

Juneau Violence Prevention Coalition Presents

Be the Change

March 13th, 2017 at UAS

You can change the world.



Schedule at a Glance

9:30 AM- 10:00 AM	Registration	Spike's Cafe
10:00 AM- 10:15 AM	Áak'w Kwáan Welcome	Egan Library
10:15 AM- 11:00 AM	Opening Keynotes	Egan Library
11:10 AM - 12:10 PM	Workshop 1	Egan Classrooms
12:15 PM - 1:00 PM	Lunch	Lakeside Grill
1:10 PM - 2:10 PM	Workshop 2	Egan Classrooms
2:20 PM- 3:00 PM	Closing Keynotes	Egan Library

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Welcome!



Welcome to Be the Change 2017! Be the Change is more than an event; it's an opportunity to take a stand for what you believe in. Your participation in this conference demonstrates there is something in this world you'd like to change. Maybe you want to put an end to cyberbullying, break the "status quo," or recognize the traits for healthy relationships- your being here is what starts that change!

Whether in your school, your town, or your greater community, we hope that this conference provides you with the tools and knowledge to foster positive change in our lives.

-Aidan, Zakia, Talib, Pedro, Alex and Kelsey

Lead On Juneau 16-17

Participant Expectations

The topics addressed in this conference may sometimes lead to difficult conversations regarding someone's experiences and identity. Our approach to hosting these conversations is through mutual agreement, by all participants, using indigenous principles and values. Participants should agree to approach the conversation within these agreements before each workshop.

In Every Chair, A Leader

Each person engaging in this conversation has a unique and valuable experience that is their truth.

Speak with Care for Others

We each hold the responsibility to choose our words and questions carefully with the intent to learn.

Value Each Others Time

We all share the responsibility to ensure that everyone has an opportunity to speak and engage.

Listen Deeply

This is a rare and valuable opportunity to connect with others through the sharing of life experience.

Safe Space for Meaningful Conversation

All notes taken are non-attribution to ensure anonymity of all dialogue participants.

Our Value of Humor

Laughing is also an important way to relate with one another.

Be Present and Engaged

Cell phone ringers off, be mindful of being fully present and listening.

Take Care of Yourself, Take Care of Each Other

Note restrooms, exits, other amenities. We help one another when possible.

Concerns? Speak with a Staff Member.

Dialogue agreement adapted with special thanks from the First Alaskans Institute.

Social Justice Glossary

Oppression

Social oppression is the socially supported mistreatment and exploitation of a group of individuals. To understand oppression, one must understand that society is an entity, constructed by humans. Therefore, as society is created by humans, our ideas, thoughts and notions at the time are engrained in our institutions, laws and customs- including the negatives. Social oppression is based on power dynamics, and an individual's social location in society. Social Location, as defined by Lynn Weber, is "an individual's or a group's social 'place' in the race, class, gender and sexuality hierarchies, as well as in other critical social hierarchies such as age, ethnicity, and nation."

Many argue that oppression persists because most individuals fail to recognize it; that is, discrimination is often not visible to those who are not in the midst of it. These inequalities further perpetuate themselves because those oppressed rarely have access to resources that would allow them to escape their maltreatment. This can lead to internalized oppression, in which subordinate groups essentially give up the fight to access equality and accept their fate as a non-dominant group.

It is important to recognize that oppression is usually not caused by an individual's desire to suppress or endanger a person- it is from the people working as a collective, and therefore justifying their actions by it being the norm, or "the way it is".

Prejudice

Prejudice is an affective feeling, usually negative, toward a person or group member based solely on their group membership/identity. These thoughts can be founded or unfounded, but are when someone ascribes a characteristic to all people who fall under that identity (race, gender, sexual orientation, etc.). Unlike oppression, which requires a historic or a systematic evidence of suppression, prejudice can be felt against any group or identity.

Microaggressions

Microaggressions are a great example of how oppression still persists today. These are repetitive, sometimes unrelenting messages those belonging to oppressed groups can receive, which express that they are not the "the right kind of person," and are not part of the larger society's target audience. Although the intent by one speaking is often not meant to be mean, it still results in saying that one's identity and culture is "other," and not the norm, while another culture is. These comments are based on our assumptions of one culture as being default, often our own, and that others are who and what is "different" in our society.

Although microaggressions may seem minor, these subtle, constant messages have a great effect on those who experience it, affecting their understanding and value of their identity.

