



Chesterfield County Youth Development Coalition

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The Chesterfield County Youth Development Coalition is a subcommittee of the Chesterfield County Coordinating Council and was established to address risky behaviors among our youth. We are committed to helping our young people develop the proper decision-making skills needed to prevent risky behaviors. We are students, parents, teachers, law enforcement officers, business leaders, state agencies, faith-based organizations, health care organizations and people from all walks of life working together to build a stronger future for our community.

The Youth Development Coalition will meet in the DSS Commons room on the third Tuesday of every month at 3:30pm.

We invite those interested in helping the youth of our community to participate in our meetings. By offering your advice, expertise and suggestions you will help to strengthen the coalition while serving the community.

Upcoming Meetings:

- **January 16, 2018**
- **February 20, 2018**

The Five Essentials for Adolescent Health

The U.S. Department of Health and Human Services sought the input of professionals who, through their work in after school or community-based programs, education, faith-based organizations, health care, public health, and social services settings reach a large number of adolescents. Together these national leaders identified five essential components of adolescent health. **Adolescents should have:**

- **Positive connections with support people:** Adolescents crave safe, stable, and nurturing relationships with supportive adults, whether it is parents, coaches, neighbors, grandparents, teachers, older adults in the community, program leaders, and mentors. These types of connections are important for all teens and may be difficult for at-risk youth to find and sustain.
- **Safe and secure places to live, to learn, and to play:** Safe and supportive places such as schools, neighborhoods, communities, and healthy environments foster and support healthy adolescent development

(Continued on page 2)

Realistic Resolutions

The New Year means new resolutions, and resolutions are especially important to everyone. As parents we set goals for ourselves and ask our teens to follow suit. Just because you have made resolutions doesn't always mean you can or will follow through. It is important to each of us to make sure the goals are realistic and to help your teen to do the same.

Parents/Caregivers, there are ways to help your teens stick to New Year's resolutions. Here are a few tips to keep help you and your teen focused on goals:

Talk as a family about everyone's resolutions. Make sure each resolution is realistic. Find out why each resolution is essential for each person and the importance to follow through with it. Make sure that resolutions are written down. Make them colorful and exciting. Make sure resolutions are place where everyone can go back to them to make sure they are on track. Set a date to go back over each resolution every month.

(Continued on page 4)

	
Inside This Edition	
Teen Pregnancy	2
Point in Time — Homeless Count	3
Buzzed Driving	4

Five Essentials

(Continued from page 1)

cross the spectrum, including physical and mental health, social interactions, and cognitive growth. Adolescents also benefit from safe places to congregate and just “hang out”.

- **Access to high-quality, teen-friendly health care:** Adolescents benefit from access to high-quality medical and dental care, mental and behavioral health services, and to healthcare providers who understand and value adolescents. Services that are youth-friendly, culturally competent, affordable, convenient, and confidential are preferred by young patients. Health care that is adolescent-centered and involves parents, but allows for increased autonomy as adolescents reach their late teens is desirable.
- **Opportunities for teens to engage as learners, as leaders, as team members, and as workers:** Active youth involvement with people and programs is important for promoting healthy adoles-

cent development. This includes activities at school, home, or in the community, such as school clubs, sports, music, the arts, or out-of-school time programs, jobs, or activities at places of worship. Adolescents also benefit from opportunities to become involved in shaping programs and activities, which not only improve the programs for other youth, but provide them with valuable leadership experiences and confidence.

- **Coordinated, adolescent- and family-centered services, as needed:** Adolescents enter service systems at multiple points and places. Integrated and coordinated services can help ensure better health outcomes and support healthy development for adolescents. Unfortunately, the systems for providing services and supports to adolescents are often fragmented, spread across government agencies, nonprofit organizations, healthcare providers, businesses, and faith-based organizations. There is a clear benefit from a more coherent, integrated approach to fostering health and healthy development for adolescents.

