



and



Present

Middle School TEENPOWER 2010

Healthy teens powered by Vectren

High School TEENPOWER
June 1-4, 2010
at University of Evansville



Middle School TEENPOWER
June 28-30, 2010
at University of Southern Indiana

What is the purpose of TEENPOWER?

The purpose of TEENPOWER is to empower youth to lead drug-free lifestyles. The conference is designed to train and motivate young people to serve as catalysts for positive change in their own lives and in their communities. Training focuses on specific, tangible, and proven strategies for developing leadership skills, facilitating positive change, and preventing problems with alcohol, tobacco and other drugs. With strong emphasis on the development of Leadership Skills and Community Service, TEENPOWER directly focuses on drug & alcohol abuse while also touching on tobacco use, eating disorders, self-esteem & peer-pressure, bullying, youth violence & suicide, teen pregnancy, the importance of achieving a higher education or civic vocation. **TEENPOWER is the only youth substance abuse prevention conference of its kind in Southwestern Indiana. 2010 marks the 19th year for High School TEENPOWER and the 9th year for Middle School TEENPOWER.**



Why have TEENPOWER?

Drug use continues to be a problem in today's society and drugs and teens don't mix. The use of alcohol and other drugs among this age group continues at unacceptable levels. In fact, the three leading causes of death for 15 to 24 year olds are automobile crashes, homicides, and suicides. Alcohol is a leading factor in all three! ([Focus Adolescent Services Website](http://www.focusas.com), *National Clearinghouse for Alcohol and Drug Information, 2004*, www.focusas.com). Nearly 4 out of every 5

students have consumed alcohol (more than just a few sips) by the end of high school, and nearly half have done so by the end of 8th grade. (National Institute of Health, *National Results on Adolescent Drug Use, Overview of Key Findings 2003*)

TEENPOWER is designed to provide key components necessary to reduce early substance experimentation by:

- Building on the Search Institute's 40 Developmental Assets
- Providing Family Groups of peers for support
- Engaging youth in key life skills workshops
- Enlisting national keynote speakers for motivation
- Providing youth leadership for positive peer influence
- Providing positive adult role models

Who should come and what will we do once we get there?

Participants attend camp as individuals or in teams of four (2 girls and 2 guys) with one Adult chaperone. Additional students can be added for a nominal fee. Youth attending Middle School TEENPOWER must be entering grades 6, 7, or 8 during the 2010-2011 school year.

Individuals who attend be matched with other local youth for their team projects. Conference participants will attend workshops and plan a community service project. They will have opportunities to meet middle school students from other schools and organizations, free time, lots of food, and other exciting surprises. Middle School TEENPOWER will be held at the University of Southern Indiana and participants will be housed in O'Bannon Hall.

Who makes up the staff at this conference?

Conference staff includes adults and youth. The adults are trained, qualified, and committed individuals who enjoy working with young people. They come from education (principals, counselors, classroom teachers, and coaches), alcohol and other drug prevention programs, the medical profession, mental health centers, and law enforcement. The youth staff represents teenagers who possess leadership skills in peer facilitation, substance abuse, prevention, and intervention training. All staff shares a common commitment to help others live drug-free lives. Besides that they are fun!



What are the benefits of TEENPOWER?

Each year TEENPOWER participants report learning skills necessary to become an effective leader. Here's how: While at TEENPOWER students actively participate in workshops, listen to national keynote motivational speakers, actively participate in teen discussion panels, and participate in family groups for peer counseling dynamics. Research

shows education must be coupled with action steps, and TEENPOWER was designed to combine both. One factor making TEENPOWER unique is that each team attending the conference attends leadership seminars where they are guided through the process of developing their own prevention community service project which they will implement in their neighborhood during the following school year. Team prevention project funding is built in to the team fees. These projects allow camp participants to utilize their newly acquired prevention and leadership skills to spread the TEENPOWER message into the community as they reach an additional 4,000 people each year.

I'm kind of interested. Who should be on a team from my school or organization?

Your team should be leaders who represent all socio-economic, ethnic, and cultural lines. They may or may not have ever been elected to anything, but they are leaders or have potential to be great leaders. When they speak (or act) other young people pay attention and sometimes (maybe, often times) follow their lead. Members of your team should be committed to, and excited about, being drug-free. Current untreated problems with alcohol, tobacco, and other drugs preclude participation in TEENPOWER.

What about the adult advisor from my school or organization?

One adult advisor is required to attend and stay overnight when multiple campers from a school or group attend. Since it is important for young people to have concerned and caring adults to support their efforts when they return home, these advisors should have an interest or desire to work in prevention. The advisors should enjoy working with young people. They could be non-school/agency personnel, parents, youth sponsors, etc. interested in following through with the team after the conference. They are encouraged to actively participate in the entire conference, and an adult is required to stay overnight for both nights.

How much does it cost and how do we register?

Registration Forms are available at our website www.youth-resources.org or can be obtained by calling 812-421-0030. **The cost for Middle School TEENPOWER is \$650 per team before April 9th or \$800 per team after April 9th. Individuals can register for \$150 each, and an adult is required to serve as an advisor when multiple campers attend from a school or group.**

Return the forms and a check (or purchase order) for the registration fee made payable to Youth Resources and send to the following address:

Youth Resources: TEENPOWER
Attn: Emily Strahle
P.O. Box 3635
Evansville, In 47735-3635

In order to maximize available housing at the conference site, the application forms must indicate how many male and female students and advisors will attend. *Substitutions may be made on a male student for a male student or a female for a female student basis. All other substitutions must be cleared by Youth Resources five days prior to camp to assure appropriate housing for all participants. Please note that it is TEENPOWER policy that "No camper may leave the campus for any reason during TEENPOWER except for family emergency as approved by the TEENPOWER Program Manager."*

Due to facility use and conference staff contracts, refunds cannot be given unless TEENPOWER is notified six weeks prior to the conference. SPACE AT THE CONFERENCE IS LIMITED so register early! Registrations will be accepted on a first come first serve basis.

What we provide in Return

- ★ **Middle School TEENPOWER teams receive \$250 of their camp tuition fees back to implement a Prevention Service Project in their community following camp.**
- ★ Individual registrants can combine their grant money to generate one large community service project.
- ★ Quality prevention and leadership training for your youth
- ★ Lodging at local University
- ★ All meals during your stay
- ★ Camp T-Shirt for each participant
- ★ Highly qualified and trained camp staff
TEENPOWER Program materials and professional assistance through out the school year for your team

Here's what past conference participant's are saying about TEENPOWER!

- ☺ *"TEENPOWER was great! It really made me think twice about the choices I make in my life and because of it I am going to be a better person."*
- ☺ *"I know I have the strength to say no."*
- ☺ *"I now have the power to stand up for what I believe in."*
- ☺ *"I have learned how to become a better leader."*
- ☺ *"It (TEENPOWER) has given me a hope for the future."*

For additional information please contact Emily Strahle at 421-0030 ext. 15 or visit our website www.youth-resources.org.

