

STEP – SACY Teen Engagement Program

SACY Teen Engagement Program (STEP) is a structured, three-day program that incorporates education, information, visioning and skill building focused on health promotion and prevention. It can be used in different ways: Many students chose to come to STEP to learn and to develop strategies for positive growth. Some attend,

often as a group, to gain knowledge and leadership training that can be implemented - as they choose and feel is appropriate - in their schools. Additionally, STEP is an excellent resource that can serve as an alternative to traditional suspension.

STEP facilitates activities and discussions in such areas as:

- Adolescent development
- Critical thinking skills/decision making
- Exploring interests and goals
- Health education and risk assessment related to alcohol and drugs
- Personal boundaries and values
- Healthy relationships: friendships, peer groups, adult allies
- Roles and responsibilities in family during teen years
- Understanding how substance use relates to community, law, and VSB policy

SACY believes that “Connection is Prevention”.

STEP promotes this philosophy by:

- Focusing on the interests and assets of **youth** through open and honest dialogue
- Supporting **schools** by offering groups of youth education and health promotion skills that benefit the greater community
- Ensuring that participants have access to youth-friendly **community** involvement and services
- Connecting with **parents and caregivers** before, during and after STEP.

SACY Teen Engagement Program – STEP contact information

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“I have witnessed students who have gone to the STEP program alter their behaviour and come back to school with a new focus” - Principal

“STEP helped me gain a better understanding of things: my surroundings, and myself” – Student