



San Juan Island
Prevention Coalition
Islanders Making Healthy Choices

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CHECKLIST:

**Create an Effective Prevention Project
And Submit your Application to the
Spring Youth Forum 2018**



It was all a blur...But we heard we won the...

GRAND PRIZE for the Spring Youth Forum 2017

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LET'S BREAK IT DOWN...

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Here are things we did that helped us win the Spring Youth Forum. Use what works for you and chart your own path as you go along...

Attend the WA State Prevention Summit

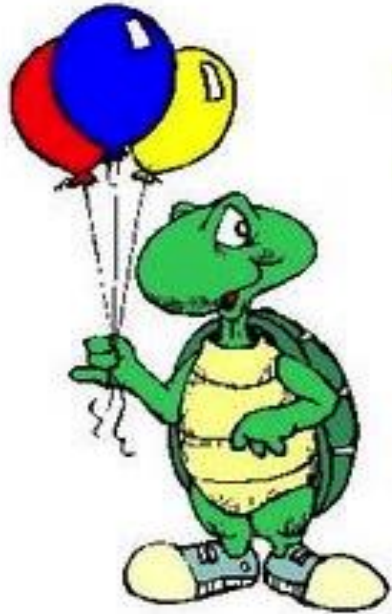
BE OPEN TO NEW IDEAS!

We found our inspiration from a 5 minute mention of an evidence based prevention story, here, last year...

It was something that just spoke to us,
be listening to that inner voice.



We wanted to help younger kids, and we all have had some issues with bullies and trying to manage stress in Elementary School ...So, this was a great fit!



Tucker Turtle Takes Time to Tuck and Think

A scripted story to assist with teaching
the "Turtle Technique"

By Rochelle Lentini

March 2005



Let's take 5 minutes to discuss...

**Brainstorm a good idea that
could be used in your
community.**



Do a Community Assessment: samhsa.gov

What are Resources?

Resources include anything a community can use to help address prevention needs, such as:

People (for example, staff and volunteers)

Specialized knowledge and skills (for example, research expertise)

Community connections (for example, access to population groups)

Concrete supplies (for example, money, and equipment)

Community awareness of prevention needs

Existing efforts to meet those needs.

What is Readiness?

Readiness is the degree to which a community is willing and prepared to address prevention needs. Factors that affect readiness include:

- Knowledge of the substance use problem
- Existing efforts to address the problem
- Availability of local resources
- Support of local leaders
- Community attitudes toward the problem



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Project Idea Selected!

**Do you feel
this is *needed*
in your school
or community?**



Create a draft outline

- What

Create a timeline

- When

Set up meetings

- Who

□ How can you make this project *sustainable*?





Sustainability

Build in a program in our Local Int'l Thespian Chapter, that offers the next upper class a chance to give back to the younger students at our local Elementary school. We have a strong drama program in our school, about 20-30 actors every year, so tapping into these youth to be creative with a cause...

Rock Solid Youth make it cool to share prevention messages through performance...

Our School District and their Administrators all support this idea and make space in their busy school schedule for this experience and exchange between the students.



☐ Collaborate with other Community Leaders.

Don't be afraid to ask for support!



