

youth in control

Participant Program Guide

A youth-driven program to promote safer partying
and safer driving

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416.338.7600 toronto.ca/health

 **TORONTO** Public Health



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Youth in Control (YIC) was created by combining the *In the Driver's Seat* and *Party in the Right Spirit* programs offered by the Toronto Public Health (TPH) prior to 2008.

This *Youth in Control Participant Program Guide* features information that will help youth to keep both fun and safety at the top of the list when organizing, running or attending a social event or party. Helping youth to be aware of the issues, risks, responsibilities, strategies and solutions will help everyone to stay safe.

Web Page

Youth in Control resources can be found on the Toronto Public Health web site at www.toronto.ca/health (click on A-Z Index then click on *Youth in Control*).

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Youth in Control

What is the Program all about?

Youth in Control is a **peer-led health promotion program for youth** offered by Toronto Public Health.

A school Staff Advisor and Toronto Public Health staff provide support to youth leaders to **plan and take action on** one or more of **the following issues:**

- unsafe partying
- binge drinking
- risks of impairment from alcohol and other drugs
- marijuana misuse
- risky behaviours
- unsafe drivers and/or vehicle occupants

Activities by student peer leaders may include the following:

- An **assessment** of the health issues important to their school or community
- Peer led **workshops for youth** to reduce risks in the following areas:
 - Alcohol, drugs, marijuana misuse and binge drinking
- **Fun activities and events** with health promotion messages on safer partying and safer driving in the school and community
- **Planning safety strategies** or developing policies for social events at schools, such as, athletic banquets, graduation parties, school dances, etc.
- Planning **activities to reach parents**
- Partnering with other organizations/groups (e.g. Parent Action on Drugs, Toronto Police Services, Empowered Student Partnership Committee (ESP), Neighbourhood Action Groups, Youth employment agencies, local businesses, etc)

What are the benefits for the Peer Leaders?

- Develop and improve leadership, communication, problem-solving and organizational skills
- Develop skills in public speaking, presentations and in working with peers to take action on the issues important in the school/community.
- Develop skills and confidence for future career success
- Learn about harm reduction strategies and how to use them to assist other youth
- Learn how to handle peer pressure using assertiveness and refusal skills
- Learn how to plan and deliver effective school-wide activities
- Learn about strategies to reach parents and the community
- Opportunities to examine individual attitudes and beliefs towards alcohol, other drug use and safer driving
- Increase knowledge about the effects of alcohol, other drugs, safer driving, safer partying
- Increase knowledge about issues around liability, impairment and safety
- Increase knowledge about community resources
- Have fun!

Youth Advisory Committee

Youth provide valuable input to the *Youth in Control* program through the Youth Advisory Committee.

The Youth Advisory Committee is a group of students who work with Toronto Public Health Nurses to enhance the *Youth in Control* program. Some of the advantages of membership include learning how to create and publish a newsletter, how to facilitate meetings, learn and practice public speaking and networking with other youth interested in *YIC issues*. There are lots of opportunities to share ideas, have fun, make new friends and earn community volunteer hours all at the same time!

Members must attend 3 meetings throughout the 2011-2012 school year (snacks and TTC tickets will be provided).

Interested students can email Wendy Ho at mrohde@toronto.ca for more information.



Does the Program Work?

Studies have shown that peer-based education programs that are interactive, teach skill-building and emphasize factors that promote healthy growth and development in youth are most effective. Peer-based programs have been found to assist in changing social norms. By using a peer-based intervention, youth can promote harm reduction messages, and also build positive growth in themselves. Prevention programs should start prior to the age of first use and continue to early adulthood. The target group needs to be involved in all aspects of the program, including planning, implementation & evaluation (TPH, Redesign Report, 2003).

Working with Youth

Adolescence is a phase of human growth and development in which experimentation and risk taking behaviours of all kinds can be normal. Experimentation with alcohol and other drugs often happen during the high school years. Planning safer parties can reduce the health and social risks, including violence, vandalism, property damage, arrests, criminal convictions, and liability issues (CAMH, 2004). Prevention, foresight, common sense and planning can make the difference between non-injury, injury and death.



In a recent (2005) provincial conference on youth and alcohol, teens said they wanted messages about drinking to focus on: immediate consequences (destroying relationships, reputations), de-glamourizing drinking (tired of cleaning up after your friends), and empowerment (know your limits and take personal responsibility for your drinking). Messages should be truthful, current, simple to understand, and based on reality (YAMM-OPHA, 2005).

Background

Alcohol & Other Drug Use

Alcohol is the drug most commonly used by both adults and youth. Alcohol and drugs are associated with injuries, violence, drownings, sexual assaults, falls and motor vehicle collisions. In a 2009 survey, 69% of Ontario students in grades 7 through 12 reported drinking, and 25% reported binge drinking at least once in the month before the survey. By grade 12, approximately 83% of students report drinking alcohol, and 49% reported binge drinking.

Binge drinking (5 or more drinks for males and 4 or more for females on one occasion) among youth has been on the rise since 1999. Also, the percentage of youth reporting the use of cannabis (marijuana) has risen dramatically. There has been a 200% increase in cannabis use over the past 12 years in Ontario. In 2009, 26% of Ontario students in grades 7 to 12 reported using marijuana. By grade 12, 46% reported using marijuana.

The percentage of drivers reporting cannabis and driving is higher than the percentage reporting drinking and driving. About one in six (17%) drivers in grades 10 to 12 report driving a vehicle within one hour of using cannabis, at least once during the past year. About one-quarter (23%) of students in grades 7 to 12 report riding in a vehicle driven by someone who had been drinking alcohol, and 18% report riding in a vehicle driven by someone who had been using drugs. (*Ontario Student Drug Use and Health Survey, 2009*)

Real Examples of Unsafe Parties

At a house party, a teenager shot another teenager with a gun after a fight broke out. The owners of the house, parents of the party host, were away.

In Burlington, Ontario, a popular high school graduate was murdered by other teens who had been turned away from the party earlier.

Parents who gave their 14-year old daughter permission to hold a pyjama party with a few friends returned to find more than \$20,000 damage to their home. The house "trashing" was the work of 40 teenagers, most of who were not invited to the party. Many were drunk.

Youth can "party" with alcohol and other drugs in all kinds of settings. They gather outdoors, often in large numbers, at the 'Bluffs', in fields, on beaches and parkland, or indoors in family homes and cottages (80% of under-age drinkers report drinking at someone else's house).

At these parties, some adolescents engage in behaviours that may be dangerous to themselves and others. Now that youth carry cell phones, text messages can go out to hundreds of other kids about the location of a party. Party hosts have to worry about parties that may get out of control, which may risk the safety of invited guests and cause damage to property. Parents could be sued for thousands of dollars if someone is injured or killed at a party on their property and/or someone is injured or killed as a result of impairment from the party.

Impaired Driving

Impaired driving means driving when your ability to operate the motor vehicle is affected by alcohol or drugs. This is a crime under the Criminal Code of Canada. Any drug that changes your mood, or the way you see and feel will affect the way you drive. This is true for both illegal, prescription and over-the-counter medications, such as Tylenol with Codeine or Gravol.

More than 30% of drinking drivers involved in fatal crashes were aged 16-24 years. (*A Quick Look at Alcohol-related Crashes in Canada Fact Sheet, November 2008*)

Young drivers aged 19 to 24 continue to have the highest rates for impaired driving, according to data available from 94 police departments in nine provinces, representing 56% of all reported criminal incidents.

Although there has been a significant decline in road fatality and injury rates among teens over the last two decades, progress in the recent past has stalled. Road crashes still remain the leading cause of death among teenagers and more 19 year olds die or are seriously injured than any other age group. 40% of teenage drivers who are killed in road crashes have been drinking. Although young people are the least likely to drink and drive, the ones who do are at a very high risk of collision. (<http://www.madd.ca/english/youth/stats.html>)

In Canada, one in every 8 deaths and injuries in road crashes is a teenager. Recent statistics tell us that 2 out of 5 people who die in crashes involving alcohol are 25 years of age and under. More teenagers die each year as a result of road crashes than any other cause of death. (*MADD Canada*)

A significant number of drivers killed in road crashes have a combination of drugs and alcohol. "Drugs" include cannabis and other illicit substances as well as prescription and over-the-counter medications.)

After alcohol, marijuana is the most frequently found substance in people killed or injured in motor vehicle collisions. Marijuana diminishes psychomotor skills and attention span. It reduces the ability to perform tracking tasks; at high doses, users drive less accurately and show difficulty with steering. Impairment increases with higher doses. Faced with an unexpected event, a cannabis-impaired driver may find it difficult to react quickly. Surveys that establish recent use of cannabis show that THC (Tetrahydrocannabinol)-positive drivers, especially at higher doses, are three to seven times more likely to be responsible for their crash than drivers who had not used drugs or alcohol.