Teen Pregnancy

The majority of adults in South Carolina (95% according to SC Campaign) view teen pregnancy as an important issue that needs to be talked about and prevention efforts put in place. According to SC Campaign to Prevent Teen Pregnancy, 9 out of 10 SC registered voters feel that sex education in public schools should remain the same or increase. SC Campaign to Prevent Teen Pregnancy says their mission is to improve the health and well-being of individuals, communities and the state by preventing teen pregnancy. Studies have shown that effective programs that teach both abstinence and contraception do delay sex among teens (2015 survey).

According to Livestrong website, teens are often pressured to fit in with their peers. Many times these teens are influenced by their friends to have sex even when they do not fully understand the consequences associated with the act. Teenagers have sex as a way to appear cool and sophisticated, but in some cases the end result is an unplanned teen pregnancy.

Abstinence is the best choice, but be respectful of their decision. Talk with them in a private and quiet location. In SC, health services are

available to minors without parental consent when the provider feels services are necessary and the minor is determined to be mature.

In some cases, pregnancy is a result of a lack of knowledge. Teens talk with their friends to get information instead of a trusted adult. These teens are more likely to have an unintended pregnancy. Another issue is teen drinking.

Many teens experiment with drugs and alcohol. Drinking lowers a teen’s ability to control their impulses.

Parents, teachers, faith leaders and family members are encouraged to offer support and have open, honest conversations about love, sex and relationships with the teens in your lives to let

those teens know that they do have support and someone who cares in their lives. Parents often feel awkward talking with their teens or preteens about sex.

However, according to SC Campaign 40% of high school students have had sex. Nearly 9 out of 10 teens say that it would be easier to postpone sex if they could have open, honest conversations with their parents.



ROUGHLY
1 IN 4
TEENS GET
PREGNANT
BY AGE 20

VOLUNTEERS NEEDED

FOR POINT-IN-TIME {PIT} HOMELESS COUNT!!

The nationwide Point-In-Time Homeless Count takes place annually on the last Wednesday in January (the 24th this year 2018). This effort, mandated by the Department of Housing and Urban Development (HUD), offers a snapshot of homelessness by recording the number of people in an emergency shelter or who are unsheltered *on a single night of the year*.

Our volunteers are trained to utilize a provided standardized questionnaire in a skillful, sensitive and confidential manner. The surveys are completed with those who are living outside, with more than one family in a household, in a vehicle, in shelters, or motels. Additionally, our volunteers count those who are couch surfing, and living with family or friends in a temporary status. This information is used to plan local and national service delivery to at-risk populations.

Collecting information anonymously and endeavoring to connect individuals with services they



WINTER

Emergency of homeless people around the world.

may need is of paramount importance to our volunteer teams. Surveys are conducted in several ways/venues: county-wide drop-in sites such as soup kitchens, homeless shelters, and domestic violence shelters drug rehabilitation facilities and county-wide street outreach. Data is provided by household type (individuals, families, and child only households), and is further broken down by sub-population categories, such as homeless veterans and the chronically homeless.

Many of those who are contemplating volunteering as well as those who are being interviewed often ask-- What is the value of participating in the PIT homeless count? As a pastor who cares very much about the spiritual and physical well-being of our Chesterfield community I respond with two basic answers. First, the PIT homeless count enables our faith community to

identify ways to be the 'Hands and feet of Jesus' to our brothers and sisters who are our needy neighbors. Secondly, an accurate as possible homeless count directly affects the Poverty Index (PI). The Human Poverty Index (HPI) is a concept developed by the United Nations to give an indication of the standard of living in particular country. In our country the PI IS used to determine the standard of living i.e. access to medical care, availability of housing and quality educational opportunities etc. It is very important that we in Chesterfield county obtain a quality PIT Homeless census. A PI of 70% is the statistic that is most advantageous to our county.

Training dates, times, and place for those who wish to volunteer for the 2018 PIT homeless count team are as follows: Thursday January 18th 2018, 6:00 pm until 7:30 pm, Thursday January 25th 6:00 pm until 7:00 pm. The training site will be in the fellowship hall behind the St Paul UMC 305 W. Main St. Chesterfield SC. This is a wonderful way to help the homeless in our county and across the nation. I look forward to hearing from you.

