

ROY Communities that Care Coalition Newsletter!

The summer is winding down, & that means school will soon be back in session. We all want our students to have a happy & successful year especially when it can seem so intimidating transitioning from middle school to Jr. High or Jr. High to High school. The start of a new year (& a lot of other new firsts) is a great time to have open conversations with our youth about bullying, peer pressure, substance abuse, & the dangers of engaging in other risky behaviors. When we talk early & often, expressing disapproval of these kinds of behaviors, our teens are less likely to engage in these activities. Adult, parent, & caregiver support is crucial in helping our youth thrive, & when we have healthy youth, we have a healthy community. Let's continue working together for a better tomorrow, & a successful school year!

Roy Days

Thank you to [Roy City](#) for organizing another memorable Roy Days event! Roy Days is always a phenomenal opportunity for the Roy CTC to get out in the community & meet the amazing residents that make Roy such a great place to live, work, & play!



Youth Council Leadership

Get to know Bridger, our newest Youth Council Chair! Bridger is a dedicated member of the Youth Council & believes in making a difference in his community.

Q: How long have you been part of the CTC?

A: Two years

Q: What motivated you to join?

A: My mom talked me into doing this!

Q: What has encouraged you to stay involved?

A: Trying to help underaged users

Q: Why did you want to take on this leadership role?

A: I think that I could make a difference in the Roy CTC! Bridger's message for his peers, "No matter how hard it is, just keep pushing forward, I believe in you!"



Coalition members from our Community Board & Youth Council came together to engage the public with our 'Plinko' game, where we shared knowledge on various prevention topics like the SHARP survey, what the CTC is, & what our role we play in the community.



Thank you to our newly crowned Miss Roy for stopping by!



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Risk & Protection

Prevention /prē'ven(t)SH(e)n/ noun
“The action of stopping something from happening or arising.” However, prevention work is more than just stopping something from happening, or learning how to say “no”. It involves science, research, community support, & a lot of hard work. For example, as a coalition we talk a lot about risk & protective factors; we study & research what negative experiences our youth are facing vs. their positive experiences. The NIH (National Institute of Health) describes [risk behaviors](#) as, “participation in activities that may cause physical or mental harm, such as unintentional injuries and exposure to violence, sexual risk behavior (unsafe sexual behavior [resulting in] unintended pregnancy and sexually transmitted diseases), and tobacco, alcohol, and illicit substance use.” According to [youth.gov](#), research has shown a correlation between increased risk factors contributing to the likelihood of youth engaging in adolescent risky behaviors, & thereby affecting their well-being long into adulthood. As parents, caregivers, & adults in our community, we have the responsibility to help our youth build up their protective factors, & arm them with tools to help decrease the likelihood that they will engage in risky behaviors. We can do this through mentoring, teaching specific & useful skills, & offering praise when a new skill has been executed successfully. When we come together, we can create a strong bond & sense of community for the benefit of all.

“BY UNDERSTANDING AND ADDRESSING BOTH RISK AND PROTECTIVE FACTORS, COMMUNITIES CAN WORK TO CREATE SUPPORTIVE ENVIRONMENTS THAT PROMOTE POSITIVE DEVELOPMENT AND WELL-BEING FOR YOUNG PEOPLE.”

From [utahcourts.gov](#):

Upcoming Events

Look for our “Community Assessment” Survey!

COMING SOON

Surveys are the lifeblood of any good prevention work, & we need YOU! All voices matter when it comes to a thriving community. Your participation & input from our “Community Assessment” survey is crucial in understanding how to support our youth, parents, & caregivers. This information helps us to develop strategies & resources that benefit all!



Guiding Good Choices.

A FREE evidence-based course for parents.

Presented by Weber Human Services



REGISTER NOW!

- Prevent Youth Substance Abuse
- Enhance Youth Refusal Skills
- Set Clear Family Standards
 - Manage Family Conflict
 - Strengthen Family Bonds



Grades 4th - 9th (ages 9-14) September 9th - October 7th

[Join us at our next Community Board Meeting](#)

Wednesday, Aug. 20th 5:00-6:00pm

OWCAP Roy Center 5387 S 1900 W Roy, UT

