

Youth SUMMIT Newsletter

2019 Event:
Wednesday,
January 23

Registration Deadlines:

\$25 Early Registration, including lunch: January 12

\$30 Late Registration, including lunch: January 16

\$35 On-Site registration does not include lunch

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- Surviving Divorce as a Teen
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- And much, much more...

because I said I Would's Sheen Headlining 2019 SUMMIT

A lot of people don't keep their promises these days. That might just seem like social commentary, but think about how many people promise to quit smoking, graduate, recycle or volunteer... but then don't. The consequences of broken promises plague the world. Nothing about that is going to change... unless there is something to change it. That is the premise behind "Because I Said I Would."

Alex Sheen (pictured to the left), founder of the program, shared the history behind why he started it.

"My father was an average man. He was no war hero. He never wrote a book. He never ran marathons. He was a pharmacist. No recognition. No fame. But for everything that made my father "average" and "everyday," there was one thing he did exceptionally well. He kept his promises. My father was a man of his word.

"On the morning of September 4th, 2012, my father died of small cell lung cancer. I was asked by my family to give my father's eulogy. In those final resting words, I

chose to speak about my father and how he treated his promises. Too often we say things like "I'll get to it" and "tomorrow." One day there is no tomorrow. The promises we make and keep and those we choose to dishonor define us and this world.

"I would title this speech *because I said I would*. On that day, I handed out for the first time what I would call "promise cards" to help remind peo-

ple of the importance of our commitments. Simply write a promise on the card and use it as a symbol of your honor. I offered to send 10 promise cards to anyone anywhere in the world at no cost to them. This would set off a chain of events to the scope of which I may never understand."

Alex will be the morning keynote speaker at the 2019 SUMMIT.



COMETRY coming back to SUMMIT

COMETRY is an exciting, energetic new art form that blends performance poetry and stand up comedy into clean, clever, observational entertainment. Each performance is designed to highlight the similarities, habits, and traits that we all share, but often go unnoticed. Every COMETRY piece or "coem" does a few things: it tells a story, raises



awareness, or delivers an inspirational message, all while making you laugh.

COMETRY made its first SUMMIT appearance in 2015. After positive reviews, they've been asked to make a repeat appearance as the 2019 afternoon keynote speakers. Come see Iggy and Sean January 23 at SUMMIT 2019.

Excuse Me, That Bothers Me Seminole to address sexual harassment



Little girls want to be princesses, they want to look, act and be treated like one. In the same way, little boys want to be the mighty hero of the story.

As we grow up, these desires still remain, but are often chained behind anger, selfishness, and other dishonesties. One such way is through sexual harassment.

It is easy to simply justi-

fy the offender's actions and forget our fairytale. But, by doing so, we are surrendering to the lies of the world's dragon.

In their breakout session, Seminole High School students will discuss what sexual harassment is and what it is not, what makes it a crime, and how to slay the dragon of sexual harassment.

Abusive relationship causes *Ripple Effect* Harms' to share story at SUMMIT

A butterfly effect is when a small action, or set of actions, leads to a much larger occurrence, impacting not only the initial people in the action, but everyone who comes in contact with them. Often times, a butterfly effect can be a wonderful thing, but on the flipside a negative action can cause a world of hardship to transpire.

Danielle Harms will be speaking in her

SUMMIT breakout session about her experience with an abusive relationship. Living with the mentality that no matter your past you have a spotless future, she will talk about how to recognize the initial actions that could eventually spiral into irreversible heartache and how to overcome these.

The Hurt of Loss How to deal with losing a parent

The death of your mother or father is one of the scariest thoughts to face, especially for a teen. However, thousands of young teens face this fear everyday.

The SUMMIT breakout session, "The Hurt of Loss," will focus on dealing with the loss of a parent and how it affects the daughter/son, especially at a young age. Presenters will also spend



time focusing on how friends can help someone going through parental loss, including things to say and do to help them move forward and what can have the exact opposite effect.

A student will share her personal story of losing her dad at the age of 13 and what has helped her move to the point where she is now.

Cyberstalking: Somebody's Watching Me

It was a popular song in the '80's: "I always feel like somebody's watching me." Today, it seems more of a reality than ever.

Never before has global communication been so easy. However, with this luxury come certain dangers. Denver City will inform teens about the dangers of the world-wide-web in their session at the 2019 SUMMIT.

