



SACY Teen Engagement Program (STEP) & The Adult Toolkit Workshop

Dear Parents and Guardians,

Your child has been referred to the **SACY Teen Engagement Program (STEP)** program. For three days, your child will participate in activities that encourage reflection on individual decisions, goal-setting and visioning activities, risk mitigation, healthy relationships and critical thinking, in addition to education and awareness surrounding alcohol and other drugs. The work your son or daughter does at STEP can be supported and made more effective by the approach you take at home over the coming weeks and months. Consistent messaging from parents and schools helps teens to implement their own goals for a healthier life.

An important part of the STEP program is the **SACY Adult Toolkit**: a single, 2-hour evening that offers:

- A friendly and non-judgemental atmosphere with opportunities interact and share knowledge.
- Practical information, so that what you know about teens and substance use is accurate, evidence-based and consistent with the information students learn at STEP.
- Strategies for communication and supporting teen decision-making: your approach can support their success in the changes they want to make.
- Resources and community supports for your own next steps in parenting—including enjoying your relationship with your teen, and gaining confidence in providing guidance through adolescence.

The SACY ADULT TOOLKIT is offered 3 times this year at the SACY portable at Sir Charles Tupper Secondary School. (The portable is on the corner of Prince Edward St and East 23rd Ave.) Please attend any of the dates:

Thursday December 1, 2016 6:30 – 8:30 pm

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Tuesday March 7, 2017 6:30 – 8:30 pm

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Thursday May 25, 2017 6:30 – 8:30 pm