

## SACY Youth Prevention & Engagement

### The Importance of Prevention & Engagement

Educators know – and studies show - that young people who: feel connected to their school, community, and family/caregivers; have a sense of autonomy; have supportive adults in their lives; and feel competent, are better equipped to make healthy decisions. What’s more, these positive connections and traits are supportive of academic achievement, healthy friendships and physical and mental wellness.

### SACY Youth Prevention & Engagement Staff

SACY Youth Prevention & Engagement Staff have expertise in the area of youth health promotion especially related to substance use issues. Our work focuses on creating positive connections to help to prevent, reduce and delay the harms associated with substance use among adolescents. We utilize a multi-component approach in partnership with schools and other community stakeholders that incorporates the SACY Parent Engagement Stream, SACY STEP program and the SACY Curriculum and School Climate Stream to help youth become more positively engaged with school, home and community.

### How can we support youth prevention and engagement at your school?

With consideration and attention to the needs of your school community, SACY Youth Prevention & Engagement Staff can be contacted to carry out:

- Classroom education (particularly grades 8 and 9)
- “Wraparound” support to SACY STEP - referral support; follow up with students after STEP; etc.
- Brief 1 on 1 intervention/support for youth and referrals to relevant services
- SACY led groups (e.g. emotional wellness; girls’ groups; boys groups; smoking cessation groups)
- Consultation with and serving as a resource to Administrators, Counsellors and other staff
- Capacity Café events with SACY Parent Stream
- Health promotion events and activities and /or grade 7 or 12 transition initiatives SACY

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