

## Supports for Youth:

Your secondary school has a **SACY youth engagement & prevention staff member**: someone in the school specializing in health promotion and alcohol and other drug use prevention. Alongside teachers, counselors and support staff, SACY keeps students connected and engaged in school & community.

The **SACY Teen Engagement Program (STEP)** is a three-day program where young people participate in activities that encourage reflection on individual decisions, goal-setting and visioning, risk mitigation, healthy relationships, critical thinking, and education surrounding alcohol and other drugs. We work to support the goals of individual students, whether they attend for personal growth and skill development, increasing their knowledge, or at the recommendation of their school.

### What's Happening in Schools?

- Health & wellness groups
- Youth voice in community
- Classroom education
- One to One supports
- Opportunities to give back to community

### What's Happening District-Wide?

- STEP: Self discovery, substance education, individual reflection & follow up support
- Spring break & summer programming for youth

## Supports for Parents & Caregivers:

The teen years can be an adventure and a transition for the whole family. Everyone's roles are changing, and finding new resources can be challenging. **SACY Parent & Family Engagement** offers parenting workshops on staying connected with our teens, understanding the social and emotional changes we see in young people, and the communication and parenting skills to develop collaborative relationships with our youth as they mature.

### What's Happening in Schools?

- SACY supports PAC & school vision for engagement
- Culturally tailored parent workshops with Settlement or Multicultural Workers
- Caregiver supports & community referrals
- Resources for parents & schools
- Capacity Cafes: hear directly from youth

### What's Happening District-Wide?

- Workshops: Adolescent development, communication skills for families and self-care
- Parent & caregiver support
- Family wrap around for STEP & SACY youth

For contact information at your secondary school, please visit: [www.vsb.bc.ca/sacy/contacts](http://www.vsb.bc.ca/sacy/contacts)