

SAVE THE DATE - MARCH 29, 2018



Speak Hard Youth Conference

SPEAK HARD

Jefferson City, Missouri

SCHEDULE FOR CONFERENCE

- 8:00a.m. - 8:45 a.m. **Registration**
8:30 a.m. - 10:00 a.m..... **Legislative visits (Capitol-check in HR 2)**
or
8:45 a.m. - 10:15 a.m. **Taking Down Tobacco (Capitol Plaza hotel)**
10:30 a.m. - 11:30 a.m. **Josh Drean, Key Note**

“Represent!”

*Current research shows 3 principles will defeat bullying:
resiliency, empathy, and self-worth:*

Josh delivers an engaging presentation to teach these important social and emotional skills based on his experience as a college mascot. Students discover the 3 rules of mascotting: keep your head on, know your audience, and be the hero, each of which ties back to Resiliency, Empathy, and Potential (self-worth), which stands as an acronym for the number one job of a mascot: REPRESENT. Students will learn how to REPresent themselves online and at school by standing as an ideal for others to rally behind.

11:30 a.m. - 12 p.m. - Lunch

- 12:10 p.m. - 1:10 p.m. **Break Out Session 1**
Breakout Session Descriptions are available on the following pages
1:20 p.m. - 2:20 p.m. **Break Out Session 2**
Breakout Session Descriptions are available on the following pages
2:30 p.m. - 2:45 p.m. **Walk to the Capitol**
2:45 p.m. - 3:00 p.m. **Youth Awards - First Floor Rotunda**

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Session 1- 12:10 p.m. - 1:10 p.m.

Room	Workshop Title
Truman A	<p>Ginny Chadwick, Tobacco 21 and Jordyn Beard, Youth Member <i>"Advocating and Prevention: Tobacco 21"</i></p> <p>Tobacco 21 is a youth prevention policy being considered and passing throughout many Missouri Communities that moves the sale age of tobacco products from 18 to 21. The primary focus of this session will be on the processes and activities needed for successful adoption of Tobacco 21. Discussion will include successful coalition building with a specific emphasis on engaging youth, strategies to facilitate broader stakeholder support, identifying champion legislators, model policy elements, and ways youth can get involved with policy implementation through the national Tobacco21.org organization. As Tobacco 21 policy gains momentum, opposition has strengthened in certain areas, while waning off in others. Opposition and strategies for countering are given.</p>
Truman B	<p>Julie Hook, NCADA-STL <i>"RX and OTC Drugs: What's the Big Deal?"</i></p> <p>This workshop will focus on the growing trend of prescription and over-the-counter medication misuse among youth, and its connection to addiction in our country. The program will review the types of drugs most commonly misused and their effects on our brains and bodies. The workshop will include small group discussion and activities that explore several real-life situations involving Rx and OTC drugs that often occur among youth.</p>
Truman C	<p>Jim Marshall, Cody's Gift <i>"Coping Skills, Mental Health First Aid and Substance Use Prevention"</i></p> <p>This presentation covers the increase in mental health issues amongst teens in today's society with the lack of poor coping skills and how it has played a role in the increase of substance abuse . It outlines how our culture has created this issue and what we can do to increase positive coping skills. It also covers the current substance abuse trends amongst our youth and the contributions of the medical field , criminal justice system , and the pharmaceutical side .</p>
Jefferson/Missouri/Capitol	<p>Anthony Butler, The VIP (Violence "I" Prevent) Movement, LLC <i>"Piece by Peace...A Poetic Confrontation Against Violence!"</i></p> <p>This innovative workshop will focus on confronting many forms of violence(Community Violence, Suicide, Bullying, Domestic Violence, and More) in a creative format. Riveting, original poetry from the presenter that resonates with each form of violence will be shared accompanied by, "research based and common sense laced" strategies. Participants will be inspired to confront violence piece by peace from a personal and systemic level. This workshop is educational, data driven, full of solutions, and poetically powered!</p>

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Session 2- 1:20 p.m. - 2:20 p.m.

Room	Workshop Title
Truman A	<p>MYAA Youth Ambassadors <i>"Bullying 2.0"</i> Bullying and peer pressure are real problems in today's schools and communities. However, it isn't always direct. Bullying and peer pressure can affect just about anyone, from the most popular students in a school to a student outcasted for being different. Join the Youth Ambassadors in an interactive exercise of bullying and peer pressure, where you will learn hands on how bullying and peer pressure affects youth.</p>
Truman B	<p>Stacey Williams, MSW, LMSW and Vicky Ward, MA Sociology <i>"Suicide Prevention Starts with Heroes like YOU!"</i> Do you know someone who is struggling emotionally or having a hard time? Do you know what to say or do to be helpful? It can be very hard to know what signs to look for, what to do, or how to get the help that's needed. This session can provide some tips on what to say and how to help. You don't want to miss this, as you can be the difference in getting someone the help they need. Suicide Prevention starts with Heroes like you. Come learn about suicide risk factors, warning signs, and protective factors. In addition, this session will provide a snapshot of youth suicide in Missouri, current initiatives and resources.</p>
Truman C	<p>Bill Keeney, KCPD and The Northland Coalition <i>"Good Choices Lead to Resiliency!"</i> A presentation for Teenagers on how to use Critical Thinking in making Choices which leads to Resiliency based decisions and empowerment. This is geared towards understanding and defeating Risk Taking Choices that lead to adverse habits/addictions, such as and including drug use, aggressive driving, DUI, bullying and suicide. They will learn resiliency techniques such as "Breathing", "Muscle Relaxation & Meditation". They also will be taught (very basic) the way the brain works (stress response) and how to live in the Wizard and not the Lizard part of the brain. * Goal is to be Mindful and to learn how to live in the Now and Understanding how to do this in a healthy, happy and productive way.</p>