

The Strength Summit Report



Teen Alliance Council (TAC)

Teen leaders coming together to influence positive change.

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Teen Alliance Council-*History*

In 2013 the Violence Free Coalition assembled the first Teen Alliance Council in Warren County. Twelve students from Lebanon, Little Miami, Springboro, and Wayne Local school systems participated in the inaugural year. The 2014-15 TAC group consisted of nine students from the same schools except for Little Miami who did not have any students apply.

Mission: Warren County youth leaders united to empower our peers to achieve personal success by promoting healthy relationships, self-confidence, and acceptance of others.

In early 2015, Coalition Partners from the VFC and the Substance Abuse Coalition of Warren County (SAPC) met to discuss the possibility of expanding the issues of the current TAC to include the issues of Substance Abuse Prevention and leveraging resources from the two coalitions.



New Mission: Warren County youth leaders united to empower one another to achieve personal success by promoting healthy relationships and substance-free lifestyles, building self-confidence, and creating accepting communities.

The 2015-16 TAC group consisted of nine students from Carlisle, Springboro and Wayne Local School districts. One of the main objectives of this newly formed alliance was to hold the First Youth-Led Summit in Warren County.



Annual Objective 2.2

Increase the number of opportunities the Teen Alliance Council (TAC) members have to directly impact their spheres of influence from 0 to 4 by March 2016.

Activities

2.2.2 TAC members will work with adult leaders to organize and present the first Youth Prevention Summit in Warren County

2.2.3 TAC members will have their own breakout sessions to facilitate at Summit.

Planning: After several meetings the date, attendance number and format for the Youth Summit was finalized. The Summit was to be held Friday February 26th during National Teen Dating Violence Awareness Month. Students chose to invite 15 students from each of the 3 TAC Schools.

9:00-9:30 Welcome and Icebreaker

9:30-10:30 Guest Speaker

(Student groups would rotate to all 3 Breakouts)

10:00-10:25 Break Out Session 1

10:30-10:55 Break Out Session 2

11:00-11:25 Break Out Session 3

11:30-12:00 Lunch

12:00-12:30 Speed Prevention**

12:30-1:15 School Action Planning

1:15-1:30 Closing/Evaluations

**Speed Prevention is an activity that will be discussed further in the report



Summit Title:

Selecting a title for the Summit was not as easy as the selection of the format and other details. There was a lot of debate about how to get the ideas and messages across that the students wanted to share with their peers. A theme that kept coming up is if the students from all these schools were working together they could have Strength in numbers. The group decided to call their Summit the Strength Summit and to create an Acrostic Poem from the word.

Self-Respect

Trust

Resilience

Empowerment

u **N**ity

Growth

Teen Alliance Council

Healthy Choices



Break Out Workgroups:

It was decided that the easiest way for students to get together to work on their presentations would be if the students stayed together based on home school. Each group was assigned an adult leader to help guide the groups as they were working on their projects and give feedback and support when needed. The break-outs for the Summit focused on more general topics this year, as the students were concerned about organizing the overall Summit and presenting for the first time. We anticipate more prevention specific topics for our second annual Summit.



Carlisle: Digital Disrespect

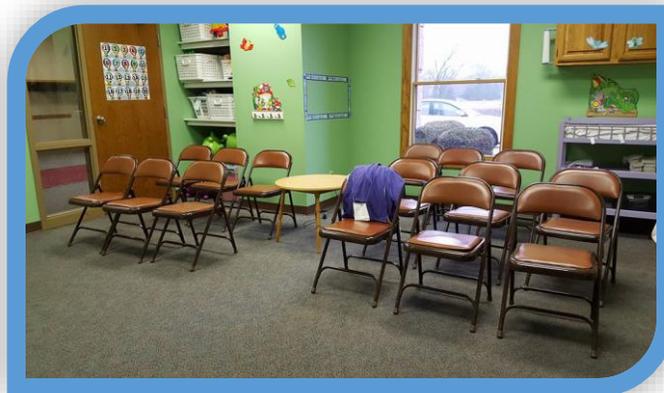
1. Students will be aware of the prevalence of abuse using technology/digital disrespect
2. Students can identify several examples of abuse using technology/digital disrespect
3. Students will have at least two healthy ways to handle digital disrespect should it happen to them or a friend
4. Students will be learn about a new youth led twitter page called "Fight Fire with Respect."





