



Spring/Summer Newsletter



From the desk of
Jennifer Branham,
Youth Services Coordinator

As a result of the City Council's vision and guidance, the Office on Youth was established in 2006 to address youth crime and violence by identifying prevention programs, and promoting partnerships and resources for youth and families.

The purpose of the information found in this publication is to bring about the awareness of those resources, programs and activities that are available to youth and parents in the City of Suffolk. We encourage you to use this information and share it with others.

For more information about programs and or services, please call our office at (757) 514-4503 or by email at jbranham@suffolkva.us

Suffolk Office on Youth

138 S. 6th Street, Suffolk, VA 23434 (757) 514-4503

Bullying is one form of violence prevalent in schools and school environments. While all violence is not bullying, it is estimated that as many as 30% of school-aged children are involved as bullies or as victims (NEA and others). Bullying is known to have a negative physical, emotional and social consequences for both the victim and the perpetrator. Studies have shown that children who bully are more likely to get into fights, vandalize property and drop out of school and children who are victims of bullies are more likely to suffer from a wide variety of problems, including low self-regard, depression and anxiety, and violent behaviors (Nansel et al, 2004).

The signs, symptoms and the impact that bullying has had on school aged youth is becoming very common today and it's taken on a new form, "cyber bullying." The word cyber bullying didn't exist a decade ago, yet the problem is even more serious than bullying. Simply put, cyber bullying is the repeated use of technology to harass, humiliate, or threaten and studies have shown that anywhere from one-third to one-half of youths have been targeted by cyber bullies (Holladay, 2011). As City of Suffolk's educators, local officials, parents and the community, we are addressing this issue and you can too! ***Join us for an Anti-Bullying Panel Session at any one of the following schools listed below.***

Inside this issue:

<i>Bullying</i>	1
<i>Suffolk Youth Advisory Council</i>	2
<i>Youth Prevention</i>	3
<i>Scholarships and Awards</i>	4

Anti-Bullying Forum

Hosted by Suffolk Substance Abuse and Youth Council, Suffolk Parks and Recreation and Suffolk Public Schools

Tuesday, April 26, 2011

(7:00 p.m.— 8:00 p.m.)

Through video conferencing technology, parents and community friends may hear and participate in a question-and-answer panel session featuring Suffolk Police Department, Suffolk Public Schools, the Commonwealth Attorney's Office, Suffolk Youth Advisory Council and Western Tidewater Community Services Board.

WHAT TO LOOK FOR

WHO TO TALK TO

HOW TO STOP IT

To pre-register, contact Candace Myrick at (757) 925-6759 or canmyrick@spsk12.net by April 15, 2011

Video Conference Sites:

Booker T. Washington Elementary

Northern Shores Elementary

Oakland Elementary

Robertson Elementary

Kings Fork High School

Lakeland High School

Nansemond River High School





Increasing the Peace



The Suffolk Youth Advisory Council (SYAC) is the City of Suffolk's initiative to ensure that Suffolk's youth have a voice in addressing issues that matter the most to them and their peers. On March 19th, the youth advisory council showcased the modeling talent of twenty (20) youth ages 5-19 in their effort to raise awareness of the youth violence that has occurred in our city in the recent past and to raise donations to support the Relay For Life Campaign. Family, teachers and other community friends came out to support this event. With the assistance of adult facilitators, the youth council members

planned the event, conducted the auditions, created the scenes and assisted onstage and back stage as the audience cheered the models on. Students from Lakeland High School's Be Fight Free Campaign also attended this event providing wrist bands to show their joint support in making Suffolk a violence-free community. Amanda Hamm, the youth council chair stated, "We wanted some way all students to come together and get out the message to *"increase the peace"* and *"be fight-free"* by doing positive things." All proceeds from the fashion show went to the American Cancer Society- Relay For Life.



WHY WE RELAY: We have all been touched by cancer in some way; either ourselves, a relative or a friend. Every year the Suffolk Youth Advisory Council has provided support to various campaigns that help others in the community. This year, we decided to participate in Relay for Life in order to provide support and resources to the many survivors and caregivers of cancer. We believe that the world should be filled with more birthdays; and our efforts to make that happen is why we relay, won't you join us?

To join our team go to:
www.SuffolkRockinRelay.org

Click: Suffolk Youth Advisory Council

Suffolk Rockin' Relay For Life

Bennett's Creek Park

1000 Bennett's Creek Park Road

Suffolk, VA

May 13-14, 2011

7:00 p.m.—10:00 a.m.