(www.potanddriving.cpha.ca/)

Distracted Driving

Distracted driving can occur any time a driver's attention is taken away from where they should be focusing their concentration — the driving task. Driver distractions include cell phones, eating, drinking, changing a CD, fiddling with radio dials, talking to a passenger, experiencing emotional distress, minding children, personal grooming, looking at billboards or even other vehicles on the road. (<http://www.caa.ca/driventodistraction/what/index.html>)

A study released in April 2006 by the U.S. National Highway Traffic Safety Administration (NHTSA) estimates that distractions, including drowsy driving, are a contributing factor in 8 out of every 10 police-reported traffic crashes.

Role Descriptions

The Staff Advisor and the Public Health Nurse are two key people who are there to support the *Youth in Control* workgroup throughout the school year. This section describes their roles as well as the role of the *Youth in Control* Peer Leaders. Knowing the different roles will help everyone to work together in planning a great year full of fun and creative activities.



Role of the Staff Advisor

- Get a group of interested youth together.
- Register the group for the *Youth in Control* program.
Deadline for registration is October 28, 2011.
- Attend the initial meeting with the Public Health Nurse and your *Youth in Control* workgroup.
- Assess if the group needs the start up fund for planned activities and submit the completed Honorarium form to the Public Health Nurse.
Deadline for Honorarium is November 4, 2011.
- Help the youth set some goals by assisting them to complete the Action Plan.
It is not a requirement to receive the Honorarium.
- Check with your school/agency and ensure that your group receives their start-up fund.
- Be familiar with the *YIC* resources and refer youth to them and/or Public Health Nurse for support.
- Guide youth in planning and implementing activities to promote safer partying and safer driving.
- Negotiate with relevant staff members (e.g. principal, teachers, and agency staff) on behalf of the *Youth in Control* group, to support program activities.
- Advise youth about school/organization policies (e.g. fund-raising, need for permits, etc).
- Motivate and encourage the youth throughout the year.
- Support youth in completing the budget report, activity log, and visual record. Help youth to celebrate their successes.
- Maintain communication with your Public Health Nurse for program updates and resources.
- Work with your group and Public Health Nurse to monitor budget expenditures.
Ensure that the budget report is completed and submitted to your Public Health Nurse by April 20, 2012. Any unused money from the start-up fund must be returned to Toronto Public Health at the end of the year. Cheques should be made payable to the "City of Toronto".

Role of the Public Health Nurse

- Review the *YIC* resources with Staff Advisors and youth.
- Assist the Staff Advisor and youth to complete the Honorarium Form for the start-up funds.
- Submit the Honorarium Form to the TPH program manager for her signature. Work with the Staff Advisor to ensure that the *Youth in Control* group receives the start-up fund from Toronto Public Health.
- Help the youth set some goals by assisting them to complete the Action Plan. **Note:** The Action Plan is not a requirement to receive the Honorarium.
- Co-ordinate the use of Public Health resources (e.g. displays, impaired vision goggles, promotional items, etc).
- Attend any events where TPH impaired vision goggles are being used and to ensure that the policy regarding its use is followed.
- Act as a communication channel to ensure that youth are aware of any upcoming events, or deadline dates.
- Support Staff Advisors and youth in the planning and implementation of activities (e.g. needs assessment, school/community activities, activity logs, visual record, etc.), linking to community resources, and preparation for the spring recognition celebration.
- Work with the Staff Advisor to ensure the completion of the budget report and the return of unused funds to Toronto Public Health at the end of the school year.

Role of the *Youth in Control* Peer Leader

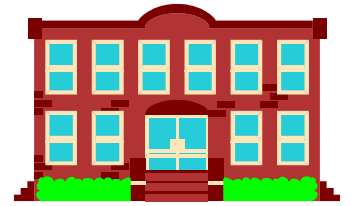
- Recruit a team of interested youth and a Staff Advisor. Identify and connect with those who may be interested. See Recruitment Ideas for more information.
If you do not have a Staff Advisor, talk to your principal/teachers/agency staff who you feel may be interested in the program.
- Attend the initial meeting with interested youth, the Public Health Nurse and Staff Advisor to learn more about the *YIC* program and to get familiar with the *YIC* resources. The resources will give you many ideas, strategies and activities to get your program started and get your message out. Register your school for the *YIC* program.
- Assess the needs of the school/community. See the "What is Happening in Your School/Community" for ideas re surveys, focus groups, interviews.
- Set some goals by completing the Action Plan with the assistance of the Public Health Nurse and Staff Advisor.
- Decide on the roles and responsibilities of each group member (e.g. co-chairs, minute-taker, treasurer, etc).
- Lead, plan, organize and run activities with the support of your Staff Advisor and the Public Health Nurse. Be creative and have FUN. Use the Activity logs to help with the planning/evaluation of each activity.
- Have all activities and spending of funds approved by your Staff Advisor to make sure that school/organization policies are followed. Complete the budget report as you go.
- Make use of community resources in the planning and running of your activities. See the Community Resources list. Talk to your Public Health Nurse for information, support, resources and to book Toronto Public Health displays and the fatal vision goggles.

What Makes You a Winner?



- Establish clear messages for each activity
- Tag all of your messages with *Youth in Control*-safer partying and safer driving
- Create your own *Youth in Control* banner, poster or other marketing tools e.g. *Youth in Control*-promoting safer partying and safer driving
- Create a visual record; for example, scrapbook, photo board, video, poster of all the activities/events that you have organized throughout the year
- Reach out to parents and the community and involve them in your activities
- Consider having a representative from your *YIC* group join the Youth Advisory Committee
- Complete the Brag and Boast form to show off your activities in the *YIC* newsletter.
- Evaluate your activities i.e. how did you define success for the activity and did you meet it? Use the activity logs to assist you to reflect and make suggestions for change
- Consider attending youth conferences
- Be creative. Be unique. Be original. Have fun!

What's Happening In Your School/Community?



- Each school/community is unique. The activities you plan will make a bigger impact if they meet the specific needs of your school/community related to a safer partying and safer driving issue.
- Doing a needs assessment doesn't have to be difficult. Here are a few ways it can be done:
 - Get a few small groups of youth together (focus groups) to discuss their concerns related to partying
 - Hand out a survey during lunch hour or in a few classes asking questions about partying and driving
 - Interview a cross-section of youth individually about their concerns and attitudes about unsafe driving and unsafe partying
- Some questions that might be asked in a survey or interview:
 - *Is impaired and unsafe driving a problem within our school/community population? (Ask about other issues e.g. unsafe partying, binge drinking (over-drinking) risks of impairment from alcohol and other drugs, marijuana misuse, risky behaviours, unsafe drivers and/or vehicle occupants)*
 - *Are there certain times/events that are associated with these problems/issues?*
 - *In what grade/age does this become an issue?*
 - *What are some solutions to this problem?*

REMEMBER:

- Check with your Staff Advisor before doing a needs assessment
- Let all participants know that all the information collected is **CONFIDENTIAL**
- Make the surveys anonymous
- Have youth indicate their grade/age on the survey

YOUTH IN CONTROL ACTIVITIES

Remember To Have All Activities Approved By Your Staff Advisor

How to get the message out...make a scene!

White-Out Day

- Have a number of students in the school paint their faces white for one whole day to illustrate the number of people injured or killed in impaired driving collisions in one year.
- At the end of the day, gather all the students who had their faces painted and the rest of the student body in front of the school to raise awareness about the number of people injured or killed that year.

Wrecked Car Display

- Many schools like to display on their school property, the Crashed Car as a visual example of the possible results of impaired driving
- The school is to make any arrangements for this activity and there may be a cost. It is important to note that if the school does choose this activity they are to display safe driving/cycling messages along with the display. (Contact: J & P Towing at 416-203-9300)

Bulletin Board Campaign

- Get a bulletin board for your group and post media articles, posters, newsletters, signs, and banners.

Chain of Life

- Print names of youth on strips of paper, make it into a chain and attach a safer driving message.

Candy-grams

- Give out candy-grams with a safer partying and safer driving message attached.

Mothers Against Drunk Driving (MADD) Campaign

- Tie red ribbons on cars or bags to support MADD's initiatives promoting safer driving.

P.A.R.T.Y. Program

- Organize a trip to Sunnybrook Health Sciences Centre for the P.A.R.T.Y. program to see what could happen to you in an impaired driving crash.

Memorial Walk

- Using chalk, write names of people who died in impaired driving collisions on the sidewalk all around your school/community or tape the names on the hallway floors in your school.

Memorial Garden

- Plant a garden or tree in memory of those who have died in impaired driving collisions and invite youth to the planting.

Toronto Public Health Displays and other resources

- Set up the "Live to Party Again" display and give out information promoting safer driving and safer partying.
- Ask the Public Health Nurse about other fun, creative activities like the "Goggle Games"
- Borrow the Answer Quest Game to test knowledge about alcohol/drugs and partying issues.

Get the message out

Lifesaver Campaign

- Give out lifesavers or candy-grams with a safer driving or safer partying message attached.

Newspaper Article

- Create safer driving and safer partying messages for your school or agency newsletter/newspaper.

PA/Radio Announcements

- Use the PA system to announce a school initiative to promote safer partying and safer driving messages.
- Arrange to put safer partying and safer driving messages on a local radio station.

On the creative side...

Art Contests

- Have a contest for the best art/song/poem/poster/T-shirt design with a safer driving or safer partying focus.

