



## Positive Happenings Forest Lake Area Schools Community Education Secondary Youth Development December 2014

*"Youth development, the process of growing up and developing one's capacities, happens no matter what we do. The challenge is to promote positive youth development and plan quality experiences with young people."*

*University of Minnesota Extension Center for Youth Development*

### Community Ed promotes positive youth development!



**Leadership:** Through a partnership with Lakes Area Youth Service Bureau, Community Education offers the opportunity for junior and senior high school students to join the Youth Advisory Board (YAB). Each month members address issues that they feel are important and brainstorm ways to make a difference. Participants volunteer for several service projects throughout the year including assisting with the Living on Less Resource Fair, the Stomp Out Suicide 5K and offering free classes developed and taught by YAB members to help adults learn to use their smartphones and tablets!

**Academics:** ACT scores are important to help students get into the college of their choice and increase their access to scholarship dollars. Several options for ACT test preparation are offered through Community Education. From a single practice test session to 24 class hours of intensive preparation, Academic All Star Tutoring has developed test preparation options to help high school students prepare for the ACT test.



## Community Education - Secondary Youth Development

**Skill Development:** Job skills and learning how to be a good employee can benefit young people in many areas of their lives. Teens learn responsibility, accountability, communication and initiative through programs such as Get Hired and Camp Old Navy. These programs not only help to prepare them with the skills they will need in the adult workforce, but also with the skills needed to be a successful youth employee.

**Mental Health and Positive Choices:** Kristy Elkerton, Secondary Youth Program Planner, represents Community Education on two local initiatives that work toward good mental health and promoting positive choices for Forest Lake area students.



A collaboration of students, other district staff and community members serve on the MOST FL Drug Free Communities Coalition. This group seeks to prevent and reduce alcohol, tobacco and other drug use via the MOST FL campaign. MOST FL works to empower youth by correcting misperceptions and celebrating the positive choices MOST Forest Lake Area High School students are making! Did you know that 9 out of 10 FLAHS students support their friends' choice NOT to drink alcohol? Look for the campaign to expand to our junior high schools in the near future!



The Suicide Prevention Collaborative seeks to reduce stigma and increase awareness of mental health issues in our area. Part of those efforts include funding an annual depression screening for all FLAHS 10th grade students. This year's screening was held on October 26 with members of the collaborative scoring assessments and identifying at-risk students. The assessment enables deans and local mental health professionals to meet with identified, at-risk students on the day the assessment is given which allows for interventions to be put in place immediately if warranted and with parental consent.

For more information about the Youth Development program, please contact Kristy Elkerton, Youth Development Planner at [Kelkerton@flaschools.org](mailto:Kelkerton@flaschools.org) or (651) 982-8328 or Laurie Drolson, Secondary Youth and Adult Programs Coordinator at [Ldrolson@flaschools.org](mailto:Ldrolson@flaschools.org) or (651) 982-8334.

Browse all Community Education events and opportunities at [www.flaschools.org/ce](http://www.flaschools.org/ce) or call (651)982-8110 for more information.