Prevention Activities for Youth

Teen Spring Break Camp

April 19-22, 2011

Calling all teens! (Grade 6-10)

Looking for something fun to do and places to go during Spring Break? We've got the right stuff for you. A college tour, career explorations, skating and much more!

(Program space is limited)



STOP the VIOLENCE !

For more information contact the Suffolk Office on Youth or visit us at www.suffolk.va.us

Youth Engagement Services

This is a year round program that is designed to engage youth ages 11-18 in civic engagement activities as an innovative step toward prevention. Youth have the opportunity to get involved with their community and learn about democracy and citizenship.

Counselors-in-Training

This is a summer volunteer program, designed to provide job readiness and life skills training for youth ages 14-17 while serving as camp counselors for various summer camps offered by Suffolk Parks and Recreations.

Applications accepted April 11-22, 2011

For more information contact

Suffolk Office on Youth

(757) 514-4503

Hoops 4 Life

Is your child age 10-15 and have the desire to learn the game of basketball? This "BASKETBALL 101" program will improve their level of skill while addressing important life lessons and values. Youth will also learn the value of discipline and teamwork. Meals are provided

Registration begins April 18-June 3, 2011

Program date: June 27-July 15, 2011

East Suffolk Recreation Center

(757) 514-4500

Discover Your Future Camp

Rising 6th-10th grade youth will be provided an opportunity to enjoy clubs, games, special events, speakers, community service project and field trips. Registration for the camp is on a first-come, first-serve basis; only payment reserves your space. Transportation and meals provided.

Registration begins April 18-June 17, 2011

Program date: July 15—August 19, 2011

East Suffolk Recreation Center

Looking for Mentors/Mentees

757 Protégé-Suffolk is looking for mentors and mentees. This volunteer mentoring program, began in October 2010. It is geared toward serving Suffolk youth ages, 11-14. Protégé 757-Suffolk recruits, screens and trains adult volunteers who are asked to commit to a one year one-on-one rela-

tionship with a child.

By doing so, adult volunteers agree to spend two (2) hours a week or eight (8) hours a month with their match. Youth must be referred to this program. Prevention activities will aim to bring about positive opportunities and reduce juvenile delinquency in program

participants. This program will equip Suffolk youth with positive adult role models and the tools they need to succeed in life. Help close the mentoring gap.

Become a mentor today!



For more information contact :

Ashley Sessoms
514-7244

asessons@city.suffolk.va.us

Scholarships & Awards

FAME Scholarship Applications

Available for 2011 graduating high school seniors. Applicant must participate in the FAME event as a performer or volunteer

Visit your guidance office to apply today

@ Suffolk Office on Youth @ 514-4503

(Open to Suffolk residents only!)

Application deadline:

April 15, 2011

Suffolk Youth Achievement Awards

The Office on Youth is accepting youth nominations for the **Suffolk Annual Youth Achievement Awards** through May 2, 2011.

Nomination packets are available at all Suffolk middle and high schools or one can be requested by contacting the Office on Youth at 514-4503 or by email jbranham@suffolkva.us

In Hampton Roads

Does your child have health insurance?

FAMIS covers well-child check-ups, dental and vision, shots, doctor visits, prescription drugs, and much more!

Contact: Rigiri Gabel,

Catholic Charities of Eastern VA, Inc.

Ph: 484-0703 Email: rgabel@cceva.org

Safe Sitter Babysitting Course

Sentara Obici Hospital on June 20, 2011 from 9:00 am—3:30 pm

This course is designed for the **11-13 year old**. It is a medically accurate, competency-based, highly structured, and nationally certified babysitting course. **The cost is \$50.** Class size is limited, so register early.

To register, please call 934-4626 or 934-4263.

14th Annual Hampton Roads Youth Leadership Conference

"Mentoring In and Beyond the School Doors"

Saturday, April 9, 2011

8:00 a.m.— 12:30 p.m.

Booker T. Washington High School

Norfolk, VA

Save the Date

**Suffolk Youth Advisory
Council Meeting**

Monday, May 2, 2011

Northern Shores Recreation Center

6:00 p.m.



Lakeland High School

Friday, May 6, 2011

&

Saturday, May 7, 2011

Tickets \$5 at the door

Suffolk Rockin'Relay

May 13-14, 2011

Bennett's Creek Park

1000 Bennett's Creek Park Road

Suffolk, VA