

Youth Resiliency Committee

Well-Being Through Awareness

A Sub-Committee of the Los Alamos Community Health Council

Our mission is to promote well-being for youth and their families by bringing awareness to issues, highlighting activities, and promoting resources in and around our community. **Our goal** is to focus on the needs of youth and their families.

We usually meet on the second Monday of every month. Due to the holiday, this month's meeting will be held on October 15th from 9:30 - 11:00 a.m. at the Los Alamos Teen Center.

All are welcome to attend.

To be added to a mailing list for our newsletter or to suggest additions, please call 505-663-2263 or email k.coblentz@laschools.net. Previous editions of the newsletter can be found [here](#).

We highlight collaborative projects, activities for youth and families, as well as community services and resources.

The Domestic Violence Task Force meets on the third Tuesday of each month from 12-1 pm in the upstairs meeting room at Smith's Marketplace.

This month members of the group will meet on October 16th at the rock in White Rock.



Wednesday, October 24th, 2018

We stand together against bullying.

We are UNITED for kindness, acceptance and inclusion.

Make it ORANGE and make it end!

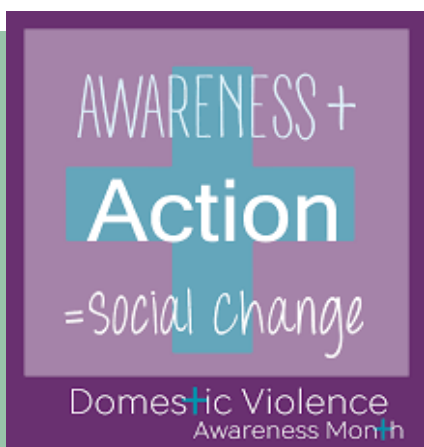
Come together in one giant ORANGE message of hope and support. All are invited to WEAR AND SHARE ORANGE to color our nation, and even the world, visibly showing that our society believes that no one should ever experience bullying.

More info on this national initiative here:

<https://www.pacer.org/bullying/>



Red Ribbon Week - encouraging students to live substance free - October 23rd-31st



October is Bullying Prevention and Domestic Violence Awareness Month



A Day of Empowerment and Inspiration for Girls in Grades 6-9
Saturday, October 20th, 9 am - 2 pm at UNMLA.
Contact Lisa at lisazuhnmc@gmail.com for registration info.



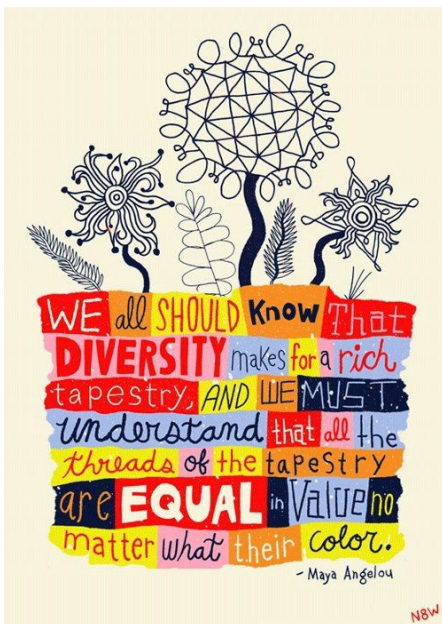


Community Resource Highlight

Resolve - <https://resolvenm.org/>

A Santa Fe based non-profit organization whose mission is to prevent violence by building skills and inspiring individuals to be agents of personal, community, and cultural change. Resolve teaches a research-based, trauma-informed curriculum that was developed to teach effective prevention and safety skills for the average person.

Family Strengths Network and the Los Alamos Public Schools have partnered with Resolve to bring children's safety workshops and bystander intervention training to the community. Contact Kristine Coblentz at k.coblentz@lachschools.net or Carie Fanning at carie.fanning@lafsn.org for info on upcoming classes.



Tip of the Month

Try out these questions to help youth discern the behaviors and decide how to respond:

Is it joking around? Were both people laughing?

It is ok to enjoy lighthearted fun with friends.

Is it rude? Was it unintentionally hurtful? Ignore it or use an "I message" to let your friend know how you feel. "I feel... when you... please..."

Is it mean? Was it said on purpose to make fun or make someone feel bad? Try Stop, Walk, and Talk. Tell them directly to stop. Walk away if they won't listen. Talk to an adult if it continues.

Is it conflict? Were you having an argument or disagreement? Explain your viewpoint, try to see the other person's perspective, choose helpful words, work toward a solution, and agree to disagree if necessary.

Is it bullying? Was it intentionally hurtful and mean-spirited? Bullying is usually targeted toward someone with less power and is often, but not always, repeated and relentless. Tell an adult. If they aren't able to help, tell another adult. Keep screenshots and evidence. Take care of yourself. Speak up when you see others being bullied.

You can make a difference!

If you see something, say something!

First talk to a trusted adult - parent, teacher, staff member, counselor, coach, or principal.

You can also report school related incidents here: safety@laschools.net or at

<http://laschools.net/dispute-resolution-process/>

Youth Mental Health First Aid

FREE training for adults who work with youth.

October 12th or 26th, 8 am - 5 pm at UNMLA

Email andreacjjab@gmail.com to register.

YRRS Data Road Show

Thursday, October 11th, 3 - 5 pm

UNMLA's Student Center Lecture Hall, Bldg 2

Presentation of 2017 survey results

of LAHS student risk behaviors and protective factors

"When given the choice between being right and being kind, choose kind."

- from Wonder by R.J. Palacio