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Collaboration

San Juan Island Prevention Coalition

San Juan Community Theatre

International Thespian Society of Friday Harbor

Local Media Outlets

Friday Harbor Drama Club

SJC EMS Education Director

San Juan Island School District

Business Owners

San Juan Island School Superintendent

SJCT Costume Shop

Friday Harbor Elementary School Principal

Parents

Friday Harbor Elementary School Counselors

FHES PTO

Friday Harbor Elementary School Teachers K-3 Grades

San Juan County Health Director

San Juan County Sheriff's Office

180 STUDENTS from FHES!

☐ BE on TIME and PROFESSIONAL



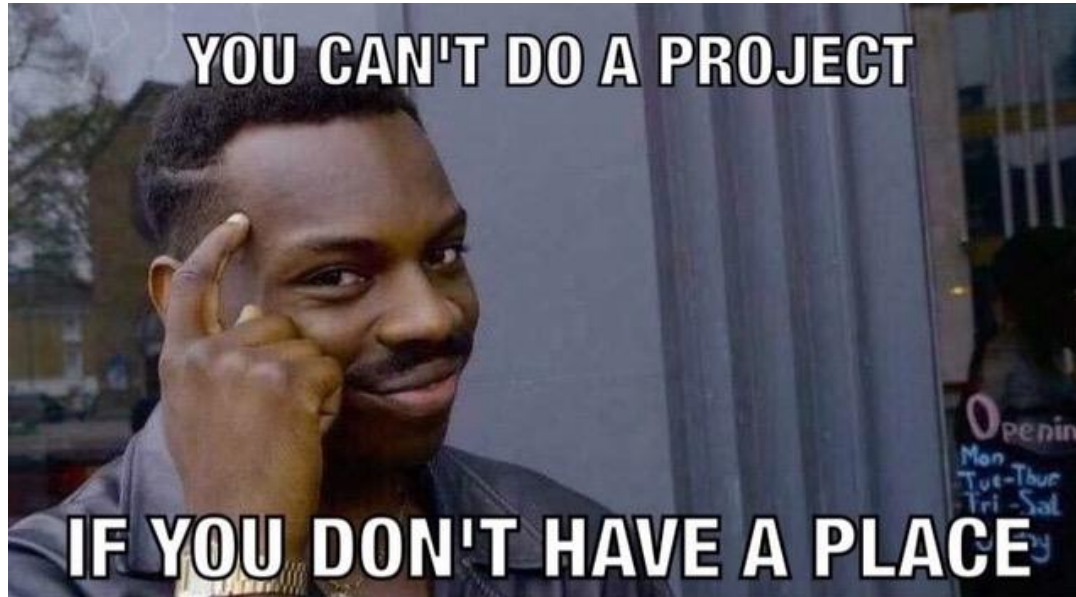
If you are running late, call or text the person.

Pick a Date for your Project.



- Always a good idea to check your online community calendars, too.
- Picking a date helps get things started! Working towards a common goal!

☐ Pick a Place for your Project



Schools and Community Centers are always a great starting place!

Think outside the box, too! What resources are in your community?

☐ Delegate the Responsibilities



We all have strengths and weaknesses, but when we come together, we are stronger.

Advertise your Project

Social Media

Local Media Outlets

Community Websites

Always get permission to share names and/or photos of any youth, especially if doing a project in the schools. There are laws about this.

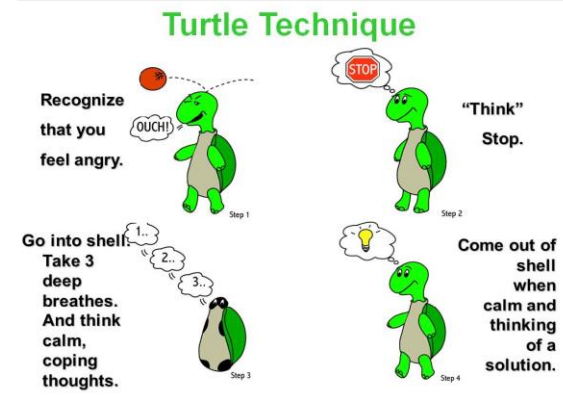


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☐ Make Resource Materials to Share

Resources:
Created for
teachers, students
and parents
Posters,
Brochures,
On-Line
Website
sjipc.org

TUCKER THE TURTLE TAKES TIME TO TUCK AND THINK



REMEMBER: If you need help with a bully or dealing with bullying behaviors, use these techniques.

1. Ask a trusted adult
2. Walk away
3. Form an agreement



Build Capacity...

Any effort being made to improve the skills, expertise and abilities of Educators and Childcare Providers...

Brochure for Teachers and Parents.

Provided on-line, too!

sjipc.org

Promoted in:
FHES PTO
Newsletter
Local Media Outlets



How are you feeling?

ADDITIONAL RESOURCES:
TOOLKIT: Preventing Bullying
<https://www.nas-europe.org/2012/02/01/toolkit/>
<https://www.nas-europe.org/>
TUCKER the TURTLE Technique
<http://www.sjipc.org/3/files/2017/04/16/Tuck-and-Think-Book-Turtle-Technique/>

5 Tips for teaching tolerance in kids.

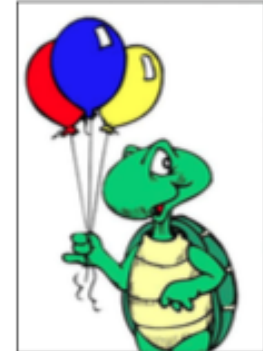
1. Model it.
2. Acknowledge Differences.
3. Challenge Intolerances.
4. Seize teachable moments.
5. Emphasis the positive.