Drama

- Work with the Drama Department to create a skit/play with a safer driving and/or safer partying message to present at a school assembly or to local feeder schools.

Float

- Enter a **Youth in Control** float with theme messages in a community parade.

Design a Banner

- Display a banner with safer partying and/or safer driving messages to hang at a local arena or community site.

Fun! Fun! Fun!

Fun Day

- Create obstacle courses or "Walk the Line" activities using the impaired vision goggles which mimic visual impairment from alcohol and other substances. (*Call your Public Health Nurse for impaired vision goggles*).

Mocktails

- Make mocktails (non-alcoholic fancy drinks) or run a mocktail contest.
- Hand out mocktail recipes with safer driving/partying messages and pamphlets about ways to reduce the risk of impairment from alcohol and other substances.

For the “techie” people...

Web Page Design

- Create your own web page at your school and promote the address. Link it to Toronto Public Health web page and other sites related to safer partying and safer driving.

Screen-Savers

- Create screen-savers with safer partying and safer driving messages for computers in the labs or library.

Celebrate good times!

Birthday Bash

- Anyone who turns 16 years old gets a gift with a safer driving and safer partying message attached.

Call-Me Cards

- Give out “Call-Me Cards” with quarters at any school/community celebration. (*Contact OSAID to order the cards*).

Give `em the facts.

Friday Fact-File

- Read information and statistics or play a song about safer driving and safer partying over the P.A. system every Friday.

Surveys

- Run a survey to find out what people know about impaired and unsafe driving, and unsafe partying.

Round`em up!

Assemblies

- Invite a guest speaker (crash victim or motivational speaker); show a video; invite a theatre troupe to a school assembly/community to highlight making safer partying choices and the impaired and unsafe driving issues.

Memorial Service

- Hold a memorial service for all victims of collisions involving impaired and unsafe driving.

Focus Groups

- Get a group of youth together to discuss the issue of partying and risks (such as impaired and unsafe driving), and write up a summary in your school/community newspaper.

Mock Inquest

- Hold a mock inquest about an impaired and unsafe driving case at a school assembly/agency.
- Act out the role of a judge and jury in investigating a fatal car crash.
- Research a real legal case and decide what charges the judge might lay and their impact on the person being charged and the families of the impaired driver and the person killed.

Show me the money

Civvies Day

- Have people pay to wear street clothes for a day instead of the school uniform, and donate the money to *Youth in Control* activities or an agency that promotes safer driving.

Pizza Lunch

Arrange a pizza lunch and show a video about safer partying, and/or a video about impaired and unsafe driving.

Other Ideas

Bake Sales, Penny Drives, Dances, Raffles, Sporting Events, Video-Games Tournaments, or Car Washes with **safer partying and/or safer driving messages** posted.

More Ideas

- Plan a mocktail contest or competition-add messages to the cups
- Have a mocktail recipe contest and make a recipe booklet with safer partying and safer driving messages
- Family feud or jeopardy type games
- Trivia questions for parent's night
- TVO program-participate in "Vox Talk"
- "Speaker's Corner"-compose messages in different languages
- Hold an open house
- Safety jingles contest before seasonal holiday
- Halloween haunted house
- St. Patrick's Day parade
- Easter egg-o-grams
- Help get Santa home safely
- Obstacle course-using fatal vision goggles
- International Day
- Sidewalk messages
- Personalized season's greetings
- Run *I Drive- Road Stories* DVD over lunchtime
- Party Smart Raffle
- Safe summer campaign
- Talent show
- Cultural fashion show
- Bake sales-message attached to the baked goods
- T-shirt messages
- Writing contests-poems, jingles
- Create tray liners for school cafeteria
- Design a page for the school yearbook

Reaching out to Parents

Parents Night/ Parent Interviews or Curriculum Night Events

- Involve parents in activities such as a display, mocktail tasting, mocktail judging contest, fatal vision goggles, 'call me' contracts, etc.

Workshops or Guest Speakers

- E.g. drug awareness information, impairment and unsafe driving information, how to talk to your kids, internet safety, etc.

Information and Community Resources

- Prepare articles related to safer driving and safer partying for parents on the website or newsletter, messages for parents in report cards or 'Welcome To High School' packages etc.

Partnerships

- Partner with other groups (e.g. Parent Action on Drugs (PAD), Police, Empowered Student Partnerships (ESP) Committee, Neighbourhood Action Groups, Youth Employment Agencies, local Businesses etc.).

Focus Group

- Conduct a focus group with parents about youth & parties.

Get the Community involved

Liquor Bags

- Get students from feeder schools to colour/draw safer driving messages on paper bags and arrange for local LCBO stores to use them for their patrons.

Caring Corsages

- Arrange for local flower shops to place in every corsage/boutonniere box a message from the **Youth in Control** committee during graduation time.

Presentation to Feeder Schools

- Run presentations at feeder schools for students and their parents on how to be a responsible passenger, and how to deal with the issues of impaired and unsafe driving.

Other Ideas

- Plan to get messages out at community events like; parades and festivals, community BBQs and car washes
- Partner with local coffee and pizza shops to hand out information about safer partying and driving
- Create messages for community newspapers and radio stations
- Run a poster campaign and display them in the local malls
- Place posters and materials in mall doctor's offices and health clinics
- Arrange to display a crashed car on the school property. The crashed car is a visual example of the possible result of unsafe driving. Add safer driving/safer partying messages to the car.
- Arrange for the multi-media assembly show/Mothers Against Drunk Driving-invite parents and community members: 1-800-665-6233 ext. 225 or 240
- Plan an alcohol and drug prevention awareness day-invite community partners/parents to participate

Good Times to Get the Message Across

Important Months:

- **October**-National Students Against Impaired and Distracted Driving
www.studentlifeeducation.com
- **October**-National School Safety Week Canada Safety Council www.safety-council.org
- **November**-Drug Awareness Week-Ontario Drug Awareness Partnership
www.odap.org
- **December**-National Safe Driving Week-Canada Safety Council www.safety-council.org
- **April**-Injury Prevention Week www.smartrisk.ca
- **May**-National Road Safety Week-Ministry of Transportation (MTO)
www.mto.gov.on.ca
- **May**-National Summer Safety Week-Canada Safety Council www.safety-council.org

Other :

- Holidays (Christmas, New Years, Valentine’s Day, Halloween etc)
- Formals/dances/banquets
- Sports events/pep rallies/spirit days
- Assemblies
- Parent Council meetings
- Student Council meetings
- Teacher/staff meetings



Where to Put Your Messages

<ul style="list-style-type: none"> • P.A. announcements • Day planners/student agendas • Lockers • Classrooms • Bulletin boards • Washroom stalls, walls, mirrors • Hallways • Floor • Locker/change rooms • On people (e.g. T-shirts, hats, buttons) • School newsletter • Parent newsletter • Agency newsletter • Community newsletter 	<ul style="list-style-type: none"> • Web page, screen savers • Posters/banners • Library • On cars/parking lot • School bags • Guidance office • Yearbooks • School paper • Ribbons • Cafeteria (e.g. tray liners) • Middle school • Report card inserts for parents
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Guidelines for Youth in Control Activities

School Policy

Start Up Fund

Please ensure that **ALL Youth in Control** communications, activities, events, etc. are approved by your school principal and/or other appropriate staff before they occur, in order to comply with school/agency policies.

Toronto Public Health provides each school/agency registered in the program with a start-up fund. Please account for these funds on the **Budget Report** provided. The Budget Report should only account for the funds given to you by Toronto Public Health and not any pre-existing funds or donations the *Youth in Control* group has received. It is recommended that an account be set up for the group through the school/agency office and monitored closely by the Staff Advisor/Public Health Nurse.





Safe Graduation Activities ***It's Your Party: Plan Ahead!***



There are many pre-and post-social events organized by members of the graduating class and/or their families. Most events are successful. Many youth know how to have a good time without alcohol and other drugs. Helping youth be aware of the issues, risks, responsibilities, strategies and solutions will help everyone stay safe.

Get familiar with your school/agency policies about alcohol and drug use at school/agency parties or sponsored events.

Plan activities for the graduating classes to encourage youth to take safety into account when they are making their party plans.

Ideas for Activities

Caring Corsages

- Arrange for local flower shops to place in every corsage/boutonniere box a message (about safer driving/safer partying) from the ***Youth in Control*** committee during graduation time.

Mocktails

- Make mocktails (non-alcoholic fancy drinks) or run a mocktail contest.
- Hand out mocktail recipes with safer driving/partying messages and pamphlets about ways to reduce the risk of impairment from alcohol and other drugs.

Assemblies or workshops

- Plan an assembly or workshops for the grads. Talk to your Public Health Nurse for workshop ideas and for a list of speakers.

Slogans

- Add a slogan to the invitations/tickets e.g. "This is your first prom-don't make it your last."

Handouts

- Give out "Phone Me Cards" or cards with numbers to call a taxi.
- Hand out copies of the "Call Me Contract" with tickets for the dance (See Appendix I).