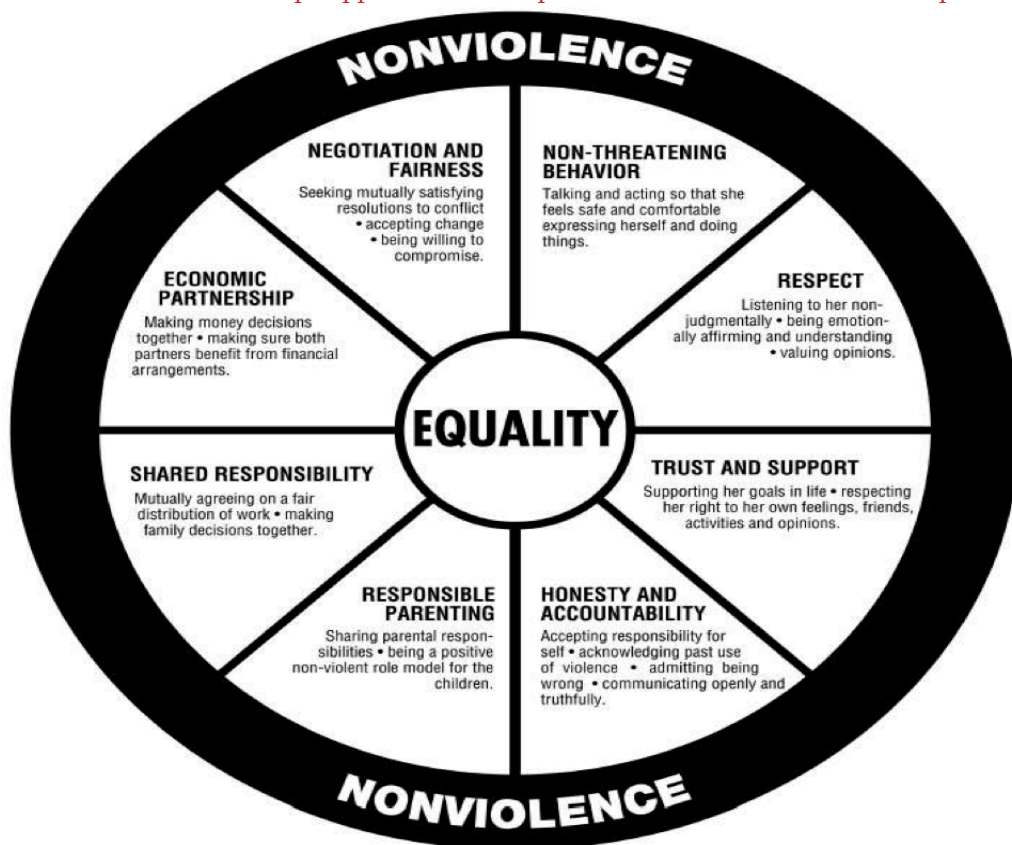
Unpacking Privilege

It is vital for all of us to educate ourselves on our society and culture, and not be afraid to ask questions and learn hard truths. If we are open-minded to learning about society, and how its construction afforded some groups power and privilege, while oppressing others, we can move forward to creating a safe, empowering environment where we can all thrive! It is not about guilt and shame; it is about questioning our assumptions about people, and addressing our subconscious notions of superiority (which we all have).

At the Juneau Violence Prevention Coalitoin (JVPC) table, located next to the snacks in the Spike's Cafe area, you can find a variety of activities and materials that will help you begin to understand your privilege, your prejudices, AND your strengths, allowing us to begin to create a society that believes in unconditional understanding, love and respect.

Equality Wheel

Behaviors that help support relationships and communities of mutual-respect



Workshop Schedule

Workshop 1 (11:10 AM- 12:10 PM)

Egan 218	Making Government Work for You
Egan 219	Resilience: The Biology of Stress & The Science of Hope
Glacier View (Egan 221)	“Break”
Egan 223	Disabilities Debunked
Egan 224	How the Tobacco Industry Targets Youth
Egan 225	Healthy Relationships for Life
Lecture Hall (Egan 112)	How Policies Protect You

Workshop 2 (1:10 PM- 2:10 PM)

Egan 218	How to Have a Great Relationship
Egan 219	Resilience: A Discussion on Trauma & Healing
Glacier View (Egan 221)	The Storyteller’s Journey
Egan 223	Rising Up and Moving Forward
Egan 224	How to Take Action: Working for the Environment
Egan 225	Creating Safe Schools

All attending adults are requested to attend this track.

Adult Workshops (11:10 AM-12:10 PM, 1:10 PM- 2:10 PM)

Library	Cultural Safety for Youth
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Workshop 1 (11:10 AM- 12:10 PM)

How Policies Protect You

JSD School Board

Sarah Mertz, Student Body President, JD Student Council

JDHS Student Council Members

Justin Sleppy, TMHS Senior, Associated Student Body President, TMHS Student Government

Kaden Reddekopp, TMHS Senior, Juneau Teen Council

Lecture Hall (Egan 112)

Everyone has a voice, and everyone deserves to have their experience heard. The idea of “policy work” can seem overwhelming and confusing, but these are the things that can help you when you are bullied, discriminated against, or something more- within school and out! Join students and the school board as they talk about what policy means, how it affects you, and how you can have a say in the rules and regulations in your life! We will be focusing on two recent policies adopted last fall; the Non-Discrimination Policy (BP 5145.3) and the cyberbullying extension on the Bullying & Harassment Policy (BP 5131.43). These two policies were brought to the JSD School Board’s attention due to the hard work of high school students just like you! The last portion of this panel will be open-questions, so you can have a chance to ask your questions for the panel members.

Making Government Work for You

Tasha Elizarde, JDHS Senior, Volunteer Intern for Rep. Kreiss-Tomkins

Elissa Koyuk, JDHS Senior, AWARE & JVPC Youth Engagement Intern

Egan 218

Politics can be frustrating, but it can also be filled with opportunities to improve the world we live in. Whether you’re seeking solutions to issues you’re passionate about or wanting to prevent bad bills from becoming laws, this workshop will teach you the necessary skills to advocate for your beliefs in our government. During the workshop, we will focus on how our government works and how you can contribute to its success by exploring different methods of self-advocacy, and understand the most important lesson of all: if you don’t want the government to be a mess, engage in the political process.

Resilience: The Biology of Stress & The Science of Hope

Jorden Nigro, Manager, Zach Gordon Youth Center

YDHS Students

Egan 219

This important film looks at issues related to Adverse Childhood Experiences (ACEs) and how we can work as a community to help youth build resilience as well as reduce ACEs across the board.

“Break”

Afternoon, Deadly Venoms Crew & Mix'd Mafia

Glacier View (Egan 221)

This is your chance to learn how to Breakdance! This workshop will look to share some of the foundations of Breaking (Toprocks, Footwork, Freezes and Powermoves) along with how this dance and culture can be used for growth and breaking personal barriers. Open to all, no prerequisites required aside from wanting to learn some new dance moves, liking good music, and having fun.

