you live off of the dollar menu? Would you like to cook some delicious fast recipes that will keep you healthy and save you money? At this workshop we will prepare fast delicious meals on a low budget. If you fancy Indian, Mexican or even American style food, then you won’t want to miss this workshop.
- A9 **Bellydance for Fun and Fitness** (Hadama) Bellydance is an ancient art form which celebrates the beauty of every woman AND is a great way to get in shape while having fun.
- A10 **What is Real Beauty?** (AmeriCorps members at DIAL/SELF Youth and Community Services) “How did our idea of beauty become so distorted? Think unrealistic ads don’t affect young girls? Think again!” Based on the Dove Campaign for Real Beauty, this workshop will encourage young women to take a deeper look inside themselves and find real beauty (Youth Only)
- A11 **Dream it, Do it: The Adventure of Starting Your Own Business/ Organization** (The Literacy Project, Young Entrepreneurs Society) Every big business started small and every big change in society started is someone’s idea. Your dreams have power and can change your world and *the* world. This workshop will provide you with tools and inspiration to start the business or organization that will bring your dreams to life. North Quabbin youth will also have the opportunity to enter their ideas into YES’ 2010 Bright Idea competition. (Youth Only).
- A12 **Little Projects/Big Impact** (Staff and Students from Greenfield High School) Ever wonder how you can make a difference? This workshop is an opportunity to use your skills help others right now while you are learning about creating community service initiatives of your own. Sign up and make someone’s life a little bit better today!!!

Join Us! Register by February 12, 2010

Fee: (includes lunch and materials, limited scholarships available)

Youth (under age 22): **\$10** **Adults: \$20**

Register as soon as possible. Space is limited to 250 participants. Before the February 12th deadline, we recommend that schools register up to 30 students and 5 faculty. If you would like additional spaces, enclose a note with your registrations and we will notify you after February 12th if there are spaces available.

Parents and/or teachers may want to review students' workshop selections before registration.

Send a separate form for each person, with checks made payable to:

Community Coalition for Teens
425 Main St., Ste. 20
Greenfield, MA 01301-3313

Forms with cash must be delivered directly to the office, located in the Franklin County Court House

Questions about registration or scholarships? Contact Davette Young, 413-774-3167 ext. 101

Questions about the conference? Contact Sarah Brault, 413-774-1194 ext. 118 or Rachel Stoler, ext. 116

Registration Form: Complete and send in one for each person

Attention schools and youth programs: Please include this statement on permission slips: Some portions of the Youth Conference will be photographed and/or videotaped for use in promotional or training materials and for media coverage. Any youth at the conference may be included in these photographs/videos unless parents expressly request otherwise in writing to the school principal.

Name: _____

Address: _____

Phone: _____ **Fax:** _____ **E mail:** _____

Agency/School: _____

Amount enclosed: \$ _____ for _____ youth and _____ adults

Lunch Preference (includes chips, cookie, and fruit): **Turkey grinder** _____ **Ham grinder** _____
Veggie grinder _____

Workshop Choices: Please write the letter/number of the workshop. All workshops are open to youth and adults, unless otherwise specified. Workshops with less than 8 people registered will not be offered.

Morning: 1st choice _____ 2nd choice _____

Afternoon: 1st choice _____ 2nd choice _____

The following people have contributed to planning the conference:

Sarah Brault, Pioneer Valley Regional School
CJ Brooks, Pioneer Valley Regional School
Nicole Godard, Pioneer Valley Regional School
Alexander Yelle, Pioneer Valley Regional School
Alyson Wickline, Pioneer Valley Regional School
Michelle Clews, Pioneer Valley Regional School
Bethany Sojka, Pioneer Valley Regional School
Sandy Kinsman, Pioneer Valley Regional School
Rachel Stoler, Community Coalition for Teens