Contact Rev. Bruce Adams, pastor of St. Paul UMC Chesterfield SC, Cell phone # 843 409 3257 or email to ebadams@umcsc.org

Buzzed Driving is Drunk Driving

It's Friday! All the cool people from the office are headed to the pub for a celebratory drink to kick off the weekend, and you've been invited. It's been a long week. And let's be honest, it's been a *really* long week. Kicking back with a pint or two to get a nice buzz sounds awesome. There's nothing wrong with driving with a slight buzz, right? After all, buzzed driving isn't drunk driving.

Understanding an Alcohol Induced Buzz

When consuming alcohol, people pass through stages. The pace at which a person passes through these stages varies, and it greatly depends on how much and how fast the alcohol is consumed.

During the first stage, people feel a mood elevation. Inhibitions subside, a sense of happiness takes over, and the surrounding ambience grows pleasant and warm. Drinking causes us to do things we normally cannot or would not were the alcohol not in our bloodstream. The stage that occurs after consumption, when everything in the world seems perfect and positive and our bodies relax, is called the "tipsy stage."

According to DifferenceBetween.com, no official definition of the terms "tipsy" and "drunk" exist because it can cause different symptoms for different people. However, when a person feels tipsy, the high end of this stage is when "the light 'buzz' hits your head."

When you have a buzz, you still control your speech, actions, and body balance. You can function, but you are still impaired. You're more relaxed than usual, and your decision-making skills are influenced.



Drunk Driving vs. Buzzed Driving

Did you know 49 percent of adults aged 21 and older will always get a ride, take a taxi, or use public transportation just to avoid driving with a buzz? It's the smart choice because buzzed driving is just as dangerous as drunk driving. In fact, the impairment caused by a buzz is the same as that of being drunk. The law sees no difference between buzzed and drunk driving.

According to the Ad Council, the financial cost of being pulled over for driving with a buzz is around \$10,000 total! You will be responsible for fines, lawyer fees, a rise in insurance costs, and more. It's a serious offense, and one the National Highway Traffic Safety Administration (NHTSA) identifies as a symptom of a much bigger problem: the misuse and abuse of alcohol.

Making the Smart Choice

The NHTSA reports that in 2012, more than 10 thousand people died in crashes caused by alcohol impairment. This statistic equates to a death every 51 minutes. In total, alcohol-related crashes have cost an estimated 37 billion dollars on a yearly basis.

Buzzed driving IS drunk driving. It's up to you to make the smart choice and not get behind the wheel when you feel buzzed. Simple steps like planning a safe way home, designating a sober driver, and finding an alternative way to get home when you feel buzzed can save you and others. So why not join the [Buzzed Driving Campaign](#) the Ad Council is running and spread the word?

Realistic Resolutions (Continued from page 1)

For long term resolutions, break them down into smaller tasks. For example if your teen wants to bring up their grades, set monthly goals. Start with the grade that most needs to be improved and work on just that one subject. If you want to lose 15 pounds, set a weight goal for each month. Explain to your teen that they may not see the change quickly but if they stick with each goal, it will pay off the same applies to you.

Participate with your teen to help them reach their goal and ask them to participate with you. For example, if the goal is to lose weight, shop together and start putting healthier foods in the grocery cart,

commit to taking a walk together every day, or join the gym together. This is not an easy adjustment especially when family schedules can be so hectic.

Rewards should be given for all the efforts taken to reach those goals, for you and your teen. If we know that we have support, we will work harder to reach our goals.

These simple tips are all that is needed to make sure your teens stick to their New Year's resolutions. Remember that children model behaviors from their parents. If you stick to it, so will they and you will be helping them to learn to make positive choices about future risky behaviors.

For more information contact the YDC at srmydc@shtc.net or 843-623-5265