



Tri-Valley Adolescent Health Initiative Youth Recommendations

Peer Support

- ✧ Create youth-led peer education and outreach programs to teach students how to support and approach their peers around teen issues, such as substance abuse, sexual activity and mental health because youth are most willing to talk to and listen to people their own age.
- ✧ Create an effected mentorship program to connect freshman and transfer students to the High School environment.

Parent Support

- ✧ Educate parents about the reality that affects teens today and reasons, signs/symptoms, and consequences of substance abuse, sexual activity, and mental health.
- ✧ Provide parents with non-judgmental mechanisms/tools to communicate openly with their teens and how to react to specific situations in order to deal with issues that apply to teens today.

School Support

- ✧ Create a well-rounded health and wellness curriculum for students that include, real-life youth stories, personal experiences and use compelling, fact-based information to inform students about physical and mental effects of decision they make.
- ✧ Diversify the Physical Education courses for all grades to include classes such as yoga, dance, kickboxing, etc; to promote health active life style for teams.
- ✧ Emphasize and provide more nutritious and affordable food options on campus and eliminate unhealthy options.
- ✧ Educate teachers to be become more aware of the stress on students in balancing school workload and extra-curricular activities.
- ✧ Support students in exploring and planning for college and/or life goals after high school.
- ✧ Provide real life simulations of tragic events to all students to make teens think about drinking, driving, personal safety, the responsibility of making mature decisions and the impact their decisions have on family, friends, and many others.

Community Support

- ✧ Create more low-cost teen-oriented activities that are well advertised such as, extending City league sports teams to high school level, exercise classes and social functions.
- ✧ Increase the availability of and access to of low-cost health and wellness resources.
- ✧ Improve enforcement and monitoring of current laws like Driving under the influence and underage drinking
- ✧ Develop regional coordination and sharing of best practices to ensure access and utilization so Tri-Valley youth are served in all three cities.