



## Community Health Awareness Council

presents

# Teen Talk!

Dear Parents:

The Community Health Awareness Council (CHAC) presents Teen Talk!, a program aimed at helping students make better choices regarding their health and safety.

We are excited to offer a fun and interactive group called Teen Talk! (at no cost to you):

- Groups meet once a week for 8 weeks, on campus during lunch (students bring their lunches).
- Groups are separated into boys and girls, and into grades.
- Students will discuss issues that matter to them such as diet and exercise, smoking, substance use, adolescent sexual behavior and concerns, coping, stress and depression.
- Facilitated by on-campus CHAC counselors and Christina Galloway, Ph.D.
- **Groups begin soon, please return permission slip ASAP.**

If you have any questions, please contact Christina Galloway at (650) 965-2020 x47.

I give permission for my child \_\_\_\_\_ (*print child's name*) to participate in Teen Talk!

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Home/Cell Phone

\_\_\_\_\_  
Work Phone

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
Zip code

\_\_\_\_\_  
School

\_\_\_\_\_  
Child's grade

\_\_\_\_\_  
Child's date of birth

Male

Female

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

***Please return immediately to the school front office***

## Teens are Talking...

The Community Health Awareness Council (CHAC) presents TeenTalk!, a program for students in our middle schools and high schools, aimed at helping students make better choices regarding their health and safety. Teen Talk! is a fun and interactive group that meets once a week for 8 weeks, on campus during lunch (students bring their lunches). Groups are separated by sex and grade level. Teen Talk! provides a safe place for students to discuss issues that matter to them such as diet and exercise, smoking, substance use, adolescent sexual behavior and concerns, coping, stress and depression. The program is facilitated by on-campus CHAC counselors and Christina Galloway, Ph.D.

Teen Talk! is a program that was developed because a group of young community leaders with the E3 Youth Philanthropy Foundation communicated a need for services around youth and drugs and alcohol. The students felt that there was a problem when students leave middle school and enter high school. They were concerned that when students arrive at high school they are not prepared to deal with what they encounter: peer pressure, drugs/alcohol, and managing the stress of school, family, and friends. The E3 Youth Philanthropy Foundation asked CHAC's Executive Director, Monique Kane to attend a few of their meetings, where they let her know their concerns and needs. It is common practice at CHAC that when the community expresses a need, CHAC responds to meet that need.

The Teen Talk! program was developed based upon the curriculum of another highly successful CHAC program the Healthy Adolescent Project (HAP) which was established for over three years at two of the local middle schools, Crittenden and Graham. Nicole Gwire, M.A. and Christina Galloway, Ph.D. ran the program with a positive response from students and school staff. The HAP program had such an impact on the students that in many cases students continued through all three years. Some of the students even continued counseling and attending other CHAC sponsored groups once the program was no longer available. In Teen Talk!'s first year in Blach and Eagan middle schools the program experienced similar results. Students wanted to continue the group long after the eight weeks had ended. Many asked their friends to join in with them. To this day the groups continue to grow as the years wind to an end.

Teen Talk! is designed as an 8-week program with a weekly curriculum based on topics that are central to teen issues. Each week has a different topic: diet and exercise, smoking, substance use, adolescent sexual behavior and related concerns, coping, stress and depression. The topics provide a loose structure for discussion. However, the tone and format of the group allows for the students to lead the direction of the dialogue in whichever way is appropriate to what is going on for them on that day, and in that moment. The groups tend to develop into a safe, supportive, empathetic, bonded environment where teens bring their concerns, questions, and ideas to each other. It is that appropriately facilitated setting that allows for them to openly explore their questions, and sometimes inaccurate information about these very serious issues. Many of the students do not enter the group as friends, but by the time the group series ends, they are very close and supportive of each other, taking great consideration for how each of them are doing and their concerns regarding their choices and behavior.

It is clear that Teen Talk! is addressing a need, but there is still more that can be done. This summer, Teen Talk! will offer a transition program to students who are transitioning from Elementary School to Middle School and Middle School to High School. The goal of this summer program is to continue providing services to the students at a time where they are often vulnerable. The groups will be conducted at our office on View Street to maintain support and services for these students during the summer season.

Teen Talk! is also working to improve the process for referrals so that when students arrive at their new campus next year they are ready to begin services without delay. In addition, Teen Talk! will be working with the CHAC counselors at all the local middle schools and high schools to broaden the program's reach to include more students in need. Over the last year Teen Talk! **served two middle schools. Next year, the program's aim is to serve all four middle schools and the two high schools in the Mountain View/Los Altos area.**

**Overall, it is the goal of Teen Talk! to support youth through their development by assisting them in making healthy and educated choices and decisions about their lives. We look forward to a wonderful upcoming year with Teen Talk!**