



Natick Together for Youth

Working together to keep our community healthy and safe.

Erica Dinerman
Director

Sandy Pease
Project Coordinator

Telephone:
(508) 647-6623

Email:
edinerman@natickps.org
spease@natickps.org

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www.naticktogetherforyouth.org

NHS Leadership Students At World Cafe

On Friday, March 16th, students from the NHS Youth Leadership Team participated in NTY's first Youth World Café. The World Café is a simple, effective and flexible format for hosting large group dialogue.

NTY developed three unique questions to pose to the youth leaders. The students discussed one question in a small group and then shared their answers with the larger group. They were then instructed to change

tables and have dialogue with a different group of students for each subsequent question.

The students were very thoughtful, open and articulate. NTY was able to gain many insights into what it is like to be a teen at NHS. We were also able to get feedback on our first student "social norm" marketing campaign (see page 2).

We learned that we have some wonderful youth leaders who are anxious

to give back to their community. One topic that emerged was that students would like to have community activities that they can attend on weekends rather than looking around for home parties. They are also excited to share their experiences and wisdom with younger students in our community.

NTY looks forward to working with these students in the future and supporting them and their ideas.

NTY Supports Student Attendance at After Prom Party

On Friday, May 11th, hundreds of Natick High School students will spend hours getting ready for the annual Junior/Senior Prom.

For the past 24 years, an After-Prom Committee has sponsored what has become a memorable tradition for these students. The After-Prom Party (APP) provides prom-goers with a safe, alcohol-free environment to continue their celebration immediately after the Prom.

It is all made possible thanks to the hard work of many parent volunteers and the generous donations from parents, school officials, local business and the community at large.

NTY continues to support this tradition and encourages all parents to support it as well.

Parents should be aware that it is illegal to host an underage home party where alcohol is served and the Natick Police Department will be out in force on Prom night.

And students need to be reminded that they can have tons of fun without alcohol.

The party is called "That's a Wrap" and will have a Hollywood theme. This is the last party at the current NHS! Activities include an electric bull, laser tag, casino games, photos with "celebrities", and karaoke. Prizes include an Ipad and a flat screen TV as well as many wonderful giftcards.

Most importantly the APP is FREE, FUN and SAFE!

NTY Kicks Off 'Social Norms' Campaign



Large posters of this image were placed around the high school, and flyers put in bathroom stalls.

heavily because their idea of what is normal (social norms) is incorrect. In other words, students may feel pressured to drink because they believe that "everyone else is doing it."

The idea behind a social norms marketing campaign is to turn this dynamic around by informing students about the true levels of alcohol consumption among their peers. The actual levels of alcohol consumption among students at NHS are much lower than students perceive them to be. Having accurate information may lead to changes in perceptions of drinking norms and, in

turn, may lead to fewer students engaging in high-risk drinking.

Data from the MetroWest Adolescent Health Survey of nearly 1200 NHS students reveals that nearly 65% of students are NOT drinking in a given 30 day period.

We plan to educate the students about social norms and provide positive monthly messages about substance use at NHS.

Research has shown that students greatly overestimate the number of their peers that engage in high-risk alcohol use. This misperception is believed to influence students to drink more

'Kindness Counts' Contest Sponsored by NTY



The Natick Anti-Bullying Coalition created a Kindness Counts Contest across the entire Natick community.

Kindness Counts is about bringing the community together around promoting

kindness and encouraging positive behaviors.

Students of all ages were encouraged to create videos, artwork, poetry, and essays with the theme of 'Kindness'.

Winners were announced

at their Annual Coalition Event on May 4th at the Morse Institute Library. For more information, check out their website: natickparents.org.

NTY is proud to sponsor this important effort in Natick.

NTY to Host a Parent Network



One of our goals for our first year is to design a new interactive website with a Parent Network component. Website development is underway, and currently a "barebones" website is available. Keep checking back for the launch of the new site.

We are excited about the Parent Network component of the website which will provide a forum for dialogue, sharing, advice, resources, news, and links to help parents support each other in fostering positive behaviors, responsibility and resilience in our youth.

Catherine Green, a Natick parent, is spearheading the development of the Parent Network. If you would like to be involved in this important task, please contact Catherine at: cagreen01@comcast.net.

NTY – Who Are We?