Disabilities Debunked

ORCA Adventure Club, SAIL

Egan 223

Have you ever wondered what it's like to have a disability? Or what a disability even is? Ever wondered how someone with a disability might ride a bike or go skiing? This workshop will address these questions as well as dispel common myths about disabilities through activities and discussion led by high school students. The workshop will also highlight how the ORCA program uses adaptive recreation to encourage people to have fun outside and to inspire personal independence. We will also bring in some adaptive equipment to try out!

How the Tobacco Industry Targets Youth

Dr. Kristin Cox, Tobacco Prevention and Control, NCADD

Egan 224

Half of the people who smoke die from a tobacco related illness. The tobacco industry's existence depends upon replacing dying smokers with new ones and 90% of smokers start as teenagers. The tobacco industry preys on teens and other vulnerable populations, knowing that they are susceptible to messages that smoking is cool and empowering and that teens are risk-taking and invincible. The tobacco industry spends \$1 million dollars an hour marketing its product to youth. Come find out how the tobacco industry has targeted you, the state of tobacco marketing in Juneau, and what we can do about it.

Healthy Relationships for Life

Kiah Murray, Alaska Network on Domestic Violence and Sexual Assault

Jenessy Sallafie, Lead On 2015/2016

Zakia McCorkle, JDHS Freshman, Juneau Lead On

Egan 225

This session will explore the words “Healthy” & “Relationship” separately and then when used together. We will compare the details of relationship reality compared to the “happily ever after” stories we hear around us. We will lead a dialogue and fun activities to help each person explore this issue for yourselves! Learn about leadership and respect, step out of your comfort zone, and most importantly learn how to use what makes YOU- YOU to make a difference- and to set goals and accomplish them.

Workshop 2 (1:10 PM- 2:10 PM)

How to Have a Great Relationship

Cori Stennett, Teen Council Facilitator, Planned Parenthood

Juneau Teen Council Members

Egan 218

Relationships can make you feel happy, but they also require hard work. In this workshop we will explore our values about relationships, learn ways to make our relationships healthier, and check out some super helpful resources. Everyone deserves to feel happy and safe in their relationships.

Resilience: A Discussion on Trauma & Healing

Jorden Nigro, Manager, Zach Gordon Youth Center

Juneau Suicide Prevention Coalition members

YDHS Students

Egan 219

This interactive and fun workshop will be led by members of the Juneau Suicide Prevention Coalition as well as students from Yaakoosge Daakahidi High School. We will discuss the film and what stood out, as well as tools to build resilience and how you can make a difference in issues of trauma in your community.

The Storyteller's Journey

Gene Tagaban

Glacier View (Egan 221)

You are a storyteller. Your life is a story. The way you walk, the way you talk, the way you act, the way you look, the way you treat yourself and others is all part of your story. We will take a look at developing a life story- the choices we make in telling our story, the direction we want to take our story.

Rising Up and Moving Forward: Overcoming Harm and Creating Positivity

Claire Suzanne Geldhof, RN, NCADDJ

Riley Warner, Community & Recovery Support Coordinator, NCADDJ

Pedro Franco, YDHS Senior, Juneau Lead On

Egan 223

This breakout session will focus on tools that every person can utilize to reduce harm in potentially difficult situations, as well as discuss ways that we can be empowered to overcome past instances of trauma. Additionally, we will discuss how we can fight back against substance abuse in our community, and the role and tools that each of us have to make an impact.

How to Take Action: Working for the Environment

Tasha Elizarde, JDHS Senior, AYEY Youth Organizer

Elissa Koyuk, JDHS Senior, AWARE & JVPC Youth Engagement Intern

Egan 224

Concerned about the litter on Juneau's beaches, climate change or the melting Mendenhall Glacier, but don't know how you can help? Come join us to learn more about how you can take action on different environmental issues. We will learn about past Alaska Youth for Environmental Action projects, gain knowledge critical to youth organizing, build our own campaigns on problems we are facing today, and have fun!

Creating Safe Schools: How Students can Prevent Bullying by Promoting Equity, Inclusion, and Individual Strengths

Chelsea McKenzie, Sources of Strength Coordinator, JYS & AWARE

Olivia Bolin, TMHS Freshman, TM Sources of Strength

Zoe Novoa, TMHS Senior, TM Sources of Strength

Lillian Bannerman, TMHS Junior, TM Sources of Strength

Egan 225

Everyone, regardless of their looks, race, religion, sexual orientation, or behaviors, has the right to be respected for their individuality and to be safe, strong and free. In this workshop we will explore microaggressions, how bullying and harrasment are linked to and fed by social inequity, and ways we can stand up to bullying by breaking codes of silence and promoting an equitable and inclusive environment within our schools and community.

Adult Workshops (11:10-12:10, 1:10-2:10)

Cultural Safety for Youth

Lori Grassgreen, Director of Community Engagement, AASB

Konrad Frank, Community Engagement Educator, AASB

Kolene James, Coordinator, Native and Rural Student Center, UAS

Library

Join the Association of Alaska School Boards and the University of Alaska Southeast to unpack equity through a cultural safety lens. You will have a chance to explore your own background and experiences and participate in meaningful dialogues to determine how to strengthen connectedness in our schools, agencies and community.

Presenters



Tasha Elizalde is a senior at Juneau-Douglas High School and an avid youth activist for her community. Besides playing the ukulele and hanging out with her pet dog, Horten, Tasha interns at the Alaska Legislature for the Rep. Kreiss-Tompkins office, advocates for the environment with Alaska Youth for Environmental Action, teaches sexual health topics with Teen Council and writes regularly for the Juneau Empire. By sharing why and how to get involved, Tasha hopes to inspire others in Juneau to get involved in what they are most passionate about.

