



Project
SAFEguard



April 16, 2024

The Raymond Coalition For Youth is hosting our annual Project Safeguard for all 7th grade students and their parents and guardians to attend, free of charge, on Friday, May 17, 2024, at Southern New Hampshire University. This event has been happening for over twenty years in partnership with with the Iber Holmes Gove Middle school.

Project Safeguard is an offsite conference designed especially for our students to have fun, learn important information, and get resources to help make positive healthy choices for a successful and happy future. Class sessions offered cover topics like goal setting, diversity, equity and belonging, self-esteem, alcohol, tobacco, vaping and drug prevention education, managing digital stress, recognizing signs of suicide and how to get help from a trusted adult.

Students will choose three class sessions of their choice listed on the next page. We have a parents and guardian track with speakers chosen to cover some of today's pressing teen issues and provide resources and information, including a medication lock box for all who attend. This information is on the last page of this packet.

The schedule for the day is on the next page. We will be providing a t-shirt for all who attend, a free lunch, and bus transportation (bus is provided for students only.).

Directions to Register

- Please look over the class selections on the following pages.
- Once you are ready, fill out this form in Google.
<https://forms.gle/5kSqxN74xBytjhFdA>
- Please be sure to include your lunch selection and list any dietary restrictions. Lunch will be provided free of charge.
- Please be sure to include your Tshirt size.

If you have any questions or need additional information please contact the Raymond Coalition For Youth office, info@rcfy.org or 603.895.7061, or [visit our website](#).

Sincerely,

Celeste Clark
Raymond Coalition For Youth Director

Dr. Tom Waldron
IHGMS Principal

Class Descriptions

Coaching the difference between Goals and Vision

Presenter: Ken Bosse, New Life Coaching

Description: Learn how to create direction for your life by the power of vision.

Dangers of Energy Drink Use

Presenter: Tami Cole, My Father's Wellness

Description: what is actually in energy drinks and the dangers those ingredients cause in our bodies-especially preteens, teens and young adults.

My digital Life

Presenter: Media Power Youth

Description: Do you love connecting with friends on social media? Do you have a favorite YouTuber that inspires you? Join Media Power Youth to explore why we are so drawn to our technology and how to manage through some of the stressors we experience during our digital adventures.

Self-Love: Cultivating a Positive View of Self

Presenter: Margaret Teague: Adolescent & Teen Life Coaching

Description: learn about the important concept of self-love! Build a sense of self-worth and build up friends, through partner & whole group discussion and playing games

SOS Signs of Suicide

Presenter: Sara Gould, Connor's Climb

Description: Learn to recognize the warning signs of mental health difficulties in yourself or your friends. This workshop will give you ideas of how to talk to your friends when you are worried about them and how to get your friends (or yourself) help from trusted adults.

The Benefits of Diversity, Equity, Inclusion & Belonging

Presenter: Anthony Poore: New Hampshire Center for Justice & Equity

Description: We will review the demographic changes across the Granite State and discuss how NH's increasingly diverse communities can positively impact our communities.

The Dope Show

Presenter: Maura MacGowan: NH Teen Institute

Description: Learn some facts about the dangers of alcohol, tobacco, and other drugs in a fun and interactive game show format.

Vaping Unveiled, What Everyone Needs to Know

Presenter: Kim Coronis, Breathe NH

Description: Vaping and impact to youth. Effect on the developing brain and lungs. Misleading ads. Chemical ingredients in vapes. Resources to quit vaping.

Class Descriptions

Consent 101

Presenter : Haven

Description: Consent is defined as Freely given, Reversible, Informed, Enthusiastic and Specific. Barriers to consent are examined, such as pressure and threats. There will be a Board activity giving to determine whether consent is present or not.

Schedule for the day

8:30 am - Busses leave IHGMS
8:50 am - Registration and get settled in
9:00 am - Keynote speaker Chad Shevlin - auditorium
9:50 am - 10:30 am, First Session
10:35 am - 11:15 am, Second Session
11:20 am - 11:50 Lunch
12:00 pm - 12:45 pm, Third session
12:50 pm - Closing - auditorium
1:20 pm - Board busses to return to IHGMS

Lunch choice (Lunch will be paid for by RCFY)

Please be sure to mark your lunch choice
on your registration form.

- California Turkey on Ciabatta
- Curried Chicken and Apple with Baby Spinach on a Wrap
- Chopped House Salad, with Grilled Chicken
- **Vegetarian option:** Chopped House Salad NO Chicken/NO bacon bits.

Each lunch comes with
a bag of chips, cookie, whole fruit and a bottle of water.

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603.895.7061



Parent Track

Project Safeguard is an important day for all parents, guardian and trusted adults, to attend as research shows that middle school, specifically seventh grade, is a transitional time for young people. Exposure to risky behaviors increases significantly, as teens enter the preteen years. RCFY recognizes that there are not a lot of opportunities for parents to learn about these risks or the resources available to be able to help their teens with good decision making. Project Safeguard is designed to provide information and awareness that will help to open avenues of communication for a greater understanding for both parent and child.

Parent participation is not mandatory but highly encouraged and recommended, even if you are only able to attend part of the day we encourage you to attend. A grandparent or other trusted adult is also welcome to attend if they like.

Registration for this event is online

<https://forms.gle/C9QZovpEnqHrRjhP8>

Welcome - Celeste Clark

The importance of a positive trusted adult. Sharing YRBS data trends and what each adult needs to know and be aware of.

The Benefits of Diversity and the Granite State - NH Center for Justice and Equity

We will review the demographic changes across the Granite State and discuss how NH's increasingly diverse communities can positively impact our rural and urban communities.

One Pill Can Kill - Brian O'Keefe

What every parent needs to know about fake pills and fentanyl poisoning.

Marijuana and Alcohol today - RCFY Youth Action

What our youth want adults to know about today's Alcohol, Tobacco (Vaping) and Marijuana and how adults can help their teens navigate being safe.

The Parent Child connection - Margaret Teague: Adolescent & Teen Life Coaching

This engaging parent workshop empowers parents by sharing practical ways they can deepen their connections with their children. Parents will learn about the power of play, how the brain impacts behavior & other easy-to-implement strategies that improve parent child relationships!

Resources and supports - including a gift bag with medication lock box provided by Seacoast Public Health Network.