Play adapted from Tucker the Turtle Takes Time to Tuck and Think, by R. Lantini March 2005

Community Project by Zach Fincher and Prevention Team, Rock Solid, Chiara Pever and Luke Fincher, April 2017

Mentor: Cynthia Stark-Wickman, Executive Coordinator, San Juan Island Prevention Coalition, prevention@sjipc.org, www.sjipc.org Like us on Facebook, too!

Tucker Turtle's Troublesome Time with the Troublesome Teddies



Are you feeling mad?
STOP!
And take 3 deep breaths to calm down.

Choosing to create a positive learning environment at FHES...
Everyone has a role to play.

KINDNESS STARTS WITH YOU!

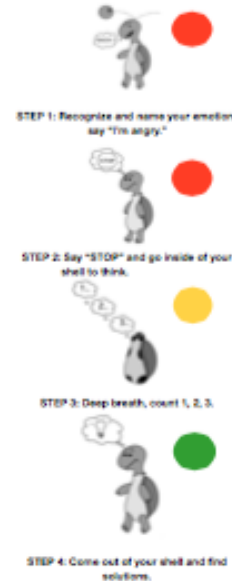
Read more about Tucker the Turtle's Techniques on Taking Time to Tuck and Think. A book has been added to your school library, as part of this community project.

USE THESE 3 Techniques when Dealing with a Bully or Bullying Behaviors.

1. Find a trusted adult.
2. Walk away.
3. Form an agreement.



Tucker the Turtle & his Turtle Techniques



☐ Document Your Progress



Photos



★ Quotes

Principal, Friday Harbor Elementary School, Diane Ball said, "I found this project to be amazing and helpful to our students. Our teachers have said it's made a positive impact on their students. Having the older kids come teacher the younger kids is great!"

□ Impact

Offering a Pre and Post Survey around our performance helped us to measure the learning by the students, based on our messages.

Using Emojis, we were able to tap into something they all knew and felt comfortable using to assess what they learned.



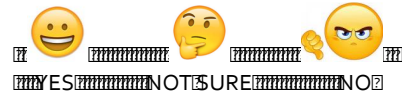
The Survey and the Results are in....

Pre and Post Survey

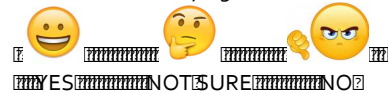
WHAT EMOJI WOULD YOU USE TO SHOW HOW YOU FEEL IN EACH SITUATION?

CIRCLE YOUR ANSWER for EACH QUESTION

1. I know techniques for dealing with bullies or bullying behaviors.

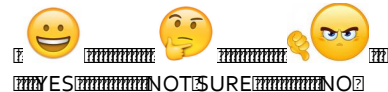


2. I have heard of Tucker the Turtle and his Turtle Techniques for dealing with bullies or bullying behavior.

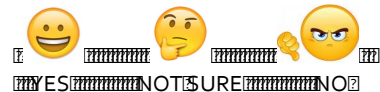


3. THREE techniques for dealing with bullies or bullying behaviors are:

1. Tell a trusted adult. 2. Walk away. 3. Form an agreement.



4. I know I have a role to play in making our school a safe learning environment. I can choose to be kind to others.



Thank You for your help with our Community Project!



Measured results

1. I know a technique for dealing with bullies or bullying behaviors.



YES	POST
1-48%	1-79%
2-29%	2-78%
3-38%	3-84%



NOT SURE	POST
1-13%	1-19%
2-12%	2-13%
3-10%	3-11%



NO	POST
1-19%	1-2%
2-49%	2-9%
3-44%	3-5%

2. I have heard of Tucker the Turtle and his Turtle Techniques for dealing with bullies or bullying behavior.

YES	POST	NOT SURE	POST	NO	POST
1-56%	1-75%	1-21%	1-17%	1-19%	1-8%
2-79%	2-82%	2-12%	2-9%	2-6%	2-9%
3-65%	3-92%	3-15%	3-5%	3-18%	3-3%

3. THREE Techniques for dealing with bullies or bullying behaviors are: 1. Tell A Trusted Adult 2. Walk Away 3. Form an Agreement



YES	POST	NOT SURE	POST	NO	POST
1-17%	1-87%	1-13%	1-10%	1-62%	1-3%
2-80%	2-94%	2-8%	2-3%	2-10%	2-3%
3-68%	3-92%	3-13%	3-8%	3-18%	3-0%

4. I know I have a role to play, in making our school a safe learning environment. I can choose to be kind to others

YES	POST	NOT SURE	POST	NO	POST
1-87%	1-79%	1-4%	1-17%	1-2%	1-4%
2-80%	2-91%	2-8%	2-5%	2-10%	2-4%
3-75%	3-89%	3-8%	3-8%	3-9%	3-3%



Innovation

Local Prevention Youth Club: Rock Solid teams up with local International Thespian Society members sharing their time and talents...