Pledges

- Ask partygoers to sign a pledge when they receive their tickets. For example:

"I pledge to ensure that the Graduation party is successful by acting legally and responsibly at all times. I understand that if I break this pledge and arrive suspected of being under the influence of alcohol or other drugs, I will be refused entry to the party and my money will not be returned.

Safer Partying Checklist to Reduce the Risks of Unsafe Partying

Strategies to Reduce Impairment

In your school/community promote safety messages about:

- The benefits of an alcohol/drug-free event
- The dangers of impairment including drinking and driving, drinking games, alcohol poisoning, possible sexual assault, mixing alcohol and drugs, etc.
- Never leave drinks unattended. Don't accept mixed drinks. Drink out of the can/bottle

Before the event get your message across:

- Hold special assemblies/workshops (e.g. motivational speakers, educational theatre)
- Survey youth about their "dream grad". Include questions on safety concerns
- Start a prom or party bulletin board
- Plan special event promotions in your school/community
- Send letters to youth and parents re: consequences if youth are intoxicated
- Have peer mentors talk to younger youth about the risks of unsafe partying and unsafe driving

At your school/agency party:

- Do not serve alcohol, have lots of non-alcoholic drinks, non-salty foods and water
- Make it fun with dancing and awards
- Have monitors/security guards to check for intoxication
- Encourage mingling with seating plans and activities

At Your House Party:

- Promote responsible drinking (e.g. non-alcoholic drinks, no drinking games, food available)
- Remain sober, especially if you are the host. Don't serve alcohol to anyone under age 19
- If serving alcohol, hire a SmartServe trained bartender to prevent over-drinking
- Keep an eye on how much alcohol is consumed
- If you are serving alcohol at a house party, switch to juices and other non-alcoholic drinks at least two hours before the party ends
- Don't have a "last call"
- Let people sleep over if they are drunk. Keep checking them until they are sober

Strategies to Improve Personal Safety

Before the party, promote the following messages in your school/community:

- Party only with people you know and trust
- Have a buddy – there is safety in numbers
- All guests must have tickets and be signed in

At the party:

- Hire security guards, police and/or bouncers. Allow invited guests only
- Ask adults you trust to your party to help you deal with any possible problems
- Do not combine alcohol and potentially dangerous activities such as swimming, boating, or driving
- Do not allow in and out privileges. Patrol washrooms/outside areas
- Rent places that only have one client (i.e. no other schools/agencies sharing the same place).

Strategies to Prepare for Emergencies

Before the party:

- Be aware of the signs of someone who is impaired and when they need medical attention
- Have someone who is trained in CPR and first-aid at your party
- Ask guests to give a back up phone number to provide safe transportation or to deal with an emergency

At the party:

- Youth and staff organizers have cell phones. Ensure first-aid kits are on hand
- If it is a house party, confine the party to a certain area of the house. Lock bedroom doors. Remove valuables and private liquor stock to a secure area
- Have chaperones/security/police at party.
- Stop the party and/or call the police if someone makes unsafe personal decisions (e.g. insisting on driving home while impaired, or diving off the roof into a pool).
- If you are dealing with someone who you think is impaired and has passed out, call 911 and put the person in a side-lying recovery position. Stay with the person until medical attention has arrived.

Strategies to Reduce the Chance of Being Sued

Before the party:

- Hand out safer partying rules and/or have youth sign a contract when they purchase their ticket
- Hold lunch time/after school seminars/workshops (e.g. info session on committee's liability and safer partying plan).

At the party:

- Do not serve alcohol.
- Post a set of party rules before the party and at the party
- Hire a SmartServe bartender (someone who has been trained to monitor and deal with drinking problems)
- Provide sleeping bags if people need to sleep over
- Make sure guests are sober before leaving the party
- If someone comes to your party impaired, don't let him/her in. Offer the person safe transportation home
- Be prepared to deal with any guest who is reaching his/her limit.

Strategies to Promote Safe Transportation

- Pre-arrange transportation for guests (e.g. hire a bus, a limo or take a cab)
- Make sure no one drives while impaired
- Ask guests to hand in their keys when they enter the party
- Hand out call-me cards, quarters for phone calls, money for taxi, a list of taxi companies

Strategies to Improve Venue Safety

- Have safe lighting.
- Interview venue host to inquire about safe-guarding guests
- Inspect the site. Ensure there is no access to a balcony or any other potentially unsafe areas
- Do not exceed recommended room capacities
- Lock small rooms & confine the party to a large room
- Ensure adequate washroom facilities, ventilation, and running water
- Provide a cool down area

Workshops for *Youth in Control* Peer Leaders

The following training workshops are available for *Youth in Control* peer leaders, and can be facilitated by a Public Health Nurse.

Conflict Management

- Learn how to deal with difficult conflicts and group dynamics.

Getting the Message Out

- Learn how to develop your *YIC* messages on safer partying and/or safer driving.

Group Dynamics

- Learn the tools to assist the *YIC* workgroup in forming groups, keeping your group motivated and creating positive group dynamics.

How to Create a Visual Record

- Learn how to create a visual record, which can be used to show all the *YIC events* that have been planned and implemented in the school/community throughout the year.

Impairment

- Learn about safer partying strategies, about alcohol, and the common types of drugs and their effects on the brain and body.
- Play a fun game with question & answer cards to test your knowledge.

Liability (as it relates to alcohol, injury and hosting parties)

- Learn about the law and discuss case studies of situations that can happen at a party and how to deal with them.
- Share ideas of how to plan a safer party.

Line Up! Activity

- Learn about drugs most commonly used by Ontario students.
- Increase knowledge about alcohol and drugs.

Myths and Realities of Marijuana

- Learn the facts of marijuana use and how to reduce the risks

Presentation Skills

- Learn how to effectively present to your peers.

Risk Reduction*

- Learn how to communicate with someone under the influence of alcohol and/or other drugs.
- Learn skills in negotiation and assertiveness.
- Discuss case studies of situations that could happen at a party and how to reduce the risks.

What's with Binge Drinking, Impaired Driving and Distracted Driving?

- Learn about binge drinking, impaired driving and distracted driving and how to reduce the risks.

***Note**

If you require more in depth programming or curriculum supports regarding relationships, decision-making and/or sexual assault, please talk to your Staff Advisor to contact Toronto Health Connection for information and referral to Toronto Public Health, Sexual Health Programs and Services at 416-338-7600.

Youth in Control Visual Record

What is a visual record?

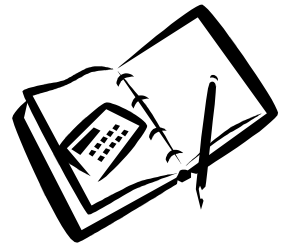
A visual record is a way to show off all the events that you have planned and implemented in your school/community throughout the year. Some examples could be a photo album, essay, poster board, video, or a scrapbook, etc. It is up to you and your group. Be creative and include the photos you have taken!

Why should we make a visual record?

It is a legacy for your group to leave at your school/agency and something for next year's group to look up to.

Who should make a visual record?

The *Youth in Control* student peer leader team at your school/agency.



How do we start a visual record?

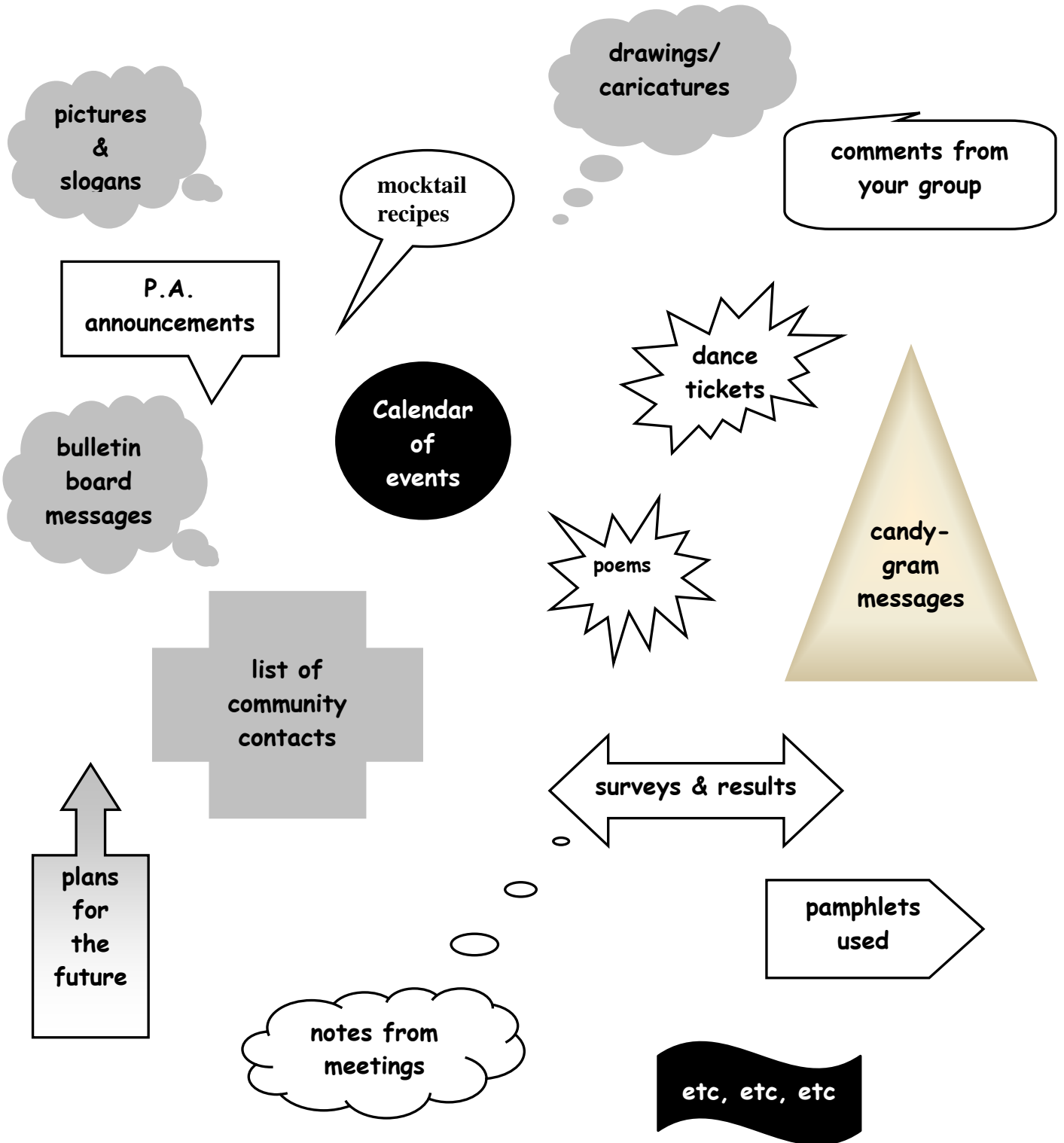
Remember to take photographs at each event. Keep everything related to your activities together in a large envelope. This will save time when you are ready to do your visual record.