Theo 'FySH' Houcke is only 16, but he's an old hand at performing on many of Juneau's stages. You may recognize him from Woosh Kinaadeiyi (he won the 2015 poetry Grand Slam and is now on the board) as well as theatre performances with Perseverance Theatre and Juneau-Douglas High School. He first began playing music -Suzuki piano lessons when he was six. FySH has been writing songs for five years and playing guitar for eight.



Jenessy Sallaffie was born in Anchorage, Alaska. Her family is originally from Bethel. In 2015 Jenessy attended Lead On, a youth leadership conference with two youth from her community, and went back to her community to create positive change. Although it was sometimes scary, Jenessy planned and put on three community events around alcohol abuse prevention. This led to letters being written to the village council by young people being impacted by alcohol abuse. The events were incredible and the impact was felt by the whole community. She looks forward to continuing her work in Alaska and with youth to create social change.

Gene Tagaban, "One Crazy Raven" is an inspirational speaker, performer, and storyteller. He is a trainer and board member for the Native Wellness Institute. Gene's passion for his work shines through in his polished, powerful yet playful manner of engaging participants. Believing that learning and laughter go hand-in-hand, he educates and entertains through a skillful blend of knowledge, humor, examples, stories, discussion, and activities. His very "real" and genuine approach often turns even the most reluctant attendee into an eager participant.



Kolene James, or my Tlingit name is DaxKilatch. My name comes from the Head of the Nass River. My parents are Francis and Norma Jean Dunne. I am the child of the Tsimshian through my father's tribe. I am Tlingit Gaanax.adi from the Taantakwaan, people of Tongass. I am also Tsimshian Ggan haa da of Metlakatla on my mother's side. I am also the grandchild of the Teikweidi, Tsimshian, Irish, and I have Haida in my bloodline as well. I am very proud of my Native and non-Native heritage! I am the coordinator for the Native & Rural Student Center, an academic advisor, and advisor for the student club Wooch.Een here at UAS.

Dancing since 2004, **Afternoon** has had the opportunity to travel the world through his art. From Dubai to China, he's performed at various events, won numerous street dance competitions and taught dance workshops. Youth worker by day, he's managed various projects to empowering youth through art and Hip Hop culture allowing them to gain transferrable skills and a better knowledge of self. Representing Deadly Venoms Crew and Mix'd Mafia, he's currently teaching in the Yukon and working on opening Canada's first Hip Hop Center in Montreal.

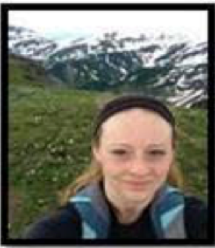


Workshop Facilitators



Claire Geldhof is a lifelong Alaskan, born and raised in Juneau. After commencement from the University of Vermont in 2011, Claire returned to Alaska to work in communities as a Registered Nurse. In addition to working with an awesome team at the Juneau Public health center, Claire works on the board of directors for the National Council on Drug and Alcohol Dependency. Claire also serves on the SE advisory board for the Alaskan AIDs assistance Association. In free time, Claire works on art in her shared downtown art studio and loves to travel and snowboard. It is an honor to be here amongst great friends and community.

Lori Grassgreen is the Director of Community Engagement with the Association of Alaska School Boards. Lori has an opportunity to work on community, youth, and family engagement with communities across Alaska. Lori has a chance to work on youth leadership institutes and to also work with schools on cultural safety and educational equity.



Kiah Murray is an AmeriCorps VISTA at ANDVSA in Juneau, focused on prevention and male engagement work. She grew up in Indiana and attended undergrad at Wittenberg University, in Springfield, Ohio. Kiah graduated with a BA in Communication, minoring in Art, Spanish, and Journalism. She was a student athlete and played volleyball for the Wittenberg Women's Volleyball team. Kiah enjoys playing outside in her free time, as well as hiking, running, kayaking, petting dogs, reading books, climbing trees, playing sports, and going on adventures with friends. She is very excited to be a part of Be The Change!

Dr. Kristin Cox is a Naturopathic Doctor who practiced medicine in Juneau for 15 years before taking a job in Tobacco Prevention and Control with the National Council on Alcoholism and Drug Dependence in 2013. Kristin now works to implement progressive smoking and tobacco related policies to create a supportive environment to help prevent teen tobacco initiation and to encourage people to quit smoking. Kristin enjoys life with a teenage daughter, traveling, dancing, cooking and hiking.



I'm **Zoe Novoa**, a Junior at Thunder Mountain High School and a first year member of Sources of Strength. This being my first time at Be the Change, I hope to have a great time and learn a lot. I'll be presenting on bullying prevention with some other Sources of Strength members.

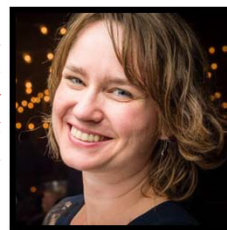
Riley Neff Warner is the Community Recovery Coordinator at the National Council on Alcoholism and Drug Dependence. He works with individuals and families to access resources to tackle substance abuse issues. Getting outside, eating French fries, and watching the NBA are all passions.





Teen Council is a national peer led sexuality education program for high school students who have a passion for educating and empowering youth in their community. Juneau Teen Council members engage their peers through presentations and conversations about important topics such as healthy relationships, consent, boundaries, pregnancy prevention and other aspects of healthy sexuality in a fun, relatable and educational way.

Cori Stennett is a Community Outreach Educator and Teen Council Facilitator with Planned Parenthood of the Great Northwest and the Hawaiian Islands. Cori is a graduate of Texas State University with a Bachelor of Science Degree in Recreation Administration. Her passion for adventure education lead her to Alaska in 2010 as an AmeriCorps volunteer with the Southeast Alaska Guidance Association where she led teen girls on empowering kayaking and backpacking trips. Cori enjoys supporting Juneau youth in awesome community projects and is an active member of the Juneau Violence Prevention Coalition.



