



Youth Community Coalition

Empowering youth to make healthy choices!

November/December 2009

Volume 2, Issue 7

In This Issue

October Highlights

Upcoming Events

For More Info:

[YC2 Info](#)

[Website](#)

News & Research:

[Global Alcohol Database](#)

[Sobriety Checks in Columbia](#)

[Congress Cracks Down on Teens and Smoking](#)

[Initiative Launched to Target Prescription Drug Abuse](#)

[Survey on Attitudes towards Substance Abuse](#)

[United Nations Info on Global Drug Abuse Prevention](#)

[Parental Involvement Lowers Risk of Drug Use.](#)



Photo Courtesy of Heather Harlan, Phoenix Programs, Inc.

By Helping Others, Young People Learn to Help Themselves

To many young people, the world is small. It's made up of their school, home, and neighborhood. But when young people start to reach out and help others, their world grows and so does their confidence. In fact, many young people report that when they give of their time and energy, they receive much in return. Serving others can

help kids feel good about themselves and that they can make a difference in the world. "Service to Others" is Asset 9 of Search Institute's 40 Developmental Assets, qualities, experiences, and relationships that help young people grow up healthy, caring, and responsible.

Tips for building this asset

The best way to teach young people the value of helping others is to be a role model. Activities such as providing a meal to a new parent, driving a neighbor to an appointment, or babysitting can make a huge difference in someone's life. Look for service opportunities to do with a young person. Join organizations that involve—and provide leadership roles for—both young people and adults.

Want to know more about the 40 Developmental Assets and ideas for helping young people build them? Visit www.search-institute.org/assets.

Developmental Assets® are positive factors within young people, families, communities, schools, and other settings that research has found to be important in promoting the healthy development of young people. From *Instant Assets: 52 Short and Simple E-Mails for Sharing the Asset Message*. Copyright © 2007 by Search Institute®, 877-240-7251; www.search-institute.org. All rights reserved.

The Facts:

Research shows that young people who serve others in the community for one or more hours a week are more apt to be respectful of others, helpful and kind, and patient.

Welcome Youth Leaders!

Since the beginning of the school year 12 students have stepped forward to join the Youth Advisory Board. They will serve as the youth component of YC2 and also be active planning and leading their own projects throughout the community. Through a small grant from the Missouri Division of Alcohol and Drug Abuse they have secured funding to help them plan programs and give youth in Columbia opportunities to be involved in something positive.



The unique aspect of the Youth Advisory Board is that it is youth led change. They identify the needs and they seek out the resources and partnerships to make positive changes. They will target issues like underage drinking, substance abuse, violence, and giving youth more fun things to do.

As one of the youth leaders said, "I want to change the world someday and this seems like a good place to start."

Having these new leaders as part of YC2 will be a big help in making Columbia a great place for youth. If you know of any high school students who would be interested in being involved, contact Ryan Worley, worley@columbiaha.com.

Recommended Links

Cool Spot

Fun site with lots of information for teens.

Boone County Indicators

Wellness indicators for Boone County.

Family Guide

How to talk to your kids.

Drugs & Alcohol

Great site for kids and teens!

Free Vibe

Informational site about drugs and their effects.

National Clearinghouse for Drug/Alcohol Information

Find free resources about substance abuse and mental health.

Substance Abuse Mental Health Service Administration

Access to grants, research, and publications.

Community Anti-Drug Coalitions of America

Learn about the efforts of drug free coalitions across America.

Got a question?

bmarkt@columbiaha.com
rworley@columbiaha.com



Columbia
Youth Community
Coalition
201 Switzler Street
Columbia, MO 65203
573-443-2556, X 1250

Meet Tori Smith-Harvey

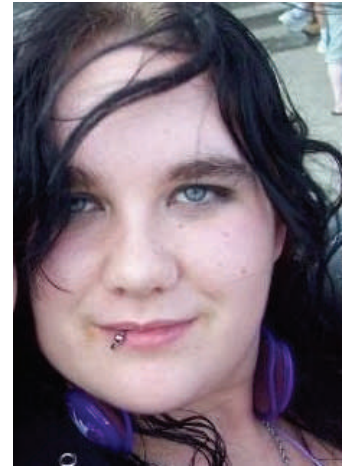
Tori is a senior at Hickman High School and loves art, music, theater, and dance. She has been an awesome member of YC2 and serves as the Youth Chairperson. Here is some more info about Tori:

Favorite Movie: V for Vendetta

Dream Job: Own a record label.

Favorite YC2 Activity: Festapalooza

Thoughts about being involved: "The thing I love the most about YC2 is going to the meeting every month...but it is most interesting as a teenager to walk into a room of adults who care about my opinion because they want the best for my friends and my peers. I like knowing that I am actually making a difference."



A Word About Inhalants

15.7% of 8th graders have abused inhalants.

Source: National Institute on Drug Abuse (NIDA)

According to recent research, inhalant abuse has been a growing trend among youth. Products such as glues, nail polish remover, lighter fluid, spray paints, deodorant, hair sprays, whipped cream canisters, and cleaning fluids are widely available. Young people inhale the vapors from these sources in search of quick intoxication without being aware of the serious health consequences that can result. Abusing inhalants can lead to brain damage, heart failure, and death. Youth who abuse inhalants are also likely to suffer from depression. A good first step of action is to raise awareness about the dangers of inhalant abuse and encourage parents and caregivers to look for early warning signs like chemical odors on breath or clothing and empty containers like compressed air around the house.

For more information : <http://www.nida.nih.gov/Infofacts/Inhalants.html>

YC2 News



- Members of the Youth Advisory Board are consulting with local marketing companies to make changes in alcohol advertisements near public schools.
- Join YC2 @ the Teen Venue of [First Night Columbia!](#)

facebook

YC2 is on [Facebook!](#) Look for Youth Community Coalition (YC2).

Blogger

Check out the [YC2 blog](#). Keep up to date on recent events, trends in drug prevention, and youth development.

Upcoming Events

January 21 st 3:30-5pm	General Coalition Meeting & Holiday Party CHA Training Room, 201 Switzler Street
February 18 th 3:30-5pm	General Coalition Meeting CHA Training Room, 201 Switzler Street
February 18 th 5-6:30pm	YC2 Annual Meeting CHA Training Room, 201 Switzler Street