

YANCEY COUNTY

Empowering Youth and Families Program

strong families • resilient people • powerful communities

PROGRAM UPDATES

See what we've been up to over the last month and what changes are coming for EYFP

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CURRICULUM SPOTLIGHT

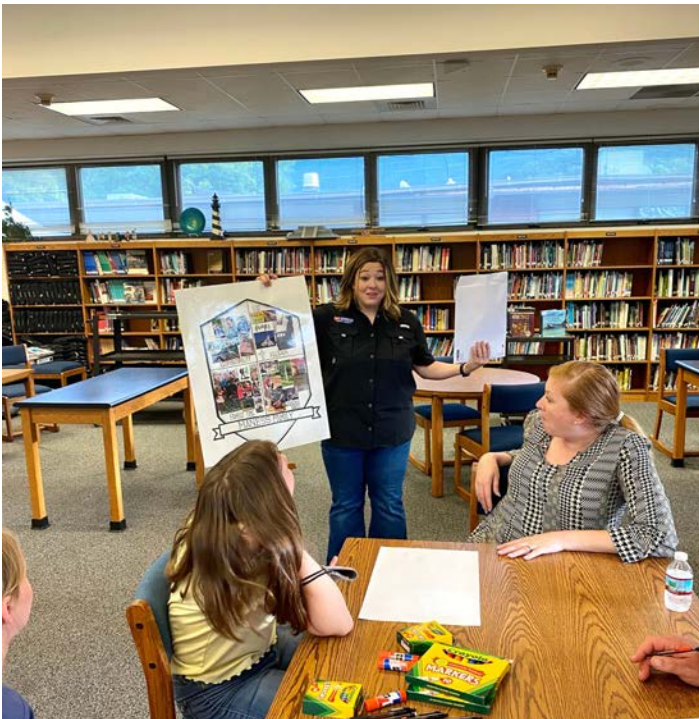
Check out how the lessons were formed and why they're relevant to today's families

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EYFP AND AWARENESS

Don't miss out on monthly causes and educational tips related to the Empowering Youth and Families Program

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Family and Community Engagement Night



Red Ribbon Week

To get involved with EYFP or to learn more about the program, email me or give me a call!
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NC STATE
 EXTENSION
 Family & Consumer
 Sciences Program



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JOIN US AT EYMS, TUESDAY, SEPTEMBER 7, FROM 6:00-6:45,
FOR OUR FIRST EVER FAMILY & COMMUNITY ENGAGEMENT
(FACE) NIGHT.

TOPIC: "EVERY FAMILY HAS STRENGTHS. WHAT ARE SOME
OF YOURS?" LIGHT REFRESHMENTS WILL BE PROVIDED.



PROGRAM UPDATES

WHAT'S NEW WITH EYFP?



[L]: Families working on their family shield [R]: Youth participants showing their completed family shields

Recruitment has remained top priority through the month of September, but we've also been working on partner relationships. We've formed several new partnerships and have strengthened some that already exist.

East Yancey Middle and Cane River Middle Schools are two of our program's biggest partners and supporters. I was honored when East Yancey asked EYFP to present for their first Family and Community Engagement Night. These events are designed to get the school families more familiar and more involved with programs offered in the community. Although attendance was down due to Covid, we still had a great time discussing the many characteristics of strong families. A similar event is planned this spring at Cane River Middle School.



FALL 2021 SESSIONS

We will begin our fall Empowering Youth and Families Program on **Tuesday, October 5th at 5:30pm.**

Now accepting registrations!

[Click here for registration form](#)



Our partnership continues to grow as we prepare for our upcoming community event. Mrs. Monica Robison and Mrs. Tamara Presnell at East Yancey and Mrs. Belinda Bureson and Mrs. Rebecca Fox at Cane River have allowed their student clubs to work with us and our EYFP families to celebrate Red Ribbon Week. We will be "planting the promise" to make healthier choices - especially when it comes to substance misuse.

The flowers used during Red Ribbon Week are red tulips and yellow daffodils, which couldn't be more perfect for us. Red and black are Cane River's colors, and East Yancey uses yellow and black!

MAKING SAFE CHOICES

STICKING WITH THE THEME OF PREVENTION...