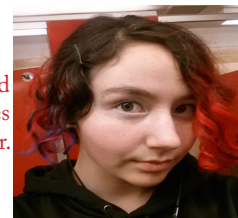
The **ORCA Adventure Club** is a group of high school students that meet after school once a week for an adventurous, recreational activity. The Adventure Club is an inclusive group, meaning that all ability levels are welcome to participate in activities. The activities that this group participates in range from ice skating to hiking, from kayaking to skiing, with the focus always being on fun! The members of the Adventure Club featured in this workshop have emerged as leaders in their group--they are helpful and supportive with their peers and live out the value of personal independence. They are here to share stories, to answer questions and to build awareness about disabilities.

Lillian Bannerman is a junior at Thunder Mountain High School. She encourages positive change throughout her school and community through her participation in activities, such as Sources of Strength, Teens Against Tobacco Use, Student Government, and National Honors Society.



Justin Sleppy is a senior at Thunder Mountain High School. Justin has been a long-term participant with Lead On for Peace and Equality, helping create an award winning video on healthy relationships, host an afternoon event focusing on healthy activities and relationships called TeenTopia, and gather student support from around the state to implement a cyberbullying policy in the Juneau School District. Justin has also worked closely with other forms of student representation over the past four years. He is currently serving as the Associated Student Body President of the TMHS Student Government and is finishing the last month of his two year term representing southeast Alaska as the Region 5 Representative on the Alaska Association of Student Governments executive board.

Elissa Koyuk is currently a senior at JDHS who has just this year returned to Juneau. She has started an internship with AWARE and the Juneau Violence Prevention Coalition, and is part of the Sources of Strength program at the school. Elissa enjoys drawing, learning Japanese, and playing soccer.





My name is **Kaden Reddekopp**. I'm 17 years old and i am transgender. I've been out for three years I'm trying to pave the path for the next generation of students who are LGBT and who are ready to be themselves in this world.

My name is **Sarah Mertz**. I was born and raised in Juneau where I have completed grades K-12 in the Juneau School District. As I started high school, I realized that I wanted to lead my peers, make a difference in my school, and bring together our student body. As a senior, it is my fourth year on Student Council at JDHS and I now serve as our Student Body President. Throughout high school I have also been apart of the swim team and National Honors Society, serving leadership roles in both organizations as well.



Jorden Nigro grew up in Gustavus, Alaska and after graduating from University in Northern California, came back to Juneau “for a summer”. That was 18 years ago and she has been working in the social service field in Juneau since, with a focus on youth and families. Jorden is the Youth Development and Services Manager for CBJ Parks and Recreation, overseeing the Zach Gordon Youth Center, The BAM Afterschool Program, and the Youth Employment in Parks Partnership Program. She is thrilled to be doing this work and is inspired daily by the incredible teens in our town.

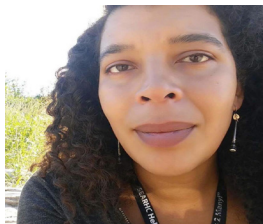
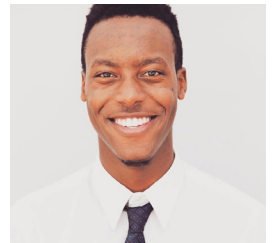
Artists & Performers



MK MacNaughton is a teaching and exhibiting artist working out of her studio Sketch in Juneau, Alaska. MK works primarily in charcoal and oil paint, exploring landscape and portraiture. She enjoys collaborating with artists of all ages. “In addition to drawing and painting, I love any opportunity for sculptural and performance based art projects, especially pieces that bring our community together.”

www.mkmacnaughton.com

Joshua Mayfield is a SoCal native and loves the outdoors. He recently graduated from LMU with a degree in Business Marketing and currently serves as a Jesuit Volunteer at the Zach Gordon Youth Center.



Born and raised here in Juneau, AK, **Cecelia Westman** has spent most of her life floating between many communities that she belongs to here in Southeast Alaska as well as Michigan, New Mexico, New York, and California. She finds herself most grounded in activism and art with Hip Hop as her most solid foundation.

HONOR *Yourself:*

Resources and Information for Juneau's Teens

Bullying

ACCORDING TO THE 2015 YOUTH RISK BEHAVIOR SURVEY,
31 PERCENT (148) OF THE 473 JUNEAU HIGH SCHOOL RESPONDENTS REPORTED HAVING BEEN BULLIED IN THE LAST TWELVE MONTHS EITHER ELECTRONICALLY OR ON SCHOOL PROPERTY.

4/10

OF THOSE SAID THEY WERE
BULLIED BOTH ELECTRONICALLY AND AT SCHOOL.

We can all empathize with what it's like to have someone make fun of you, insult you or disrespect your identity. It can sometimes lead to physical harm. You can help by simply being the example you want to see from your peers.

SOME SIMPLE ACTIONS YOU CAN TAKE:

- 1. If someone is in danger, tell a trusted adult who can help.**
- 2. If you feel safe, intervene. Stand up for each other, and stand up for yourself.**
- 3. Be informed on the policies that exist to help someone if they are being harassed, and share those resources.**
- 4. Get involved with your school's Student Council so you can start having a say in the rules that target bullying!**

Racial Identity & Targeting

Harassment is unacceptable, regardless of the reason or target. However, the harassment that people face based on their skin color and appearance is **unique**. Not only does it **stem from oppression**, but this trait is so often **tied to culture**, and is a **core part of our identity**.

Unlike general bullying, a lot of the negative comments that people of color experience is **subtle**, often in the form of **microaggressions**. The person speaking often **doesn't intend to be mean**, but because they did not think of what their comments might sound to someone coming from a different perspective, the **harm is still done**.