What should we include in the Visual Record?

Each visual record can include your group's:

- budget sheet
- activity logs

The rest is up to you...be creative and unique!! Include:





COMMUNITY RESOURCE LIST

The purpose of this list is to provide participants of **Youth in Control** with information about non-profit community resources that may be helpful in planning school/community activities to raise awareness about the dangers of unsafe partying, impaired driving, injury and other risks associated with alcohol and other drugs.

Please check with your Principal/Staff Advisor before distributing or posting any printed material or posters in your school/agency

ALCOHOL POLICY NETWORK-ONTARIO PUBLIC HEALTH ASSOCIATION

CONTACT PERSON: Jason Le Mar
ADDRESS: 700 Lawrence Ave West, Suite 310, Toronto ON. M6A 3B4
TELEPHONE NUMBER: (416) 367-3313, ext 264
FAX: (416) 367-2844
WEBSITE: www.apolnet.org/
E-MAIL:
RESOURCES AVAILABLE: Alcohol resources focusing on youth. Resources for teachers. Quick links

- alcohol advertising
- distribution of the **Newsletter**
- resources on alcohol advertising issues
- **News Listserv** located at <http://www.apolnet.ca/news/ListservHome.html>
- published **Research Papers** related to alcohol advertising and youth
- postcards, brochures, **bilingual** posters, and other promotional materials

ARRIVE ALIVE DRIVE SOBER (former name was OCCID)

CONTACT PERSON: Anne Leonard
ADDRESS: 1387 Bayview Avenue, Suite 106, Toronto ON M4G 3A5
TELEPHONE NUMBER: (416) 485-4411
FAX: (416) 485-8879
WEBSITE: www.arrivealive.org
E-MAIL: arrivealive@bellnet.ca

RESOURCES AVAILABLE:

- Drive sober valentine cards, insurance folders, arrive alive “passports to safety”, posters, postcards, tattoos, video and radio public service announcements (preview on youtube)
- “iDRIVE” Road Stories DVD - a 24 minute road safety video for youth under the age of 25 years
- Presentations, guest speakers and *ideas* for education activities
- Other materials may be available from time to time including recipe cards, home hosting kits, coasters and Shut out Impaired Driving materials
- Most resources are also available in French. T-shirts are available at cost (\$5.00 each).

BREAKAWAY ADDICTION SERVICES

CONTACT PERSON: Kylie Somerville
ADDRESS: 2 Billingham Rd., 4th Floor, Toronto, ON M9B 6E1
TELEPHONE NUMBER: 416-234-1942 Toll Free: 1-800-836-6209
FAX: 416-234-5702
WEBSITE: WWW.BREAKAWAYYOUTH.ORG

E-MAIL: breakaway@breakawayyouth.org

RESOURCES AVAILABLE:

- Adult Information Night (free)
- Parent group
- Family Youth Initiative Team – to connect with youth, families and other concerned community members in addressing the struggles related to drugs and alcohol.
- Harm Reduction Outreach Team

CENTRE FOR ADDICTION AND MENTAL HEALTH (CAMH)
Youth Outreach Services (YOS), Child, Youth and Family Program

CONTACT PERSON: Joanne Shenfeld
ADDRESS: 33 Russell Avenue, Toronto ON M5S 2S1
TELEPHONE NUMBER: (416) 535-8501, ext 6765
INFO LINE: (416) 595-6111
FAX: (416) 599-1324
WEBSITE: www.camh.net
E-MAIL: joanne_shenfeld@camh.net

RESOURCES AVAILABLE:

- **videos** available on loan basis
[http://www.camh.net/About Addiction Mental Health/CAMH Library/index.html](http://www.camh.net/About_Addiction_Mental_Health/CAMH_Library/index.html)
- **print resources** including *Partying and Getting Drunk*, *About Alcohol*, *About Marijuana* etc. (Check website or call the Info line at 416-595-6111)
- drug and alcohol related training for peer education
- **The Youth Outreach Service (YOS)** offers presentations and workshops for youth, parents and professionals about issues related to youth substance misuse and mental health. Using dynamic, interactive activities, facilitators engage their audience in discussions about youth and mental health, self identity and substance misuse.
http://www.camh.net/Care_Treatment/Program_Descriptions/Child_Youth_Family/Youth_Outreach_Service/youth_outreach_service.html
- www.virtual-party.org - an interactive web-based resource, developed by youth, for youth. It's an educational tool aimed at offering youth information in an interactive story, promoting healthy choices and reducing risky behaviour related to alcohol use. It is targeted to youth 13-19 years of age.
- **The Youth Addiction and Concurrent Disorders Service** offers treatment to youth and their families who are concerned about their substance use, with or without a concurrent mental health concern.
http://www.camh.net/Care_Treatment/Program_Descriptions/Child_Youth_Family/Youth_Addiction_Youth_Outreach_Services/index.html

COUNCIL ON DRUG ABUSE (CODA)

CONTACT PERSON: Programs Manager
ADDRESS: 111 Peter Street, Suite 505, Toronto, ON M5V 2H1
TELEPHONE NUMBER: (416) 763-1491 x 221
FAX: (416) 763-5343
WEBSITE: www.drugabuse.ca
E-MAIL: info@drugabuse.ca

RESOURCES AVAILABLE:

- **The Drug Files** provides drug information at www.drugabuse.ca/pages/the_drug_file.html
- **Youth Advisory Council YAC** – to reduce and prevent substance abuse in their schools, communities and among their friends.
- **Certified CODA Educator CCE** – training sessions for youth to become a CCE to help prevent drug abuse in their communities.

DRUG AND ALCOHOL REGISTRY OF TREATMENT (DART)

- DESCRIPTION:** This is a confidential phone line to get help for someone who is experiencing problems with drugs or alcohol.
- TELEPHONE NUMBER:** 1-800-565-8603 (toll free, 24-hours a day)
- WEBSITE:** www.dart.on.ca
- E-MAIL:** <http://www.dart.on.ca/contactus.html>
- RESOURCES AVAILABLE:**
- free posters, pamphlets and wallet cards
 - 24-hour information and referral service
 - translation service available

HEALTH CANADA

- ADDRESS:** 180 Queen St W Toronto ON. M5V 3L7
- TELEPHONE NUMBER:** (416) 973-4389, press 4 for health information
Toll free- 1-800-622-6232
- FAX:** (416) 973-1423
- WEBSITE:** www.hc-sc.gc.ca ("Just for You - Youth")
- E-MAIL:** publications@hc-sc.gc.ca
- RESOURCES AVAILABLE:**
- free pamphlets and publications (topics: Youth and Alcohol; Youth and Substance Use)
 - Straight Facts on Drugs & Drug Abuse (booklet)

KIDS HELP LINE

- TELEPHONE NUMBER:** 1-800-668-6868
- WEBSITE:** www.kidshelpphone.ca
- RESOURCES AVAILABLE:**
- For ages 20 and under
 - Non-judgemental, confidential, anonymous counselling
 - Free, 24/7
 - Phone counselling
 - Web counselling
 - Info Booth-read up on popular teen topics
 - Your space site-take surveys, play games and more

MOTHERS AGAINST IMPAIRED DRIVING (MADD TORONTO CHAPTER)