When you hear the word safe, most of us automatically think of something to prevent injury. Being a mom of a very adventurous toddler with no fear, I find myself often using the phrase, "Mama just wants to keep you safe." Of course this is during an intense temper tantrum because she can't climb on whatever makeshift ladder she has created from various objects, but I still let her know I love her and I have her best interest at heart. I know as she gets older, that phrase will still be a frequent part of my conversations with her but it will hold more significant meaning.

As a caregiver of a child, regardless of age, their safety is generally the number one concern. The same goes for teachers, youth leaders, community volunteers, childcare providers, pastors, and anyone who has any sort of responsibility with youth. When it comes to middle-school youth, the safety concerns begin to be less about falling and breaking bones. Youth are now introduced to new friends, new experiences, and new substances. They feel as if they have something to prove, they're trying to fit in, and some just flat out experiment.



My youngest overlooking the success of her climbing adventure and dad standing there for mom's sanity.



ONCE THEY REACH THIS STAGE IN THEIR LIVES, HOW DO WE CONTINUE TO KEEP THEM SAFE?

We aren't watching their every move, they're involved in activities with friends we don't know, and the last thing they want to do is open up to whoever is responsible for them. In EYFP we introduce youth participants to tools they can use for avoiding risky behaviors and situations. It's important that they understand how hard it can be to tell your best friend no if they're pressuring you. They need to grasp the idea of going beyond saying "no". One of our favorite activities is getting the families to role play scenarios that really put their skills to the test.

It's important to realize this responsibility of staying safe isn't just falling on the child as they get older. As adults, it's our responsibility to be able to read their emotions and body language. It's our responsibility to establish clear boundaries and make sure the consequences for disrespecting those boundaries are understood. Boundaries, expectations, and clear communication become the new safety gates and cabinet locks. The skinned knees and scrapes from experimenting with an adventurous climb turn into overdoses from experimenting with leftover pills a friend found in mom's bathroom drawer. Will they get tired of hearing "I'm just trying to keep you safe?" Yes! According to Ed Cooke, British author, entrepreneur, and renowned Grand Master of Memory, you've got to actively recall the memory 30 times before it becomes recognized in the brain. Just keep that tidbit in mind the next time you get the glorious eye roll along with the mumbled "yeah, I know. I've heard that before." Repetition is the key to getting something in our heads no matter how old we are.



RED RIBBON WEEK

NATIONALLY RECOGNIZED DURING THE
LAST WEEK OF OCTOBER

A BIT OF HISTORY

According to www.redribbon.org, in 1985, drug traffickers kidnapped, tortured and murdered Drug Enforcement Agent, Enrique Camarena in Mexico. The violent act angered many parents and youth throughout the nation. To help raise awareness about the destruction caused by drugs, they wore red ribbons. This event was considered the first Red Ribbon campaign. In 1988, the National Family Partnership sponsored the country's first weeklong National Red Ribbon Celebration. Since then, National Red Ribbon Week has been held every year during the last week in October.

WHY PARTICIPATE IN RED RIBBON WEEK?

Red Ribbon Week is a time for people and communities to come together and take a visible stand against substance misuse. Schools, agencies, businesses, and people all over express their commitment to make healthier choices during this week.

Red Ribbon Week is based on scientific principles for substance misuse prevention. Many, if not all, of these same principles are woven throughout the Empowering Youth and Families Program curriculum. These overlapping concepts provide a wonderful opportunity for those of us involved with EYFP.



Signage to be placed in the flower beds at both participating middle schools

PREVENTION PRINCIPLES PROVEN TO BE EFFECTIVE ALSO USED IN EYFP

Reduce the availability of illicit drugs, alcohol, and tobacco

Strengthen anti-drug-use attitudes and norms through sharing info and engaging in activities

Strengthen life skills and refusal techniques

Reduce risk and enhance protection in families by setting rules and communication

Strengthen social bonding

Ensure that interventions are appropriate for the populations being served

HOW YANCEY COUNTY EYFP IS PARTICIPATING

As mentioned earlier, our community event is designed to celebrate Red Ribbon Week. Since we will be participating with both of the county's middle schools, we'll be creating a visual reminder for the students, caregivers, and school faculty to see daily. This commitment will not only serve the purpose of acknowledging Red Ribbon Week for 2021, but for many months - and hopefully years - to come.

PLANT THE PROMISE EVENT DATES

1 CANE RIVER MIDDLE SCHOOL
Friday, October 15th from 1-3pm

EAST YANCEY MIDDLE SCHOOL **2**
Thursday, October 21st from 9-11am