Take a prevention story and write a script for a play...

Working with our Elementary School with older Middle and High School students presenting the material, kids teaching kids positive messaging and skills...





The Troupe

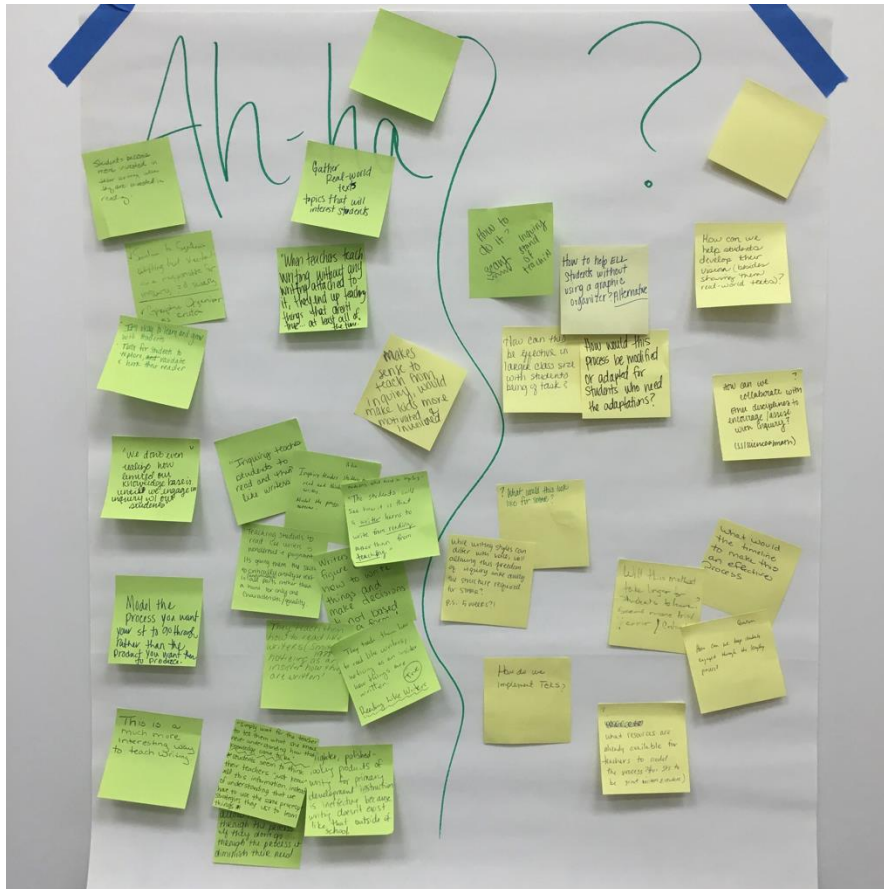
☐ CONGRATULATIONS! You did it!



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Ah-Ha's



What worked well?

What didn't?

- ❑ Apply for WA State Spring Youth Forum springyouthforum.org

Check the Deadlines!



Usually in January or Early February for applications.

The event is usually mid-May at the Great Wolf Lodge, Grand Mound, WA.



Check the Rules!

Innovation

Sustainability

Impact

Collaboration

MAKE A SLIDE FOR EACH CATEGORY for your PRESENTATION.

The Application Process

- Use a Word Processing Document
- Usually a 100 word max. per question
- The application site can time out
- Your application is 25% of your score at the Spring Youth Forum.

The Application Process...

- Watch for Deadlines!** springyouthforum.org
- Watch for email , after you completed and submitted your application.**
- NOW, Register for the SYF, once selected!**
- Presentation Day! Usually Mid-May at the Great Wolf Lodge**



SPRING YOUTH FORUM

HAVE FUN!

Learn from other teams!

Power Pose! Before
you Present.



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THANK YOU



We're happy to answer any questions.