CONTACT PERSON: Carolyn Swinson and/or Mary Sultana, Co-presidents
ADDRESS: 35 Lytton Blvd., Lower Level, Toronto ON M4R 1L2
TELEPHONE NUMBER: (416) 924-2666
FAX: (416) 924-3666
WEBSITE: www.maddtoronto.ca
E-MAIL: maddtoronto@bellnet.ca

RESOURCES AVAILABLE:

- If you plan to visit the office, please be sure to call ahead to make sure someone will be there
- victim services
- victim speaker for school assemblies (book at least two weeks ahead)
- variety of videos available depicting impaired driving scenarios. Videos can be loaned out with a \$20.00 deposit
- PSA's (public service announcements) about impaired driving issues
- pamphlets on a variety of topics e.g. liability issues, victims of impaired driving crashes
- 'If you're high, you can't drive' -- awareness campaign against drug impaired driving
http://madd.ca/english/news/high_drive_2005.html
- "Why Drive High? Game" <http://www.hbcreative.com/whydrivehigh/>
- multi-media presentation

MINISTRY OF TRANSPORTATION (MTO)

CONTACT PERSON: Elaine Dimitroff
ADDRESS: 1201 Wilson Avenue, Bldg A, Room 212, Downsview ON
M3M 1J8
TELEPHONE NUMBER: (416) 235-4866
FAX: (416) 235-5129
WEBSITE: www.mto.gov.on.ca

RESOURCES AVAILABLE:

- Road safety public education
- Pamphlets can be order from www.serviceontario.ca

MIXED COMPANY THEATRE

DESCRIPTION: Project Act - Involves youth (grade 7-9) in the development and performance of an interactive Forum Theatre Production. Will perform at schools in Toronto (book early).
TELEPHONE NUMBER: (416) 515-8080
WEBSITE: www.mixedcompanytheatre.com
E-MAIL: info@mixedcompanytheatre.com

ONTARIO STUDENTS AGAINST IMPAIRED DRIVING INC. (OSAID)

CONTACT PERSON: Matt Evans, Executive director
ADDRESS: 1015 Lakeshore Blvd. E. Unit 2B Box #3, Toronto, ON M4M 1B4
TELEPHONE NUMBER: 1-877-706-7243
WEBSITE: www.osaid.org
E-MAIL: osaid@osaid.org

RESOURCES AVAILABLE:

- free OSAID Start-up Kits for schools
- 12 Elected Regional-Teen-OSAID representatives *each year*
- three day Provincial Leadership Conference and boat cruise
- 10 Regional one day Leadership Workshops (throughout Ontario)
- school resources (posters, contract for life, promotions) *when available*
- newsletter Provincial Office Staff: Provincial Co-ordinator, Outreach Co-ordinator
- event ideas, possible projects, presentations and campaigns
- new “iDRIVE- Road Stories” DVD for school in-class presentations or assemblies (more info under ‘OCCID’)

PARENT ACTION ON DRUGS (PAD)/ONTARIO DRUG AWARENESS PARTNERSHIP (ODAP)

CONTACT PERSON: Kathie Baillie, Office Administrator
ADDRESS: 7 Hawksdale Road, North York ON M3K 1W3
TELEPHONE NUMBER: (416) 395-4970/1-877-265-9279
FAX: (416) 395-4972
WEBSITE: www.parentactionondrugs.org
E-MAIL: pad@parentactionondrugs.org

RESOURCES AVAILABLE:

- Fact-sheets, pamphlets, telephone support
- **CBC: *Challenges, Beliefs and Changes*** : an innovative peer-education program about alcohol, tobacco, cannabis and other drugs. This two-day program trains over 600 Ontario high school students each year to lead discussions and other activities with grade eight or nine students to help them make informed choices about using alcohol and drugs.
- ***For the Record***: The reality video of a grad party (PAD/ODAP)
- ***What’s With Weed***: a peer-led program about marijuana use (includes CD/DVD/presentations)
- ***Taking Charge: Young Women, Alcohol & Sexual Assault***
- ***Parent Action Pack***: new information kit, offered free to parents to help them understand and face the challenges of teenage use of alcohol and other drugs
- ***PAD: Parent and Community Handbook, 5th edition***
- ***“What’s Your Alcohol IQ”*** booklet, poster and display
- ***Building Resilient Youth*** – for parents

P.A.R.T.Y. PROGRAM-
PREVENT ALCOHOL AND RISK-RELATED TRAUMA IN YOUTH

CONTACT PERSON: Sandi Kleinman
ADDRESS: Sunnybrook Health Sciences Centre, 2075 Bayview
Avenue, Room H259, North York ON M4N 3M5
TELEPHONE NUMBER: (416) 480-5912
FAX: (416) 480-6865
WEBSITE: www.partyprogram.com
E-MAIL: Sandi.kleinman@sunnybrook.ca/
partyprogram@sunnybrook.ca

RESOURCES AVAILABLE:

- Contract For Life
- guest speakers

P.A.R.T.Y. Program -This is a six-hour program held at Sunnybrook Health Sciences Centre. It provides young people (15-18 years) with information about injury (trauma) that will help them to: recognize potential injury producing situations; make prevention-oriented choices and to adopt behaviours that minimize unnecessary risk.

SMARTRISK FOUNDATION

CONTACT PERSON: Jennifer Wilson, Youth Program Manager
ADDRESS: 36 Eglinton Ave. W., Suite 704, Toronto, ON M4R 1A1
TELEPHONE NUMBER: (416) 596-2700
FAX: (416) 596-2721
WEBSITE: www.smartrisk.ca
E-MAIL: Info@smartrisk.ca

RESOURCES AVAILABLE:

- Injury prevention information and newsletters
- SMARTRISK No Regrets – peer leadership program.
 - Trained youth leaders and staff advisors will implement injury prevention activities and events in their schools to influence the attitudes and risk taking behaviour related to risk activities, such as driving, partying. All activities speak at least one of the smart risk messages: Buckle Up, Look First, Wear the Gear, Get Trained and Drive Sober.
 - SMARKRISK No Regrets live – combines a DVD presentation with a live talk given by an injury survivor who speaks how the injury has affected his/her life. Costs to the hosts for one presentation is \$1,000 plus travel expense. Call 416-596-2703 for questions or booking a presentation.

SMARTSERVE ONTARIO

CONTACT PERSON: Mary Parsons, Marketing Manager
ADDRESS: 5405 Eglinton Ave West, Suite 105, Toronto ON. M9C 5K6
TELEPHONE NUMBER: (416) 695-8737; 1-877-620-6082 – toll free
FAX: (416) 695-0684
WEBSITE: www.smartserve.org
RESOURCES AVAILABLE:

- Smartsolve training offered
- www.smartserve.org/resources.asp for more resources

THINKFIRST INJURY PREVENTION STRATEGY FOR YOUTH (TIPSY)

CONTACT PERSON: Anne Sorvarri
ADDRESS: St. Michael's Hospital 30 Bond St. Toronto, ON, M5B 1W8
TELEPHONE NUMBER: (416)864-6015
WEBSITE: www.stmichaelshospital.com/programs/.../injury-prevention.php
E-MAIL: sorvaria@smh.toronto.on.ca
RESOURCES AVAILABLE:

- TIPSY is a half day injury prevention program offered throughout the academic year to high school students in the Greater Toronto Area
- The focus is on helping youth understand how inexperience, lack of restraint use, drinking/drugging and driving can result in tragedy on the roadways
- The lecture component is taught by an inter-professional team of nurses, physicians, representatives from Toronto Police Services, Mothers Against Drunk Drivers and a Voice of Injury Prevention (VIP)
- The VIP is a trauma survivor who has sustained a brain or spinal cord injury and recounts first-hand the events leading to his/her injury, its consequences and lasting effects

TORONTO POLICE SERVICES

TELEPHONE NUMBER: (416) 808-1900
FAX: (416) 808-1922
RESOURCES AVAILABLE:

- Traffic Safety Programs <http://www.torontopolice.on.ca/traffic/tsp.php>

TORONTO POLICE SERVICES /SCHOOL ACTION TEAMS

CONTACT PERSON: Rebecca Tompkins
TELEPHONE NUMBER: (416) 808-7019
FAX:
WEBSITE: www.schoolactionteams.com
E-MAIL: rebecca@esponline.ca
RESOURCES AVAILABLE:

- The School Action Team program provides support to officers and staff advisors who assist with the facilitation of the program. This program includes accessing resources related to safety and school issues, assisting with program development, school fundraising and planning events.

