

**FOUNDATION
FOR YOUTH**

p.o. box 139, Provincetown, ma 02657

"APPRECIATING DIFFERENCES"

BULK RATE
U.S. POSTAGE
PAID
PERMIT #7

- **A Youth Empowerment Conference,** a collaborative presentation of workshops on Comprehensive Health Issues for Adolescents & Teens (Grade 6-12).
- **A Youth Empowerment Day** involving workshops for Parents, School Staff, and Community Members.
- **A Focus on Youth Day,** presenting a sharing of diversities and differences in lifestyles... choices facing young people today.
- **A presentation of the Provincetown-Truro District's - Pilot Mentor Program.**

"APPRECIATING DIFFERENCES"

SATURDAY, MAY 7, 1994 • THE PROVINCETOWN INN • 9 AM - 11 PM

SCHEDULE OF EVENTS

- 8:30-9:30 Registration and Continental Breakfast
- 9:30-10:15 Keynote Address
- 10:30-11:30 Workshops - Group A
- 11:30-12:00 Relaxation with Yoga...all welcome
- 12:00-1:00 Lunch Break
- 1:00-2:00 Workshops... Group B
- 2:15-3:15 Workshops... Group C
- 3:30-4:30 Workshops... Group D
- 4:45-5:45 Pool Party... all welcome
- 6:00-7:00 Dinner & Closure: Where Do We Go Now?
- 7:30-11:00 Entertainment: A presentation of different musical tastes... from Rap & Hip-Hop to ballet by youth groups.

SPECIAL FEATURES

- **EXHIBIT TABLES** with resource information on the hot health topics for today's youth...i.e. tobacco education, violence prevention, etc.
- **REGISTRATION PACKET:** includes information on presenters and the location of each workshop, a Provincetown trolley "T-Card"* , and certificate of participation.
*T-Card: each conference participant will receive a "T-Card" (Teen & Trolley) which enables bearer to use the Provincetown Trolley **FREE** on Saturday, May 7th... Courtesy of Yvonne Cabral.

"APPRECIATING DIFFERENCES"

The Provincetown-Turo District's
PILOT MENTOR PROGRAM
 SATURDAY, MAY 7TH, 1994

GROUP D 3:30-4:30

- Y4. Peer Leadership Training - How to find the leader within you and develop leadership skills.
- Y8. Help Me Understand - dialogue between teens & gay & lesbian adults in the community.
- Y11. Hate Crimes - understanding police & community responses to hate crimes & other civil rights violations.
- Y16. Emotional Healing - How to find safe places to talk & work out ways to heal the wounds inside.
- Y20. Where To Get Help When You Need It/Substance Abuse, Rape, Grieving - Resource materials, service agencies, key adults to contact & treatment programs.

GROUP C 2:15-3:15

- Y3. AIDS, Sex & You - An update on information about safe sex & AIDS.
- Y7. Police-Youth Relationships - A presentation on community policing and Provincetown Youth Initiative Program.
- Y12. Dealing With Your Parents - How to get along better with your parents, resolving conflicts & strategies for effective communication.
- Y15. Appreciating Individual Differences - Learn to enjoy who YOU are, how to focus on your strengths & take a positive approach to life.
- Y19. Organizing a Youth Council/Peer Institute in Your Town - Participate in decisions that affect youth, the planning of youth activities, events & fields trips.

GROUP B 1:00-2:00

- Y2. Relaxation Through Yoga - Learn stretching, breathing & relaxation postures.
- Y6. Life Theater - Violence and Victimization - skits portraying violence in our culture...against women, ethnic groups, racism, etc.
- Y10. Food Choices & Our Emotions - Does your food match your bodies needs? How what you eat affects how you feel!
- Y14. Girls Night Out: Makeup & Color Analysis - How they can affect your moods.
- Y18. Drop Out-Drop Back In - Strategies and plans to work towards your GED, how to re-enter school, life, home.

GROUP A 10:30-11:30

WORKSHOPS FOR YOUTH

- Y1. Smoking Cessation - Examine the topic of smoking issues, the truth about tobacco use and successful strategies on how to stop smoking.
- Y5. Safe Schools for Gay & Lesbian Students - Gay & Lesbian youth have been identified as a high risk group, how do we create safety & support?
- Y9. Peer Mediation - Learn about the process of resolving disputes in school settings using neutral student mediators.
- Y13. Labeling & Stereotypes - "Jock," "Nerd," "Brain," learn how labeling causes problems and how it effects us all, students, teachers, parents.
- Y17. Body Imaging - differences in body types, how it affects our self-image, ... what we can do about it.

WORKSHOPS FOR SCHOOL STAFF

- S1. Identifying Early Stages of At-Risk Behavior and how to plan intervention strategies that work.
- S2. Safe Schools For Gay & Lesbian Youth - Identifying safety & support strategies for gay & lesbian students - a high risk group.
- S3. Relaxation & Stress Management - strategies for de-stressing while managing the many tasks expected of educators today.

WORKSHOPS FOR PARENTS AND COMMUNITY MEMBERS

- P1. Network and Support Services For Parents - Strategies for networking with other parents in the community, how to access programs and service agencies.
- P2/CM1. Reducing Violence in Personal Relationships and in Our Community - Causes of violence and its prevention.
- P3. Teens Role Play for Parents - How do our kids see us - skits illustrating how teens view parental attitudes & their reactions to crisis situations.
- P4/CM2. Stress Management & Relaxation - De-stress while handling the many demands of life in the '90s.

All workshops, meals and entertainment will be held in specially designated function rooms and areas of the Provincetown Inn, courtesy of the Evans Family.

REGISTRATION FORM

Please copy and use 1 form per person.

Mail Registration form to: "Appreciating Differences," P.O. Box 139, Provincetown, MA 02657

Name Phone

Address School:

Registration Fee: \$10.00 per person includes continental breakfast, lunch, dinner, entertainment & Registration Packet. Make checks payable to: Foundation For Youth.

Please list your top 5 workshop choices:

1st
 2nd
 3rd
 4th
 5th

Register early to reserve your choice of Workshops.

Schools are encouraged to send teams of students and staff, and Parents.