Springboro: Peer Pressure

1. Students will learn the signs of negative peer pressure
2. Students will understand decision making skills to respond to peer pressure
3. Students will identify personal values to uphold when faced with peer pressure to use drugs and alcohol



Waynesville: Stereotyping

1. Students will be aware of the negative effects of stereotyping
2. Students can identify 2 ways stereotyping effects the school environment
3. Students will identify their own personal groups and ways to be more inclusive at their school.



Covenant Presbyterian Church:

The facilitators of the TAC group shared our Summit location search with the health teacher from Springboro. We explained that Springboro was right in between the other two schools and would probably be the easiest place to host the Summit. He mentioned that his dad was the retired Pastor for Covenant Presbyterian Church and that he knew they were wanting to expand their outreach to the Community. He arranged a meeting with Church Staff and even took personal time from work to be involved in the meeting. It was decided that with the smaller size of the Summit, the Church would be perfect. The Church agreed to:

- Host the Summit for Free
- Provide Volunteers to pick up and serve lunch
- Become a member of the Violence Free Coalition

After a TAC member presented to the Outreach Committee at the Church, our students were invited to present their lessons to the Teen Group on the Sunday before the Summit to practice their presentations and receive feedback. This was extremely helpful to our students.

We are very excited about this new partnership and hope to continue to look for ways to partner. Unfortunately if we increase the number of students at the Summit next year, we may not be able to use the facility again.



The First Annual Strength Summit:



- 38 students from Carlisle, Springboro, and Wayne Local
- 16 Adult volunteers from the Violence Free Coalition, Substance Abuse Prevention Coalition of Warren County, Success for School Aged-Youth Committee, Suicide Prevention Coalition of Warren County, and Covenant Presbyterian Church.



Speed Prevention:

Speed Prevention is an activity that was done at the Ohio Sexual Assault Prevention Conference and modified for the Youth Summit. It is a play on speed dating in which you move from table to table getting to know people. For Speed Prevention, the students moved every 4 minutes to a new table and provided information on Teen Dating Violence and Substance Abuse Prevention.

Questions asked:

- In the dating relationships of your friends, classmates, or yourself, what behaviors or actions are you seeing that would be considered unhealthy and/or even abusive?
- In what ways are you connected to your school? What would make you feel more connected? Does your school do a good job of help students make connections? Why or why not?
- Where do you turn when you have a problem? Where do you get the most support? What characteristics does this person/s have that makes you turn to them for support?
- Do you think adult (family, teachers, and friends' parents) behavior aligns with responsible drinking and not using illegal drugs? Why or why not?
- Where do your peers get drugs and alcohol? Indicate whether you think it's where a majority of students get alcohol and other drugs or a small number.
- What messages of encouragement do you get from adults? Who from? Do you wish you heard them more often?



Relationship Violence Speed Prevention Highlights:

In the dating relationships of your friends, classmates or yourself...what behaviors or actions are you seeing that would be considered unhealthy or even abusive?

SOCIAL MEDIA/COMMUNICATION

- ❑ Constant texting-every 10 to 20 minutes
- ❑ Pressure of what goes on social media
- ❑ Sharing passwords so they can see what each other is doing online
- ❑ Overreacting to posts
- ❑ Sharing a profile

OTHERS

- ❑ Possessiveness
- ❑ Isolation from friends and family
- ❑ Lack of trust
- ❑ Relationships go too far sexually
- ❑ Restricting partner from doing things with others-asking permission
- ❑ Age difference in dating-power difference
- ❑ Jealousy

In what ways are you connected to your school? What would make you feel more connected? What could schools do better?

CONNECTIONS TO SCHOOL

- ❑ Sports
- ❑ Extracurricular
- ❑ Groups-clubs
- ❑ Having friends
- ❑ Small school-know everyone

HELP FOR BETTER CONNECTION

- ❑ More activities not based on sports-more outdoor programs such as fishing, diverse clubs such as cooking
- ❑ Admin and teachers attending more functions (not just sports)
- ❑ Pep rallies around something other than sports
- ❑ Feel there is a favoritism towards athletes & lack of support for girls sports
- ❑ Lack of connection with teachers as a freshman

Where do you turn when you have a problem? Where do you get the most support & what characteristics do they have that makes you turn to them?