TORONTO PUBLIC HEALTH

CONTACT PERSON: Call your *Youth in Control* Public Health Contact , School Liaison Public Health Nurse or Toronto Health Connection
TELEPHONE NUMBER: (416) 338-7600
WEBSITE: www.toronto.ca/health
RESOURCES AVAILABLE:

- Public Health staff to support your *Youth in Control* group
- Drug and alcohol print resources
- Workshops, displays and fun, interactive activities using the "Fatal Vision Goggles"

TRANSPORT CANADA

TELEPHONE NUMBER: 1-800-333-0371
WEBSITE: www.tc.gc.ca/roadsafety
RESOURCES AVAILABLE:

- SMASHED magazine (free); IMPACT (French)
- Website information on impaired and unsafe driving
- Traffic Injury Research Foundation (T.I.R.F.)
 - Road safety institute that performs research into the causes of road crashes. They develop and promote effective prevention programs and policies. Website: www.tirf.ca

YOUTH SUBSTANCE ABUSE PROGRAM/YMCA (YSAP)

ADDRESS:

1) Scarborough Town Centre area,
230 Town Centre Court
416-296-9907 Ext. 401

2) Queen & Spadina, 485 Queen St. W.,
416-504-1710

TELEPHONE NUMBER:

(see above) Toll Free 1-877-602-YSAP (9727)

WEBSITE:

www.ymcatoronto.org

RESOURCES AVAILABLE:

- Program developed to meet the needs of youth 16-24 who are struggling with substance use and abuse problems. The program provides assessment, free counselling (individual, group), referral, and outreach /prevention and training workshops for youth, parents, guardians, role models and professionals who influence and work with youth.
- Educating students about substance use by group meetings and presentations
- Peer mentoring program for high schools (check out website for details)
- Youth leadership program

Appendices

Appendix A



PRINTED RESOURCES

Toronto Public Health Resources	Contact and Ordering Info
Contract- Call Me Contract (Info re: safe transportation home)	Photocopy the Call Me Contract provided
Fact Sheet- Energy Drinks...What's the Buzz-Nutrition Matters	Contact your IPSAP PHN
Pamphlet- Better Safer (Recipes for alcohol free drinks)	Contact your Injury Prevention Substance Use Prevention Public Health Nurse (IPSAP PHN)
Pamphlet- Family Rules	Contact your IPSAP PHN
Poster- Drunk or Dead (Info re the hazards of heavy drinking) <i>Note:</i> approved by TDSB only	Contact your IPSAP PHN
Pamphlet- Marijuana Risks and Realities Marijuana Resource Card for Treatment Services	Contact your IPSAP PHN
Pamphlet-Building Resilient Youth	Contact your IPSAP PHN
Community Agency/Organization Resources	Contact and Ordering Info
<p>Centre for Addiction and Mental Health (CAMH) Fact Sheets- About...</p> <ul style="list-style-type: none"> ▪ Alcohol ▪ Cocaine ▪ Marijuana ▪ Tobacco <p>Pamphlets- Do you know.....</p> <ul style="list-style-type: none"> ▪ Alcohol ▪ Alcohol, Other Drugs and Driving ▪ Anabolic Steroids ▪ Ecstasy ▪ GHB ▪ Hallucinogens ▪ Inhalants <ul style="list-style-type: none"> ▪ Pamphlet- Having a Party ▪ Pamphlet- Partying and Getting Drunk 	<p>Centre for Addiction and Mental Health web site: www.camh.net click on Publications/CAMH Publications/alphabetical index of titles</p>
<p>Ontario Ministry of Transportation Brochure- Drinking and Driving: Get The Facts Information Card- "Warn Range"- Roadside License Suspensions</p>	<p>Ministry of Transportation web site: www.ontario.ca/drivesober</p>
<p>Parent Action on Drugs (PAD) Brochure- Test Your Alcohol IQ</p>	<p>Contact your IPSAP PHN <i>or</i> Parent Action on Drugs web site: www.parentactionondrugs.org click on Resources</p>
<p>Service Ontario Brochure and Poster- Driving Too Fast Can Really Slow You Down Smart Drivers Just Drive, Motorists and Cellular Phones Information card and Poster- Eyes on the Road, Hands on the Wheel Are You a Driver 21 and Under Pamphlet- Graduated Licensing System in Ontario: New Rules True/False Card- Buckle Up Ontario</p>	<p>Service Ontario web site: www.serviceontario.ca click on Publications/Road Safety Materials</p>

Appendix B

youth in control

ACTION PLAN for 2011 to 2012

Note: The Action Plan is no longer required to obtain the Honorarium; but we do suggest using it to assist you in planning your YIC activities for the year.

School/Agency Name:	
Staff Advisor:	
Staff Advisor's E-mail:	
Toronto Public Health Staff:	

What are the issues in your school/community that you would like to address?

- Risks of impairment from alcohol and other drugs
- Binge Drinking
- Marijuana Misuse
- Unsafe Partying
- Party Liability
- Unsafe drivers and/or vehicle occupants
- Risky behaviours
- Other _____

How do you know that these are important issues in your school / community?

What would you like to change in your school/community? *Your goal...*

**What activities would help this change to happen?
With the Youth:**

Activity		Budget
1.		\$
2.		\$
3.		\$

With the Parents:

Activity		Budget
4.		\$
5.		\$
6.		\$

With the Community:

Activity		Budget
7.		\$
8.		\$
9.		\$

Appendix C



INVOICE FOR HONORARIUM SERVICES
For Start-up Funds

*** Staff advisor(s) please provide this information**

Reference NUMBER (leave blank): _____

***PAYABLE TO:**

(Name of School) _____

***FULL MAILING ADDRESS:**

SAP TEXT (leave blank) : _____

DESCRIPTION OF THE SERVICES PROVIDED: Attn: Staff Advisor Youth in Control

Youth in Control start-up funds from Toronto Public Health (TPH)

AMOUNT TO BE PAID: \$ 105.00

COST CENTRE: PH 3515 GL: 4110

***NAME OF STAFF ADVISOR:**

***SIGNATURE OF STAFF ADVISOR:**

***PHONE#:** _____

***DATE:** _____

TPH CONTACT: _____

TPH MANAGER'S APPROVAL: _____

Please submit your original copy to your YIC Public Health Nurse
By November 4, 2011

Name of Event:	Mocktails		
Date(s):	October	Time(s):	11:30 am – 1:00 pm
Location:	Cafeteria	Number that attended:	125
<p>Was this event new to your school/agency? Yes <input type="checkbox"/> No <input checked="" type="checkbox"/></p> <p>If no, how did you build on the activities/event done previously?</p> <p>This year we had copies of the mocktail recipes for students to pick up. We also had a jar for donations to MADD. We held this event prior to the long weekend.</p>			
<p><u>Goal of the Event:</u> (e.g. who was the event for, expected outcome)</p> <ul style="list-style-type: none"> • To give all students the opportunity to taste delicious alternatives to alcoholic beverages. • To provide students with recipes so that they can make mocktails at home. • To raise money for MADD. 			
<p><u>Planning for Event:</u> (e.g. frequency of meetings, roles of committee members, approvals obtained, letters written)</p> <p>We met weekly for a month prior to the event. Six committee members were involved, each with a different role:</p> <ul style="list-style-type: none"> • Avril, as event leader, met with the principal to obtain approval for the event and discussed the budget with our Staff Advisor and got her approval. • Beth was responsible for the recipes, photocopying handouts and buying ingredients. • Cal was responsible for booking the space, set-up and clean-up. • Dave promoted the event through P.A. announcements and posters in the school. • Ethan was responsible for fundraising. • Fiona contacted community resources to obtain support from a local supermarket and print materials from MADD. 			

Use of community resources: (e.g. community agencies, local businesses, parents, feeder schools)

Our group visited the local grocery store and spoke with the manager. We explained what our group was all about and asked for donations of bananas, pineapple juice and club soda. He agreed to donate \$50.00 worth of mocktail ingredients and asked us to put our donation request in writing.

We contacted MADD to obtain posters and pamphlets.

Description of Event: (e.g. what actually happened, include how and what safer partying and safer driving messages were promoted)

We decorated the cafeteria in a tropical theme and sold non-alcoholic mocktails in glasses with umbrellas. We sold three types of mocktails (Pina Coladas, Lemon Surprise and Strawberry Fizz), for \$1.00 each. We had the recipes available for all students to take away. On the wall behind our tables, we put the posters from MADD that promoted safer driving. We also developed our own message and put it on the wall and on all recipes:

"Mocktails – Taste it! Don't get wasted"

Evaluation of Event: (e.g. Was the goal met? If no, why not? Were there any unexpected outcomes? What would you do differently next time? How would you build on this event next year?)

Yes! Many students purchased mocktails and many others picked up the recipes. Students liked the Lemon Surprise mocktail the least so we would not choose that recipe next year. Also, we only had two blenders – two more would have helped to decrease the waiting time. Students were very generous and we raised \$100.00 for MADD. Next year, perhaps we'll try a mocktail competition.

Other Comments:

The event was written up in the school newspaper. Following the event, we sent a thank you letter to the grocery store manager and sent a cheque to MADD.

A great event. Even the teachers bought mocktails! The success of this event has encouraged us to plan another different event.

Appendix F

YOUTH IN CONTROL ACTIVITY LOG

Name of Event:	
Date(s):	Time(s):
Location:	Number that attended:
Was this event new to your school/agency? Yes <input type="checkbox"/> No <input type="checkbox"/>	
If no, how did you build on the activities/event done previously?	
<u>Goal of the Event:</u> (e.g. who was the event for, expected outcome)	
<u>Planning for Event:</u> (e.g. frequency of meetings, roles of committee members, approvals obtained, letters written)	

Use of community resources: (e.g. community agencies, local businesses, parents, feeder schools)

Description of Event: (e.g. what actually happened, include how and what messages were promoted)

Evaluation of Event: (e.g. Was the goal met? If no, why not? Were there any unexpected outcomes? What would you do differently next time? How would you build on this event next year?)

