



Third Annual Youth Speak Out

April 21,
2016

Alton High School Power of

Peers

- › A group of Alton High students who have come together to help educate and prevent drug use.
- › Students range from Freshman to Seniors.
- › Many students are chosen by their teachers to join the group.
- › Students show characteristics of teamwork, compassion, and a helping hand.

Our main Goal

- › To educate our peers about the effects of underage drinking and illegal drug use.
- › Work together with the community to establish a new norm that does not include underage drinking and illegal drug use.



Drugs and Alcohol in the Home/Car

Alyson Varble, Sarah
Spond, Kelsey Brantley,
Miller Wiseman, Bella
Schmidt

What are the problems?

- › Teens think that drinking is cool and okay.
- › Not knowing what to do/say when friends are doing drugs.
- › Teens “know” that drugs and alcohol are capable of destroying them, but do not believe it can happen to them.
- › Teens think since they hear about “everyone” doing it it's okay
- › Teens are afraid what their peers will think if they don't drink with them.

- › Over the course of the years, teen drinking has gone down in Illinois.
 - › 1990- 802 alcohol-related crashes
 - › 2013- 389 alcohol-related crashes
- › Nationally, in 1990 there was one fatality every 24 minutes. In 2013 it decreased to 1 fatality every 52 minutes.

Access to Underage Drinkers

- › **How?**
- › Parties, older friends, or from their parents' liquor cabinets.
- › **Why?**
- › Makes them feel mature/good.
- › Peer pressure
- › To fit in

Access to Illegal Substances

›How?

- › From friends, or from acquaintances/ strangers

›Why?

- › To be “cool”.
- › Feels like it's a release from stress.

Effects of Underage Drinking/Alcohol on Relationships

- › Trust issues
- › Unnecessary stress
- › More fights between spouses/friends

Effects of Drug/Alcohol Usage on Teens

- › Cause high blood pressure
- › Weakens heart muscles
- › Disorients you
- › Harms your liver
- › More likely to become an alcoholic
- › Slows brain growth
- › Raises chances of academic failure
- › Annually, about 4,700 people under age 21 die from injuries involving underage drinking.
- › Shot veins

Preventatives for the Community

- › Check IDs occasionally in small stores
- › Store clerks
need to be more suspicious when they are
selling alcohol to the community
- › Alton should get a textline for underage
parties/drug deals
- › Mandatory drug/alcohol testing before you
get your licence/permit



Stress in the Classroom

Jess Borman, Hazel Denother,
Harmony Schallenberg

Is there really stress in school?

- › Studies show that there is a considerable amount of stress in the classroom, affecting students' academic performance.
- › A survey was conducted in 2014 and found that 30% of teens felt sad and depressed due to stress.
- › Another 36% of teens said that they felt overwhelmed by their workload.
- › 23% said that they had even skipped meals because of the stress.

What could be causing this extra stress?

- › Make-or-break testing methods that begin as early as middle school.
- › Many students feel stress from the pressure they are put under to excel in academic activities, such as keeping a high GPA or staying in honors classes.
- › The prospect of college may also be causing more stress for students.
- › Test anxiety is a type of performance anxiety which causes students to feel immense fear and anxiety while taking a test.

What are common signs of stress?

- › Students who have exceeded in academic activities may have a complete breakdown if they did not perform as well as they would have liked.
- › A student may feel “stuck” under the pressure.
- › Some students may feel ill, which in turn will make them not want to work because they don't feel well, which in turn will stress them out more.

How can the community help?

- › Free, open study spaces for students
- › Free/low-cost exercise options for stress relief
 - › Yoga class? Cardio class? Dance classes?
- › Other community-sponsored stress relief
 - › Book club? Coloring/art therapy?

Sources

Slides 1&2:

<http://www.nbcnews.com/health/kids-health/teens-more-stressed-out-adults-survey-shows-n26921>

<http://www.adaa.org/living-with-anxiety/children/test-anxiety>

Slide 3:

<http://www.npr.org/sections/health-shots/2013/12/02/246599742/school-stress-takes-a-toll-on-health-teens-and-parents-say>

Slide 4:

<http://www.studypoint.com/ed/school-stres/>



Need for (Improved) Community Venues

Dajia Robinson, Leticia Caruthers

What is the problem?

- › Some people in the community are not as involved as they should be.
- › Not enough Advertising for events that happen
- › There isn't enough activities to do in the community for all age levels, mostly teens
- › There are no social events or activities for teens
- › Most people don't know what to do after they have done drugs.
- › Rock Springs Park isn't very family-friendly

How can we fix it?

- › Alton's Telegraph could build some kind of radio station for teens and advertise events
- › Have Alton's Labor Union build a teen group to help with the Rock Spring's 2020 Project
- › Have Alton's School Board set up a team building for Alton High students in each grade
- › Alton High musical students or churches have indoor concerts at Jacoby's Art center or outside at the Alton Amphitheater
- › More events at Gordon Moore Park
- › Advertise more events at Jacoby Art Center

Parks in the Area That Could Cater to Teens

- › Rock Springs Park
 - › Rock Springs Park 2020 is in motion
 - › The project focuses on revamping the park
 - › Creates a more family friendly environment by the year 2020
 - › Rock Springs Park will be a perfect venue for events in the area
 - › If teens participate in volunteer work, their personal lives will see growth.

› Gordon Moore Park

- › Was created to bring something good to the community, but could use more energy!
- › Is currently expanding its landscape
- › Has concerts, but teens would benefit from sporting events or contemporary concerts, possibly held by musicians from the community

More Teen Involvement

- › Need of more community, teen activities
- › Riverbender host at different places for teens
- › Have more concerts and get-togethers at Alton Amphitheater
- › Having teen media such as radio station
- › Advertise with and for teens such as journalism class projects.
- › **How to make this happen:**
- › Make posters to encourage teens to be involved with the community more
- › Encourage teens 14-18 to branch out more and even help with community

Questions? Comments?

Thank you for all that you do for our
community.

We look forward to working with you to
help make Alton a safer, healthier place
for the future.