WHERE DO YOU TURN?

- ▣ Friends
- ▣ Parents
- ▣ Coach
- ▣ Guidance Counselor
- ▣ Teachers
- ▣ Sports team

CHARACTERISTICS

- ▣ No judgement
- ▣ Trustworthy
- ▣ Approachable
- ▣ Going through similar things

Summit Evaluation Results:

A retrospective pre/post was administered to participants at the end of the day.

Quick Analysis of Survey Results:

- I know at least two skills to use when my peers are pressuring me to use drugs or alcohol
 - 50% point change to Strongly Agree
- I feel confident teaching my peers/friends skills to use when they are being pressured by others to make unhealthy choices about alcohol or drugs
 - 75% point change to Strongly Agree
- I have a clear plan on how I can be more inclusive at my school
 - 44% point change to Strongly Agree
- I know at least two ways to respond to digital disrespect should it happen to me or a friend
 - 69% point change to Strongly Agree
- I know at least two ways stereotypes impact my school's culture
 - 66% point change to Strongly Agree

Summit Evaluation Feedback:

Comments:

TWO THINGS YOU LIKED BEST:	TWO SUGGESTIONS FOR IMPROVEMENT
<ul style="list-style-type: none"> ▣ Speed Prevention ▣ Meeting & Interacting with other schools ▣ Hearing ideas of other teens ▣ Everyone was very open ▣ Break-out sessions ▣ Talking about how to make our school better ▣ Talking to grown-ups at table 	<ul style="list-style-type: none"> ▣ Invite more schools ▣ Longer times in room-but make less awkward ▣ Intermix schools in more activities ▣ More time for speed prevention ▣ Less Stats-We've heard them before ▣ More activities ▣ More time to work on Call to Action

Challenges of the Day:

- Our opening was the least rehearsed thing of the day and it showed
- TAC students were giggly during the opening
- Motivational speaker took up too much time from the agenda when he went over his allotted time
- Students wanted more cross school interactions
- If we grow next year we will need another facility to host

Lessons Learned:

- Need to start working on lessons earlier in the TAC year
- It's ok to have some Adult Led Activities
- Kids want to talk, we just have to take the time to listen



Warren County Youth Summit Participant Evaluation

What school do you attend? (Circle One) Carlisle Springboro Waynesville

How old are you? (Circle One) 14 15 16 17 18

What is your current grade in school? (Circle One) 9th 10th 11th 12th

Instructions: Please read the middle column regarding your knowledge, behavior & skills-then choose the response in the **LEFT COLUMNS** that matches where you were **BEFORE** attending the Youth Summit & choose a response in the **RIGHT COLUMNS** that matches where you are now **AFTER** the Youth Summit. Then answer the questions below the table to help us improve the next Youth Summit.

SD=Strongly Disagree, D=Disagree, NS=Not Sure, A=Agree, SA=Strongly Agree

<i>BEFORE Participating in the Youth Summit</i>					My knowledge, behavior & skills on peer pressure, digital disrespect & stereotypes	<i>AFTER Participating in the Youth Summit</i>				
SD	D	NS	A	SA		SD	D	NS	A	SA
					<i>I knew/know at least two skills to use when my peers are pressuring me to use drugs or alcohol</i>					
					<i>I felt/feel confident teaching my peers/friends skills to use when they are being pressured by others to make unhealthy choices about alcohol or drugs</i>					
					<i>I have a clear plan on how I can be more inclusive at my school</i>					
					<i>I knew/know at least two ways to respond digital disrespect should it happen to me or a friend</i>					
					<i>I knew/know at least two ways stereotypes impact my school's culture</i>					



What are the two things you liked best about the Youth Summit?

1)

2)

What are two suggestions for improving the next Youth Summit?

1)

2)

What are two things you learned at the Youth Summit that you will share with your friends and or family?

1)

2)

What is the name of the new Youth Lead Twitter Page to prevent digital disrespect?



