



Influence the Choice

Healthy Youth Healthy Community



TEENS ENCOURAGING COMMUNITY HEALTH



MISSION: A YOUTH-LED COALITION DEDICATED TO SUBSTANCE ABUSE PREVENTION AND MENTAL WELLNESS THROUGH POSITIVE OUTREACH AND ADVOCACY.



September 2022

ITC and Teens Encouraging Community Health (TECH) have been busy this summer planning events, activities and education opportunities to prevent youth substance misuse and promote the mental health of students in grades 6 through 12.

Teens, use QR code above & join our youth board today!



influencethechoice.org



TALK, THEY HEAR YOU!

by Marnie Maraldo, exec director

The internet is full of "Back to School" tips for families, such as establishing routines, saving on school supplies, or even (gulp!) "Teens and Dating". Influence the Choice supports parents and caregivers in having conversations about healthy choices, especially around the use of alcohol & other drugs. It may seem that they aren't listening, but having **short, frequent talks** with your teen or pre-teen helps them

establish the confidence to make better choices. It's never too early to talk to your kids about the risks of underage drinking and other substance use. And, it's never too late! Studies show teens really do listen to those adults closest to them. The beginning of the school year is a fantastic time to talk and reinforce your hope for a great & healthy school year.

Talk, They Hear You!

Small Conversations Make a Big Impression:

1. Talk often, it builds an open, trusting relationship
2. Lots of little talks are more effective than one "big talk"
3. Share your family guidelines for alcohol & other drug use
4. Make sure the conversation is age appropriate
5. Be clear
6. Show your student you are paying attention

Read More



Buying or Selling Your Home?

10% of REALTOR® Commission Goes Back to Influence the Choice.



Healthy Youth Healthy Community
Influence the Choice

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START YOUR MORNING WITH US! SEPTEMBER 28TH - 7:30AM



Register today!
<https://bit.ly/3qjddXv>

ACTION FORUM FOR YOUTH



Join Influence the Choice

as we review the 2021 Healthy Youth Survey, hear from our students about their real-world experiences, and learn about actions we can take to promote healthy youth in our community

Sept. 28th, 7:30am - 8:30 am
Blakely Hall
2550 NE Park Dr
Issaquah, WA 98029

*A light continental breakfast will be served

2022-2023

PCN

Launching Soon!!

Research shows repeated exposure to a variety of positive, data-based messages can change the misperceptions that help sustain problem behaviors. Over time, the negative behaviors of a group begin to shift toward the more accurately perceived safer and healthier norms.



Positive Community Norms

Corrects student misperception that everyone is using substances

Increases # of youth who think alcohol & other drugs are harmful

Reduces youth substance use

Corrects community misperceptions about teen substance use.

AUTUMN 2022

CALENDAR



- 09-01 - (4:30 - 5:30 PM) EXECUTIVE COMMITTEE MTG
- 09-14 - (5:30 - 7 PM) ITC GENERAL MTG @ BLAKELY HALL
- 09-16 - (3:00 PM) ITC BOARD DEVELOPMENT COMMITTEE
- 09-17 - (9 AM - 3 PM) TECH RETREAT @ STEELHEAD ROOM
- 09-20 (6 PM- 7:30 PM) TECH MTG @ STEELHEAD ROOM
- 09-21 - (4 PM - 6 PM) ITC COMMUNITY DINNER
- 09-22 - (10 AM - 11:30 AM) FINANCE COMMITTEE MEETING
- 09-28 - (7:30 - 8:30 AM) ACTION FORUM 4 YOUTH @ BLAKELY HALL SIGN UP: [HTTPS://WWW.INFLUENCETHECHOICE.ORG/](https://www.influencethechoice.org/)
- 10-04 - (6PM - 7:30 PM) TECH MTG
- 10-08 - RIPPLE EFFECT CONFERENCE
- 10-12 - (5:30 PM - 7:00) PM GEN MTG
- 10-18 - (6PM- 7:30 PM) TECH MTG-
- 10-25 - (5:30 - 7:30 PM) RESILIENCE & THRIVING WORKSHOP
- 11-01 - (6PM - 7:30 PM) TECH MTG
- 11-05 - (9AM - 2PM) POMPOW YOUTH CONFERENCE - TBD
- 11-09 - (5:30 - 7 PM) ITC GENERAL MTG @ BLAKELY HALL
- 11-15 - (6 PM- 7:30 PM) TECH MTG
- 11-29 - (6 PM- 7:30 PM) TECH MTG
- 12-6 - TECH HOLIDAY CELEBRATION
- 12-15 - (5:30 PM - 7:00) PM GEN MTG



COFFEE APPRECIATION

Thank you donors,
volunteers and
interested community
members for attending
ITC's coffee
appreciation event in
August! Thank you for
sharing your ideas,
personal stories and
passion to support our
youth!



2022 CHALK FEST

Dedicated TECH teens
braved temps in the 90's
to spread prevention
messages at local events
over the summer. Want
to volunteer? Email
[Cassandra@influencethe
choice.org](mailto:Cassandra@influencethechoice.org)



We Appreciate Your Support!



TECH Teens shared their mission with the community this summer for substance abuse prevention & mental wellness through positive outreach and advocacy.

REFRAMING NEGATIVE THOUGHTS

Automatic Negative Thoughts

- I'm a mess!
- I'm too overwhelmed. I should give up.
- This is too hard.
- I don't know how.
- I messed up.

Positive Replacement Thoughts

- I'm human.
- What do I need right now? Maybe I just really need a break.
- With practice, this will become easier.
- I can learn how.
- I made a mistake. What did I learn?

@influencethechoice

@issaquah.tech

We asked students:

What percent of ISD HS students do you think have vaped in the past 30 days?

They Assumed:

67.25%

The Reality:

6%

The reality is 94% of students have NOT vaped in the past 30 days!

Data from the 2021 Healthy Youth Survey