



NEWS AND EVENTS for CESU Families

CECP HERO OF THE MONTH

David Emberley

Since his own daughter's tragic automobile crash and death in April of 2006, David Emberley of Bolton began volunteering in driver's education classes and at parent nights where his messages about the importance of minimizing distractions while driving, Graduated Driver's License Laws, the meaning of blood donation, and thoughts about organ donation have been heard by many. Along with his many talks in the Chittenden East school district, David has been a founding member of the Teen Traffic Safety Committee and a CECP member. He also speaks to students and parents in other school districts throughout Vermont. We'd like to honor David this month and thank him for his many contributions to keeping our teenage drivers safe and attentive.



NEWS FROM THE COORDINATOR

Many of us were disappointed on October 14th to learn that David Walsh, who was to present that evening at MMU, was stuck in Detroit with no connection to Burlington. Dr. Walsh did his best to find an alternate airline when his connecting flight to Burlington was canceled due to mechanical problems. Unfortunately there was no way to get him here in time. We have rescheduled Dr. Walsh for April 1st, 2010. Stay tuned.

In this newsletter, you will read about some of the many things going on this month. Our students and their advisors have been busy celebrating Red Ribbon Week, conducting a seatbelt survey, getting ready for the Governor's Youth Leadership Conference, helping law enforcement officers and community members with a Mock Underage Drinking Party Bust, planning fundraisers and more..... Our youth are critically involved in carrying out a prevention message to their peers.

As I saw from the many nominations for our "Hero of the Month", many adults are actively contributing to the community as well. What a pleasure to read the variety of stories talking about the contributions people are making to the health and well being of youth!! We had to select this month's Hero based on the number of times he was nominated!! Feel free to send me nominations anytime. I am now keeping a list.

If you haven't already, please consider joining the Partnership. On November 10th from 4 PM-6PM we'll be meeting at Camel's Hump Middle School and we'd love to have new members join us for an important discussion about the issues facing our youth and this community. Along with substance use and abuse which we know is a problem and we are currently working on, what else is important to having a safe and healthy community? We've heard from school nurses, school counselors, and school principals. We'd also like to hear from those that aren't necessarily connected to the schools. As community members, neighbors, business owners, elders, parents, and elected officials, what are your thoughts? Join us on November 10th.

Best wishes for a Happy Thanksgiving,
Barbara Pawluk

BABY SITTER TRAINING COURSE DEC. 1, 3

The Baby Sitter's Training Course is being offered by the RATC Nest in conjunction with the American Red Cross on Tuesday and Thursday, December 1 and 3, 2009 from 6:00-9:00 PM at the teen center. This course is a 6 hour training that is for boys and girls ages 11-14 years old. The cost of the course is \$45 per student and this includes their text book, emergency reference guide and a CD ROM that is full of useful tools for the babysitter trainer. There is a minimum of six participants required. Please sign up by mailing the student's name, address, phone number, and email along with a check payable to the American Red Cross to Sue Pochop, 2717 Huntington Road, Richmond, VT 05477 no later than November 20, 2009.

Coming Up...

2009 YRBS Results

Every other year, CESU students in Grades 8th-12th complete the Youth Risk Behavior Survey. This anonymous survey enables us to monitor trends in the health behaviors of our students, compare CESU students and Vermont students with a national sample of students, and plan, evaluate, and improve programs which prevent health problems and promote healthy behaviors. Some of the categories that we glean information about are:

- Injuries, Violence, and Safety
- Use of Alcohol, Tobacco, and Other Drugs (ATOD)
- Attitudes and Perceptions about ATOD use
- Sexual Behavior
- Body Weight and Nutrition
- Physical Activity
- Measure of Youth Assets

Our students, along with 59 other supervisory unions in Vermont, took the survey in February of this year. We send our surveys to the Center for Disease Control and in the Fall of that year, we get the results. Our 2009 YRBS survey results are due in early November. We will share some of the results with you next month.

New research about stress and drug use

According to the most recent (2007) Partnership Attitude Tracking Study, the number one reason teenagers report they use drugs is to "cope with school pressure" (Partnership for a Drug-Free America).

For years, "feeling cool" was ranked number one. 65% still report that teens use to "feel cool" as well as to "feel better about themselves". However, 73% of the 6,511 teenagers surveyed in 2007 reported that school stress is the primary reason for teen drug use. This change indicates that teenagers are increasingly relying on drugs and alcohol to help them solve problems and cope with difficult situations.

Despite these high numbers, only 7% of the parents surveyed believed that stress was a primary factor for teen drug use. This discrepancy points out a disconnect between what teenagers feel and what parents believe teenagers feel regarding alcohol, tobacco and other drug use. One resource for parents is the "Time to Text" initiative that guides parents in the world of text messaging as a means to increase communication with their children (www.timetotalk.org). TimeToTalk also shares tips such as making time for free time, discussing how you deal with pressure, and practicing what you preach, to help teenagers reduce their stress.

For more information, please contact Sara Mabley, Student Assistance Program Counselor (SAP) at MMU (85821636).



MMU celebrates Red Ribbon Week, a campaign to create awareness concerning the problems related to the use of tobacco, alcohol, and other drugs and to support the decision to live a healthy, drug-free lifestyle.

THE GOVERNOR'S YOUTH LEADERSHIP CONFERENCE

will be taking place at the Sheraton Hotel and Conference Center on Monday, November 23

The CECP is sending a team from MMU !!

If you or a youth you know is interested, contact the Our Voices Exposed/ Vermont Teen Leadership Safety Group at MMU-- Advisors: Sara Mabley and Grace Ekwuabu



"When it comes to second hand smoke the only safe exposure is no exposure."

U.S. Surgeon General



Make your car and home a

SMOKE FREE ZONE



Student and Adult Advisors for OVX/VTLSP (Our Voices Xposed/Vermont Teen Leadership Safety Program) at the Together We Can Prevent Underage Drinking Conference in Rutland on September 25th. Pictured are Robyn Armstrong, Grace Ekwuabu, and Mikayla Kilburn.

MMU VERMONT TEEN LEADERSHIP SAFETY PROGRAM SEATBELT SURVEY RESULTS

On October 9 students and advisors from the Vermont Teen Leadership Safety Program (Vermont's version of SADD, Students Against Destructive Decisions) conducted their annual seatbelt survey at MMU. Surveyors stood at the entrances/exits of MMU parking lots while staff and students were arriving in the morning and again when they were leaving in the afternoon.

Results show that a total of 617 people were observed. Of those, 96.5% of the female drivers were buckled, while 89.5% of the male drivers were buckled. Regarding passengers, 89% of the female passengers were buckled and 89.5% of the male passengers were buckled. In all, 93.5% of females were wearing a seatbelt and 89.5% of males were wearing a seatbelt.

The Vermont Teen Leadership Safety Program would like to remind all students, staff, parents, and others to buckle up. It is a proven strategy that saves lives.

Promoting safe and drug-free communities



serving the communities of the Chittenden East Supervisory Union: Bolton, Huntington, Jericho, Underhill and Richmond

The mission of the Chittenden East Community Partnership is to create and promote a safe environment with and for our youth, free of alcohol, tobacco and other drugs and violence, in our schools and communities.

Contact Information:

CECP
173 School Street
Richmond, VT 05477
Phone: 802-434-7972
Fax: 802-434-2192
Email: cecporg@gmail.com
New Website: www.cecpvt.org