THERE ARE MANY THINGS YOU CAN DO TO HELP YOURSELF BE AN ALLY AND TO TACKLE THE ADVERSITY PEOPLE OF COLOR EXPERIENCE:

1. Check your Privilege!

There are many awesome materials available to help you educate yourself! At the JVPC table we have what many consider a “classic” for understanding white privilege; “White Privilege: Unpacking the Invisible Knapsack” by Peggy McIntosh.

2. Join our Community Dialogues on Racial Equity, hosted by JVPC!

Help us as create a safe space for Juneau members to share and connect on their experiences with racism, allowing us to heal. The first dialogue will be later this month; stay tuned with our facebook, Juneau's Pathway's to Prevent Violence!

3. Do a workshop at CompassionateActivism.com!

This website has a variety of workshops and articles, including information on how to heal as a someone who has experienced racial targeting, and how to be an ally to others.

4. Take part in some of the awesome programs that support people of color, using the wisdom of traditional values!

Latseen Leadership Academy

A week long summer program put on by Sealaska Heritage

carmaleda.estrada@sealaska.org

sealaskaheritage.org/institute/education/programs

Join the Culture Club

at TMHS

or take a Tlingit Class

at JDHS!



Substance Abuse

SUBSTANCE ABUSE IS A BIG PROBLEM FOR OUR COMMUNITY, BUT USING ILLEGAL SUBSTANCES IS FAR FROM NORMAL IN JUNEAU.

According to the 2015 Youth Risk Behavior Survey

84% OF JUNEAU HIGH SCHOOL RESPONDENTS REPORTED HAVING NEVER MISUSED PRESCRIPTION DRUGS.

and

NEARLY 90% OF HIGH SCHOOL RESPONDENTS VIEW THE RISK OF HARM FROM PRESCRIPTION DRUG MISUSE AS MODERATE OR GREATER.

There is always a risk with illegal substance use. Don't let yourself fall under the guise of "everybody does it". Educate yourself on the risks and effects of these substances, and make safe decisions. Most drugs are highly addictive, and can ruin lives.

Too many of us in Juneau know someone who is, or are ourselves, struggling with substance abuse. It is time for us to erase the stigma from those who are suffering, so they can ask for the help they need. Substance abuse is not okay, but making mistakes is human.

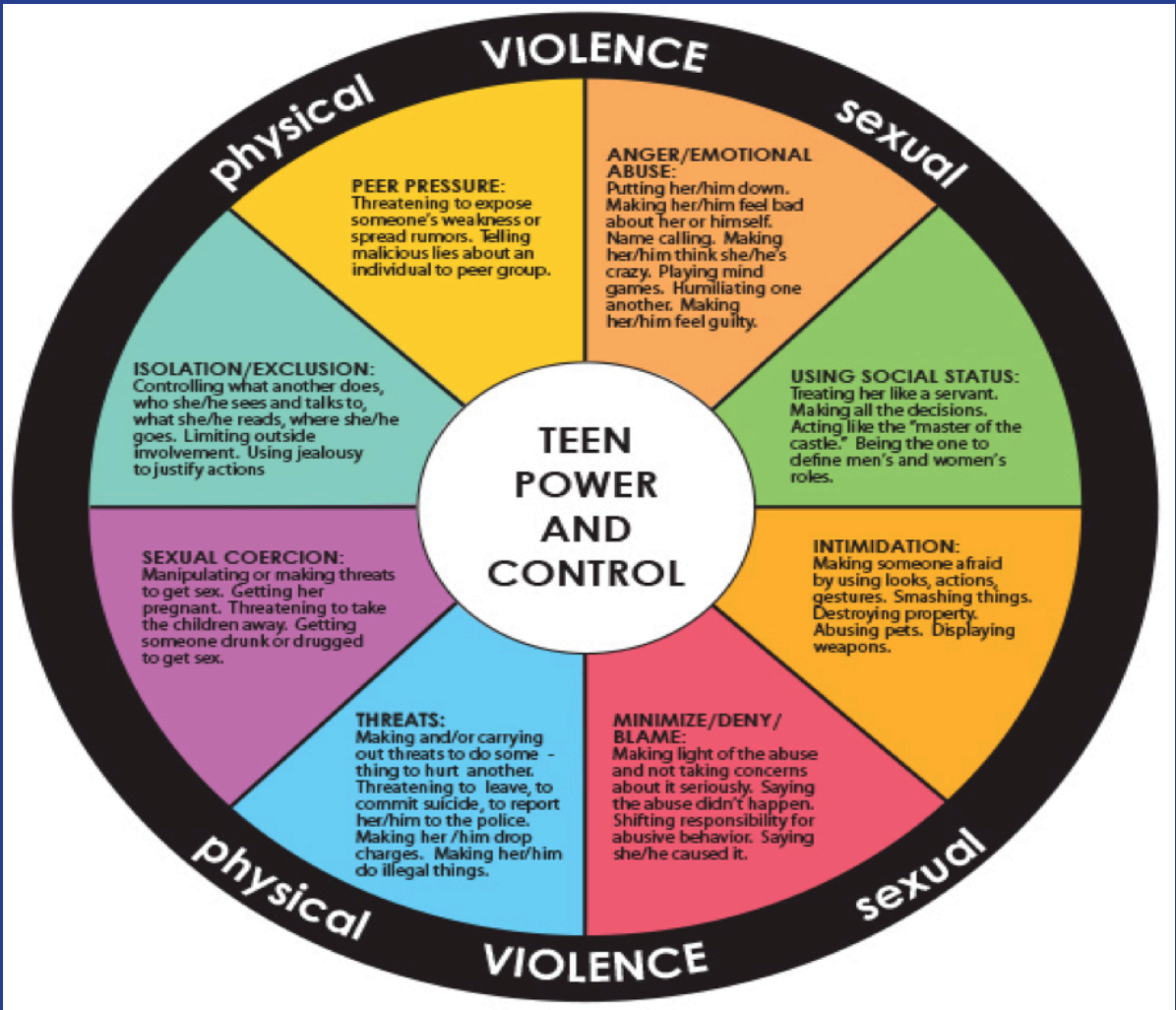
If you know someone who is suffering from substance abuse, **SPEAK UP!** Go talk to someone at your Teen Health Center, or call the National Council on Alcoholism and Drug Dependence (NCADDJ). Even if you don't want to disclose the person's name, you can learn about the variety of services that are out there.