Here are some statistics about cyber danger:

- Approximately 1 in 4 stalking victims reported some form of cyberstalking such as e-mail (83%) or instant messaging (35%). (Bureau of Justice Statistics)
- 1 out of every 12 American women will suffer from at least one cyber-



stalking incident in their lifetime.

(brandongaille.com)

- 55% of teens will share personal information with the general public without any privacy settings in place. (brandongaille.com)
- 29% of teens in the United States have suffered from at least one cyberstalking incident by someone who was a complete stranger to them. (brandongaille.com)

Little Did I Know...

The yellow lines on the road fly by while you're driving. Imagine having "a little bit" to drink and those yellow lines turn into memories.

Kress ISD Counselor

Melinda Thomas will be sharing her story of how a drunk driving crash changed her life, and the lives of those around her, when she was in high school. You'll never guess who it was that

killed her best friend.

Little did she know...



Anxiety in Society

Even though it is often thought to be "unseen," many teenagers today feel the effects of anxiety and depression through school and social standards. Society makes teens feel like they have to fit in and have perfect grades. These factors can lead to even more

anxiety and depression.

This SUMMIT session will give students tools to help with these mental issues and help them realize they aren't alone.

Get a jump start on combatting anxiety or depression with these suggestions:

- Try to make new friends.
- Participate in sports, a job, school activities, or hobbies.
- Join organizations that offer programs for young people.
- Ask a trusted adult for help.

SUMMIT

How it all started

Find us online at:

www.youthsummitinc.org

In 2001 a group of students from Lamesa High School, in cooperation with Region 17 Education Service Center, created a youth summit to address issues of substance use in our area. Knowing that Lamesa was not alone in facing the problem, the goal was to create a coalition among schools in our area so problems and solutions concerning this issue might be shared. Each school in the ESC Region was invited. The project was called Project SUMMIT, **Students Uniting to Make Meaningful Influences Together**.

The workshops held at the summit were suitable for all ages. The effects of Fetal Alcohol Syndrome on the unborn child were presented and keynote speakers highlighted the event. Students were also visited by the "Grinch," and learned ways to teach young children how to say no to alcohol.

After the initial SUMMIT, students and advisors from the six area schools who attended the conference joined the effort to carry out SUMMIT 2002. A student committee was established. Students from Lubbock-Cooper, with faculty advisor Debby Tabor, chaired the event. Students wrote a mission statement and an informal advisory committee was established.

Seven schools joined the effort to carry out SUMMIT 2003. Shallowater students chaired the event with the guidance of their advisor Cindy Couch. A professional advisory committee and a student planning committee were established. Attendance tripled in size compared to the initial SUMMIT. Because of tremendous growth, SUMMIT was located at the Lubbock Civic Center for many years. However, Lubbock-Cooper High School has become the new home of the event in recent years.

Now in its 19th year, SUMMIT, a vision from the beginning, has become a reality. SUMMIT has now become SUMMIT (Students Uniting To Make Meaningful Influences Together), Inc. It has a Board of Directors and an Adult Advisory Committee in addition to the Student Planning Committee. Students continue to plan and carry out SUMMIT each year.

2019 SUMMIT Registration FAQ's

Q: When and where is the 2019 SUMMIT?

A. The 2019 SUMMIT will take place at Lubbock-Cooper High School on Wednesday, January 23. Registration will begin at 8 am. The event will begin at 8:30, followed by a keynoter at 9. The event will conclude by 3 pm.

Q: When is the deadline to register for the 2019 SUMMIT and what does it cost?

A. There are three deadlines to register for the upcoming event.

- Early Registration—Jan. 12—\$25
- Late Registration—Jan.

16—\$30

- On-site Registration—Jan. 23—\$35

Q: What do I get when I register for the SUMMIT?

A. Every participant who attends the event will get a day full of information from various speakers on many topics relating to drug and alcohol use and abuse, as well as violence, and other topics relevant to teens. Every session has been planned by fellow high school students and can be shared with students at your school. All participants who register by the late regis-

tration date will also be provided with lunch.

Q: What are we having for lunch?

A. SUMMIT will be catered by River Smith's with a menu including chicken and catfish.

Q: How do I register?

A. Complete the registration form included in the email with this newsletter or found on the SUMMIT website and return to Nancy Patterson at Seminole High School.

Q: Where can I find information on the web?

A. www.youthsummitinc.org