Rick Halloran, *Natick Police Dept.*
Jane Biagi, *Parent, Norfolk District Attorney's Office*

Karen Rufo,
Nurse Leader, NPS Health Services

Nick Mabardy, *Selectman*

Deb Sayre, *Kids Connect*

Michelle Cromwell, *Parent, MultiCultural Village*

James White,
Director, Natick Health Dept

Moira Munns, *Director, Council on Aging, Human Services*

Astrid Dretler, *Parent*

Brian Peoples, *President, Natick Federal Savings Bank*

Reverend Vicky Guest,
First Congregational Church

Christine Guthery, *Parents Against Bullying and Cyberbullying*

Peter Sanchioni, *Superintendent, Natick Public Schools*

Chief James Hicks,

Natick Police Department

Elizabeth Heffler,

Natick Police Department

Deb Budd,

Council on Aging, Human Services

Dan Keefe, *Natick Recreation Department*

Shelly Joseph, *Attorney, Parent*

Ian Wong, *Natick Board of Health*

Emily Clover, *Student, NHS*

Marie Caradonna, *WAGLY*

Chuck Young, *Pharmacist, Parent*

Frank Lombardo, *FDA*

Jane Detwiler, *Parent Educator*

Lindsey Tarrant,

Natick Early Childhood Network

Patrick Rice, *Private Practice*

Anna Nolin, *Principal, WMS*

Diane Packer, *Clerk, Town of Natick*

Bryant Walls, *School Social*

Worker, WMS

Jennifer Weich, *MetroWest*

Behavioral Health

Margaret Boudreau, *Assistant*

Principal, NHS

Erica Dinerman, *Director,*

Natick Together for Youth

Sandy Pease, *Project Coordinator,*

Natick Together for Youth

Natick Together for Youth, formerly Natick Together2, is a Coalition of community members working to keep Natick youth healthy and safe. Our primary focus is substance use, however prevention and resiliency models are similar to those used to deal with anti-bullying, domestic violence and other social, mental and emotional health issues.

A Five Year Commitment

In October of 2011, Natick was awarded a five-year Drug-Free Communities grant to prevent, delay and reduce substance use. Substance abuse threatens all communities, but we are fortunate to have the support of the Natick Public Schools and the Federal Government to address the issues in Natick.

NTY is in the first year of our five-year grant. Highlights of our Year One Action Plan include to raise community awareness of NTY, host/sponsor educational forums for parents and students, initiate social norms campaign, create a parent network, and develop youth partnerships.

NTY Mission Statement..

"To promote a safe, healthy and drug free community through the collaboration of public and private groups, organizations and individuals, using proven strategies to reduce risk factors and increase resiliency among Natick youth."

Through the use of social media, education and awareness for parents, students and the community, we hope to change the culture of acceptance about underage drinking and marijuana use in Natick.

Does Natick have a Big Substance Abuse Problem?

The MetroWest Health Foundation has committed to sponsoring an Adolescent Health Survey every two years starting in 2006 and ending in 2016. The surveys, which are administered to 25 cities and towns in the region, inform the work of NTY as well as many other substance abuse prevention Coalitions in the region including Wayland and Needham. Youth substance use statistics for Natick are no greater or worse than other communities in the region.

Why Should You Care?

Alcohol use by youth has changed since the days when beer and wine were the primary choices. Kids today binge drink, drink to get drunk on a regular basis, and do so with hard

alcohol and new novelty alcohol products. According to the MetroWest Adolescent Health Survey from 2010, 22% of NHS students reported recent binge drinking (defined as consuming 5 or more drinks in a row) in the past 30 days.

Marijuana use has increased since it was decriminalized in 2010. This is not your college marijuana. Potency and use has increased. New studies have shown that the brain is not fully mature until the mid-20's so high school marijuana use can have a detrimental effect on brain development.

Get Involved

NTY is committed to providing varied opportunities to participate in programs that educate about youth substance use.

When We Meet

NTY Meetings are held the second Tuesday of the month from 8:30-10am at Natick Town Hall. All are welcome!

2011-2012 NTY Sponsored Events

November:

World Café – Parent Perceptions of Substance Use in Natick

February:

Selectman’s Meeting – Introduction of NTY

March:

World Café – Youth Town Hall Meeting

Anti-Bully Initiative Meeting – Introduction of NTY

Annual Stakeholder’s Informational Breakfast

April:

Alcohol Awareness Month - Morse Library Display

World Café – Raising Resilient Children

Guiding Good Choices – Series of Four Meetings

Good Shepherd Coffee – Partnership with WaylandCares

May:

Social and Emotional Transitions – For 8th grade parents/students

Ongoing:

Prevention education - for students who commit handbook offenses

Present Survey Results – to all NHS students

Alcohol Education – in NHS Community Seminars

Partnership – with Natick Parents Against Bullying and Cyber-bullying

Partnership – with NHS Leadership Program

2012-2013

Look for our FULL CALENDAR of events at the start of the 2012-2013 school year!

Natick Together for Youth
15 West Street
Natick, MA 01760



Name
Address
City, State, Zip