NCADDJ
NCADDJUNEAU.ORG
907-463-3755

JYS
JYS.ORG
907-523-6512

If you are suffering from substance abuse, please reach out to NCADDJ or Juneau Youth Services (JYS), who both provide intervention, rehabilitation, and counseling services. You deserve to be healthy and happy.

Teen Dating Violence



Everyone deserves a relationship that is healthy, safe and supportive. If you are in a relationship that is hurting you, it is important for you to know that **the abuse is not your fault.**

You may only imagine abuse as the dramatic physical altercations that you see in movies, but it is much more than that. **Abuse is about control.** Abuse can range from physical to mental to emotional. The Teen Power and Control wheel on the left shows the most common ways that abusers control their partners; no matter the method of abuse, the methods of control are often the same. **Remember, no one has the right to control you, and you don't have the right to control another person.**

THERE ARE MULTIPLE WAYS YOU CAN HELP PROTECT YOURSELF AND SUPPORT THE LOVED ONES IN YOUR LIFE WHO ARE IN UNHEALTHY RELATIONSHIPS.

1. Call AWARE

The advocates at AWARE are available 24/7 to answer your questions, talk through your experience and help you find a safe way to leave your partner. Anyone can call or come to AWARE to ask about themselves or someone they know- it is 100% confidential.

AWARE
Crisis Line: 907-586-1090
907-586-6623
awareak.org

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2. If you are in an unsafe relationship, make a Safety Plan

It is important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not. While you can't control your partner's abusive behavior, you can take action to keep yourself as safe as possible. Advocates at AWARE can help you develop a plan; there are also safety plan worksheets developed by LoveisRespect available at the JVPC table.

LOVEISRESPECT.ORG
STANDUPSPEAKUPALASKA.ORG

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3. Learn about the Patriarchy

The suppression of women, and the devaluing of their experiences and abilities, is intrinsic to our society. This is a root cause to the violence women experience, and the desire to control them. There are some excellent documentaries that explain how the patriarchy affects the lives of women today.

ON NETFLIX:
MissRepresentation
The Mask You Live In
Audrie & Daisy

Healthy Sexuality

WHAT IS HEALTHY SEXUALITY?

Healthy sexuality means having the knowledge and power to express sexuality in ways that enrich one's life. It includes approaching sexual interactions and relationships from a perspective that is consensual, respectful, and informed. Healthy sexuality is free from coercion and violence. It is important to understand that sexuality is about much more than sex. Healthy sexuality is emotional, social, cultural, and physical. It is our identities, values, attitudes, feelings, interactions/relationships, and behaviors.

WHAT YOU CAN DO TO HELP YOURSELF AND OTHERS:

- Learn about your body and access information & resources to protect and enhance your sexual health.
- Talk about healthy sexuality and consent with your family, friends and romantic partners.
- Make decisions based on your personal values.
- Express your sexuality while respecting the rights of others.
- Interact with all genders and gender identities respectfully and appropriately.
- Honor your sexual orientation and respect the sexual orientation of others.
- Evaluate your readiness for sexual relationships and know that it is okay to delay sexual activity.
- If you choose to become sexually active, talk with your partner about STD prevention and pregnancy prevention, and get tested for STD's.

WHAT YOU CAN DO TO HELP PROMOTE HEALTHY SEXUALITY IN YOUR LIFE:

Access pregnancy prevention, screenings and education at the Teen Health Center and Planned Parenthood!

PP

800-796-0045

plannedparenthood.org

Join Teen Council to help educate your peers on healthy sexuality!

E-mail

Cori.Stennett@ppgnhi.org

Join your school's Gender Sexuality Alliance, or get involved with SEAGLA to learn about the Juneau Pride Events happening this June!

FB: SEAGLA

seagla.org

Eduate Yourself!

iknowmine.org | nativeyouthsexualhealth.com | identityinc.org | sexetc.org | scarleteen.com | gytnow.org

Suicide Prevention

It is hard to know what to do if somebody you care about talks about something as scary as suicide. If somebody you know talks to you about suicide, or wanting to end their life, it is important to take it seriously. Just as you would seek help for a friend who has a physical injury, the same is true with a friend who has thoughts of suicide. Both of these situations are medical conditions that require professional help.

No one should ever feel guilt or shame over their thoughts. At the same time, Suicidal thoughts are not normal, and can be life threatening. It is difficult to talk about these thoughts because suicide is stigmatized and includes these feelings of shame and guilt. This results in people confiding in their friends about their suicidal thoughts, but asking them to keep it a secret. As a friend, it is important to keep their request confidential, but not a secret. Do what is best for their health - to keep them safe. Just as you wouldn't leave your friend with a broken leg to suffer in their physical pain, don't leave a friend who is suicidal to suffer in their emotional pain. Get help from a caring, trusted adult.

The best thing you can do for your friend is to tell a trusted adult that they confided this to you, so that they can get connected with a professional and get the help they deserve.

If you are interested in creating an environment in your school that fights the stigma against mental illness, and supports students asking for help, Sources of Strength is for you! Help work towards creating a positive school culture by promoting the eight sources of strength within yourself, with your friends and in your community.