Other Comments:

** Please photocopy this page if needed.

Appendix G

SAMPLE LETTER TO REQUEST SPONSORSHIP OR A DONATION

Date

Name
Address

Dear Mr. _____:

On behalf of _____ (name of your school/agency) and our _____ (group name), which participates in a program called *Youth in Control*, I would like to invite you to be one of our sponsors.

Youth in Control is a youth-driven program offered by Toronto Public Health. The goal of the program is to help youth take action on the issues of unsafe driving and unsafe partying. _____ (name of school/agency) is one of the many schools/agencies across Toronto participating in this program. With the support from our Staff Advisor and the Public Health Nurse, a team of youth will help to plan and present events to promote safer partying, safer driving and being a responsible passenger.

(Here you may relate an event/initiative that you are planning and would like donations [money or otherwise] to make it more effective and/or more successful. Give details: include the purpose of this event, why the event is important to the promotion of safer driving and safer partying, and who will be involved. Also state how the company who donates will be recognized).

I would like to ask for your support with this event and will be contacting you to discuss how we can work together to ensure the success of this event and promote safer driving and safer partying among youth. For more information, please contact me at 416
.....

Sincerely,

(Student's name & title i.e. President/Secretary)
Youth in Control Workgroup

Appendix H

SAMPLE LETTER THANKING A SPONSOR

Date

Potential Sponsor's Name
Address

Dear _____ (sponsor's name):

On behalf of the _____ (name of group) at _____ (name of school/agency), I would like to thank you for your donation of _____ (name the donation). (You may say here how the donation was used e.g. for a specific event or campaign. You may also briefly describe the event, the number of people who participated in it and the number of people it reached and benefited from it. Also state how the company/sponsor was acknowledged at the event).

Youth in Control is a youth-driven program, which promotes safer partying, safer driving, and being a responsible passenger among youth. We are one of many high schools/agencies across Toronto that participates in this program. By planning and presenting awareness activities that address the issues of impairment, unsafe driving and safer partying, we hope to make a difference in our school and community.

Thank you for supporting this program and helping to promote the safety of youth.

Sincerely,

(Youth's name & title i.e. President/Secretary)
Youth in Control Workgroup



Talk with your youth!

A message from _____
(name of school)
and Toronto Public Health

Youth in Control!

This is a contract between two people who care; a youth and a parent or guardian.

I, _____ agree to call you for advice and/or transportation
(youth)
at any hour, from any place, if I have been drinking or I am otherwise impaired, or if I am
with a friend or date who is in a similar condition.

Yes, I choose life. _____
(signature of youth)

I, _____ agree to come and help you at any hour, any place,
(parent/guardian)
no questions asked, or pay for a taxi to bring you home safely. We will talk about this
situation together at a later time.

*Also, if I have had too much to drink or am otherwise impaired or a friend who is driving me is
in a similar condition, I agree to seek safe transportation home.*

Yes, I choose life. _____
(signature of parent/guardian)

(date)

(adapted from: Sunnybrook & Women's 'Contract for Life' with graphics from Ontario Students
Against Impaired Driving)

Appendix J

Definitions

Alcohol Poisoning

Alcohol poisoning occurs when someone drinks a large of alcohol in a short period of time. It is extremely dangerous, and is a medical emergency, as it can cause coma and death.

Signs may include:

- disorientation
- passing out, not being able to be woken up
- slow, irregular breathing
- bluish or pale, cold, clammy skin
- slowed heart rate
- vomiting while passed out

What to do...

When someone is passed out from alcohol poisoning

- gently roll the person on his or her side, tilting the head back and tucking the top hand under the chin to keep the mouth open and the airway clear. This helps reduce the risk of choking if the person vomits. Bend the person's top leg and bottom arm to support this position.
- do not leave the person alone
- call 911 if you cannot wake the person, especially if he or she is vomiting or has vomited

(Source: Partying and Getting Drunk –Centre for Addiction and Mental Health/CAMH)

Binge Drinking

Binge drinking is high risk drinking or drinking to get drunk. Researchers consider 5 or more drinks for males and four or more drinks for females (Miller, Naimi, Brewer and Jones (2007)) on one drinking occasion to be a "binge".

<http://www.afm.mb.ca/Learn%20More/BingeDrinking.pdf>

Binge drinking increases the risk of many safety and health problems

- getting into fights or being assaulted
- doing things they would not normally do
- misjudging a situation or what is being said
- injuries due to drinking and driving
- other injuries (falls, drowning, walking, being a passenger)
- getting a hangover (headache, shaking, vomiting)
- getting sick or possibly dying from alcohol poisoning
- making risky decisions
- unplanned or unwanted sex
- choking on own vomit (can lead can to death if person is passed out)

(Source: Partying and Getting Drunk –Centre for Addiction and Mental Health/CAMH)

Distracted Driving

Distracted driving involves a diversion of attention from driving, because the driver is temporarily focusing on an object, person, task, or event not related to driving, which reduces the driver's awareness, decision-making, and/or performance, leading to an increased risk of corrective actions, near-crashes, or crashes. More succinctly stated, driver distraction may be characterized as any activity that takes a driver's attention away from the task of driving.

Driving is a job that requires your full attention every time you get behind the wheel. Any secondary activity will detract from your ability to drive properly and safely. You must reduce distractions and focus on your driving.

There are a number of possible driver distractions including:

- using devices such as GPS systems, stereos, CD and DVD players, radios, cell phones, laptops, PDA's and MP3 players
- reading maps, directions or other material
- grooming (combing hair, putting on make-up or shaving)
- eating or drinking
- taking notes
- talking with passengers
- tending to children or pets
- adjusting the controls in your vehicle (radio, CD player or climate control)
- visual distractions outside your vehicle, such as collisions or police activity

Distracted Driving Law

The Ontario government passed a new law that prohibits the use of hand-held wireless communication devices or hand-held electronic entertainment devices while driving.

Drivers caught using a hand-held device will be issued a \$155 ticket.

Since the ban on hand-held devices became Ontario law on October 26, 2009, the focus has been on educating drivers about Ontario's new road rules for hand-held wireless communication and entertainment devices. This education period gave drivers a chance to adjust to the new law.

The [distracted driving law](#) makes it illegal for drivers to talk, text, type, dial or email using hand-held cell phones and other hand-held communications and entertainment devices. Hands-free use of these devices is permitted. The new law also prohibits the viewing of display screens unrelated to driving such as laptop computers or DVD players.

Police, paramedics and firefighters, as well as some commercial drivers and public service workers may continue to use certain hand-held devices when performing their duties. All drivers may use hand-held devices to call 9-1-1.

<http://www.mto.gov.on.ca/english/safety/impaired/>

Drug

A drug is any substance that, when absorbed into the body of a living organism, alters normal bodily function.

Impaired driving

Impaired driving means driving when your ability to operate the motor vehicle is affected by alcohol or drugs. This is a crime under the Criminal Code of Canada. Any drug that changes your mood, or the way you see and feel will affect the way you drive. This is true for both illegal and prescription medications, such as Tylenol with Codeine or Gravol.

<http://www.mto.gov.on.ca/english/safety/impaired/>

Safer driving behaviours include: (Safer driving” refers to both motorized and non-motorized vehicles (e.g. cars, bicycles, boats, snowmobiles, scooters, and roller-blades).

- wearing your seatbelt
- avoiding distractions (cell phone, talking with your passengers, loud music)
- avoiding drinking alcohol and using other drugs
- taking a driver’s education course
- following the rules of the road
- being aware of pedestrians
- making sure your vehicle is safe (e.g. brakes and horns are working etc)
- avoiding overcrowding in your vehicle
- no t being a passenger of an impaired driver
- being a responsible passenger by not distracting the driver
- avoiding being a passenger of an impaired driver
- avoiding participating in aggressive driving or street races

Safer Partying

Safer partying occurs when youth engage in activities that contribute to reducing or eliminating risky behaviour.

Unsafe Partying Behaviours include:

- participating in aggressive driving or street races
- drinking to excess (shooter games, binge drinking) which can lead to alcohol poisoning
- making poor decisions, which can lead to injury, hospitalization or death
- embarrassing yourself or others (e.g. throwing up, saying things you shouldn’t)
- fighting and being violent
- vandalizing & causing property damage
- driving after drinking or using drugs
- using illegal drugs and/or overdosing
- being physically and sexually violent
- combining alcohol and/or drugs with medication

Safer Partying Behaviours include:

- planning not to drink
- eating before and during the party
- avoiding drinking games
- planning a safe way home before the party e.g. arranging for a designated driver, leaving vehicles at home, taking TTC, taxi or calling someone for a ride, staying overnight,
- pairing up with a friend to look out for each other
- finding a spot to hang out and checking with friends throughout the party
- not getting into a vehicle if you suspect the driver has been drinking alcohol or using other drugs