



February's Updates

From Real Talk to CADCA learn what The Coalition has been up to this month!

Visit our
Website

It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it."

-Eleanor Roosevelt

Black History Month

February celebrates [Black History Month](#), which is a time to commemorate and reflect on remarkable Black and African American people who have helped shape the landscape of American history; created lasting legacies, and forming a platform for hope and change.

[Shop Black Owned Business in CT](#)

[30 Inventions We Can Thank a Black Person For](#)



Real Tips with Real Talk Webinar Series for RHS Students

Do you know an RHS student that has been feeling stressed lately?

RHS Students are encouraged to join us for our first session of **Real Tips with Real Talk!** In this webinar, Real Talk members, Saher and Emily, will be demoing some time management and study skills Apps including Notion and

Anki!

Sometimes, students resort to substance use as a way to cope with pressure, Real Talk aims to equip students with the necessary tools and resources so that they can develop healthier coping mechanisms that will help reduce stress and make school more manageable.

Fill Out the Form to Get the Link!

REAL TIPS WITH REAL TALK

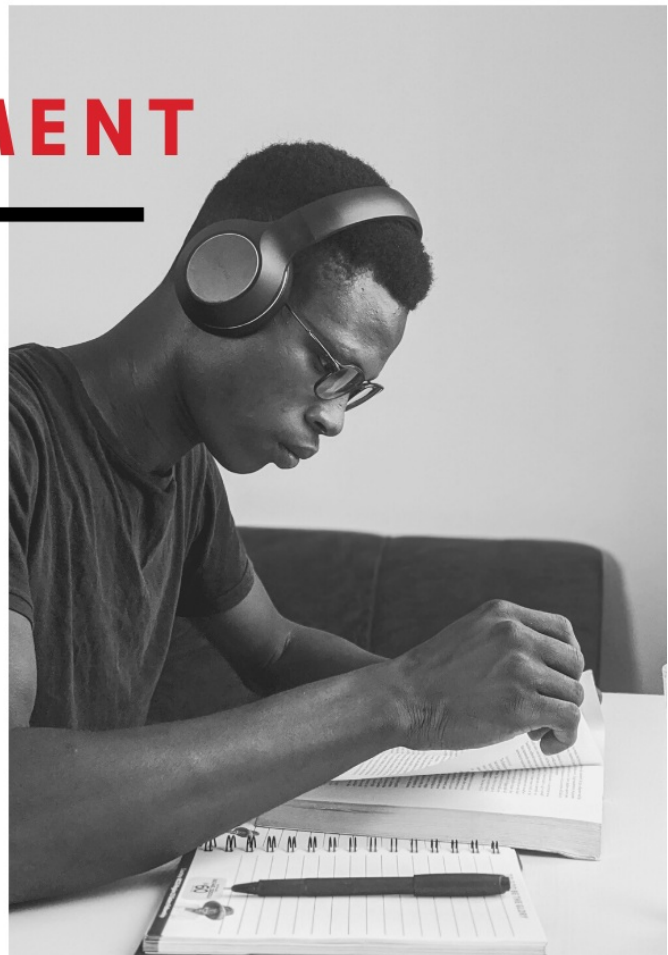
STUDY AND TASK MANAGEMENT



Have you been feeling stressed lately?

Join us **February 24th** at **2 PM** for new tips and tricks for successful studying habits

Link above!



The Coalition Attends CADCA- Virtually

[Last year](#), The Coalition was honored to attend CADCA in Washington D.C. This year it looked different, but it was still a great opportunity, teaching so much to our members during the four-day virtual conference! We

31st Annual
**NATIONAL LEADERSHIP
FORUM**
& SAMHSA's 17th Prevention Day

February 1–4, 2021  **VIRTUAL**



can't wait to utilize what we learned to work towards our mission of providing Resources & Outreach for Community Knowledge & Success to prevent youth substance abuse!

National Teen Dating Violence Awareness and Prevention Month

February is National Teen Dating Violence Awareness and Prevention Month (TDVAM). Teen dating violence affects nearly 10% of all teenagers throughout the U.S (youth.gov.)

Talk to teens and discuss the warning signs for not just physical, but all dating abuse and help them understand the fundamentals of building and maintain a healthy, respectful, and happy relationship.

If you need additional resources or help on teen dating violence click [HERE](#)



Teach safe and healthy relationship skills

- Social-emotional learning programs for youth
- Healthy relationship programs for couples



Engage influential adults and peers

- Men and boys as allies in prevention
- Bystander empowerment and education
- Family-based programs



Disrupt the developmental pathways toward partner violence

- Early childhood home visitation
- Preschool enrichment with family engagement
- Parenting skill and family relationship programs
- Treatment for at-risk children, youth, and families



Create protective environments

- Improve school climate and safety
- Improve organizational policies and workplace climate
- Modify the physical and social environments of neighborhoods



Strengthen economic supports for families

- Strengthen household financial security
- Strengthen work-family supports



Support survivors to increase safety and lessen harms

- Victim-centered services
- First responder and civil legal protections
- Treatment and support for survivors of IPV, including teen dating violence
- Housing programs
- Patient-centered approaches

How to Help Youth Adapt in an Ever-Changing World

"We cannot always build the future for our youth but we can build our youth for the future" -Franklin D. Roosevelt



Society is everchanging and that requires the individuals that

encompass it to be malleable. We now live in a world where things are changing drastically by the year- month- and sometimes even daily. That means youth need to learn to be resilient because if 2020 taught us anything, it is that change is the only constant. We need to prepare youth. We cannot anticipate what the world will look like in the future because we don't know what technological advances will exist or what the job market may be. Instead, we should equip youth with the skillset to adapt to what the world becomes by instilling transferable skills like resiliency, critical thinking, and the ability to effectively communicate.

COVID-19 has proven the need for adaptation. We are only at the beginning of the 21st century, there will surely be more sudden changes and today's youth will go on to yet again to adapt to a newly formed society and way of life. We should prepare them for these changes in whatever capacity we can. You can see below for additional resources on resiliency and adaptation in a fast-changing climate.

[5 Ways to Thrive in a Fast-Changing World](#)

[Key Concepts of Resiliency](#)

[How to Build Resiliency During Covid-19](#)

[Resilience guide for parents and teachers](#)

3rd Annual Parent Conference

FREE Virtual Workshop for youth 12-years and older!

Social Media and Internet Safety

March 9, 2021 | 6:00-7:00pm

Register Here

Join The Village for two *FREE* workshops, *Social Media and Internet Safety* to learn about the consequences of using today's ever-changing technology.

With the constant surge of new information, programs, and apps, the world is a click or text away. But with new advances come new dangers and concerns. Parents and children need to be aware of the technology and the trouble that can follow if safety rules are not in place. Most apps can be used in fun, positive ways – but not all programs are appropriate for all ages.

The parent workshop will show parents the positives and potential pitfalls of today's most popular programs.

The youth workshop, youth will learn how a picture shared could impact their future, how comments on a social networking site can come back to haunt them, and how cyberbullying – if not addressed appropriately – can have severe outcomes.

Location: Virtual Zoom event

One randomly chosen attendee from each will win an HP Chromebook!



If you or a loved one is having trouble with substance abuse check out the available resources in the area.

[Get Help](#)

If you are aware of an underage party or illegal activity follow the link and submit the anonymous form below, and the Vernon ROCKS Coalition will work with the Vernon Police Department to prevent or stop the activity.

[Report it Here](#)

Are you are interested in becoming more involved with the Vernon ROCKS Coalition we are always looking for more members. You can join by visiting our website!

[Get Involved](#)