E-mail ChelseaM@awareak.org juneausourcesofstrength.org

If you are interested in helping work for suicide prevention in your community, consider being a youth representative for the Juneau Suicide Prevention Coalition. JSPC provides a variety of services and brainstorms innovative ideas to fight suicide in Juneau.

E-mail Hilary.Young@juneauschools.org juneausuicideprevention.org

If you are struggling with thoughts of suicide, or know someone who is struggling, please contact the National Careline as soon as possible. It is completely confidential, and you are always in control of what you want to talk about. They can help you safety plan for a friend, and for yourself.

National Suicide Hotline: 1-800-273-8255 Careline: 1-877-266-4357

Environmental Activism

Alaska is a remarkable place, with a unique ecosystem. This also causes it to be extremely susceptible to climate change.

As the US EPA reports,

ALASKA HAS WARMED BY 3 DEGREES C OVER THE LAST DECADE, MORE THAN DOUBLE THE NATIONAL AVERAGE.

Not only does this risk harming our environment, raising our sea levels, and impacting our biodiversity, but this increase can quickly make much of Alaska uninhabitable.

DUE TO MELTING PERMAFROST, OVER 85% OF ALASKA'S ROADS ARE AT RISK OF ERODING, CREATING SOIL THAT IS IMPOSSIBLE TO HOLD SUCH INFRASTRUCTURE.

If it is impossible to support a road, it is highly unlikely the soil could support an airport.

THIS WOULD LEAD TO A LACK OF ACCESS FOR OVER HALF THE COMMUNITIES IN ALASKA.

CLIMATE CHANGE IS HERE, BUT IT IS NOT AN UNSTOPPABLE PHENOMENON.

1. GO OUTSIDE

Remind yourself why this is worth protecting (beyond us needing it for our survival). Go on a hike, a boat- surround yourself with the immense beauty that Alaska has to offer.

2. Call your Congressmen and Women

There are currently many bills in place to disregard and eliminate environmental regulations and agreements. Even if you are too young to vote, you are never too young to voice your opinion to your representatives, as they represent you as well! Let them know that you care about protecting our environment and ensuring our home is hospitable for generations.

Lisa Murkowski: 202-224-6665 Dan Sullivan: 202-224-5744 Don Young: 202-225-5765

3. Join one of the awesome groups committed to fighting environmental degradation in Alaska!

Alaska Youth for Environmental Action

Email Allison Barnwell: allison@akcenter.org

Youth Leadership Opportunities

Lead On for Peace and Equality is a program for any and all teens who believe in mutual respect and promoting change! Beginning with a Youth Conference in Anchorage, teens then return and can apply for a mini-grant to start a community project in their hometown! Applications available in the fall; Scholarships available.

Contact Morgan Stonecipher
morgans@awareak.org
907-586-4902



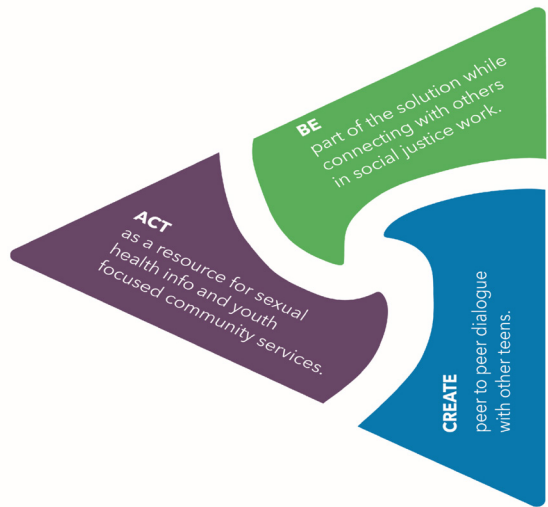
SOURCES OF STRENGTH

Sources of Strength is a diverse community of students and adults with the common goal of improving school climate, encouraging leadership, and increasing awareness through peer communication, using the eight Sources of Strength. Program begins in the fall.

Contact Chelsea McKenzie
chelseam@awareak.org
juneausourcesofstrength.org

Join Teen Council and become a healthy sexuality peer educator!
Recruitment begins in the Spring. Applications available!
@JuneauTeenCouncil

Contact Cori Stennett
Cori.Stennett@ppgahi.org
907.523.5025 x 5126



Services & Amenities

All-Gender Restrooms

Second Floor Egan Library

All-Gender multi-stall restrooms are located on the second floor of Egan Library, next to the check-in tables. To access the all-gender restrooms, walk into the Egan entry near the check-in table and walk around to the far side of the circulation desk.

Gendered restrooms are located on the first and second floor of Egan Building.

Food Services

Spike's Cafe

There are drinks and snacks provided all day in the Spike's Cafe area. Stop on by for a quick caffeine boost or a snack between sessions!

Lakeside Grill

The Lakeside Grill is located in Mourant Building, on the upper level. This is directly across the campus courtyard from Egan Building. The Lakeside Grill will be providing a catered meal during the Lunch Break at no charge to participants.

Déili (Safe Harbor) Room

Egan 220

If you are feeling triggered or need support, the Safe Harbor Room (Déili) will be open as a space to come to breathe and relax. There are AWARE advocates available to talk and listen or just to be quiet with. Cecelia Westman will also be there with a T-Shirt Printing Press, allowing students to make their own screenprinted Be the Change T-Shirt!

Spike's Cafe

Join artist MK MacNaughton in creating large portraits of teen leaders. Stop by her booth in 2nd floor lobby outside the library to check out and contribute to the project. All are welcome to contribute!

We would like to extend a huge “Thank You!”
to our sponsors:



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And a special thanks to all those who helped make this
conference and booklet possible:

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Juneau Lead On Members

Jorden Nigro and ZGYC staff

Youth Engagement and Wellbeing Subcommittee

Cori Stennett

Morgan Stonecipher & AWARE staff



Egan Building Map



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