

# Highlights from the MN ENABL Regional Meetings

## August-September 2003

Listed by category are some of the activities and ideas shared among MN ENABL grantees during the regional meetings in 2003. The MN ENABL project/site responsible for the specified activity or idea is identified in parentheses. You are encouraged to contact the project coordinators directly to build upon ideas, troubleshoot, and exchange lessons learned.

### Youth leaders/Peer educators

- Took juniors and seniors to mini-golf in Brainerd; en route, generated discussion about parents' alcohol use. (Cass)
- Cards that can be exchanged for cash or gift certificates are used as stipends for teen leaders. (Cass)
- Have teens wearing T-shirts labeled "PSI Leader," at events like parent-teacher conferences. (Freshwater)
- Teens with MN ENABL t-shirts bag groceries with bag stuffers, i.e., parent/adult pledges. (Kanabec)
- For recruiting teens, consider distributing info using locker tags/labels that specify the student's name and locker number. (Mid-State)
- At year-end, "active" peer leaders receive certificate and pins for recognition
- Youth leader created and maintained a scrapbook of photos, promotional items, articles, etc. from MN ENABL efforts. (Koochiching)
- Appreciation night for peer leaders and their parents at local pizza restaurant. Provided youth with ENABL patch (logo only) that can be secured to letterman jackets. (Koochiching)
- Female peer leaders recruit males. (Project SIGHT)
- Peer educators/youth council volunteered some time for a separate program within the agency. (Lutheran Social Service)
- Recruitment done based on interest in and discussion about movies that are shown in conjunction with MN ENABL curriculum topics. (Lao Family Community)
- Asian Youth Speak Out Event featured MN ENABL youth at Capitol, joining other youth groups; HEY group gave presentation to legislators, booth placed in rotunda. (AAHWM)
- Former peer educators who have gone on to professional positions can develop tours of current places of employment (e.g., law firm) for current peer educators. (VOA/Federal FORUM)
- FLY, Females Like You, is a female mentoring group that implements the curriculum (SPUL)
- College tour scheduled in Spring for peer educators/youth leaders. (SPUL)
- Recognition dinner to take place for those who have given at least 1 year of service with MN ENABL, plus youth advisors. (SPUL)
- Peer education "graduates" will assist with advertising as the MN ENABL promotional youth group. (Lao Family Community)
- Address time pressures and stress management with teens as a part of the interview (training recruitment) process. (Crow Wing)
- Also, be clear with parents about what number of hours are expected of peer educators. (Crow Wing)
- MN ENABL Step Team for St. Paul is open to all metro students as an entry to peer education. (SPUL)

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## Community events

- Participated in parade with wagons, strollers, real and plastic babies – slogan: *These are not the wheels we saved for.* (Cass)
- Fishing contest generates 100+ participants every Tuesday. (Cass)
- “Cocoa and communication”: two packets of hot cocoa with message distributed at football games (Cass, Wadena)
- Talent show (Kanabec, AGAPE)
- Basketball tournament (Kanabec)
- Game night for board games, ping pong, etc. (Kanabec)
- “Trail of Terrors” (Kanabec)
- Ice-fishing (Kanabec)
- Teen dance (Cass, Kanabec); consider integrating trivia into your next dance (Mid-State)
- Dinner event for Spanish-speaking audience, featuring Lupe Quintero; offered daycare, transportation and donated pizza. Next event will be geared to men only. (St. James)
- Young teen HEAT Retreat – all day Saturday event in July featuring “snack and learn” structure to activities: 40-min workshops, followed by 20-min of fun and snacks, followed by 40-min workshops, etc. Topics included: Tae Kwan Do, “Home and Alone” safety tips taught by extension service, first job search, what to look for if friends are using substances, exercise/preventing sports injuries taught by football coach. (Cottonwood-Jackson)
- “Purity Ball” formal dinner dance for teens created as an alternative to prom; featured donated prizes, fashion show, onsite photographer. (Youth Values for Life, VOA/Federal FORUM)
- Daughters and Sons of Tradition – programs for young males and females. Males learn athletics and drumming; females learn beading and artwork. Purpose is to help them discover what they’re good at doing, while teaching values during the activities. (Am Indian Family Ctr)
- “The Black Fairy” is a youth-run production that MUL has permission to use. (MUL)
- DJ party to celebrate Let’s Talk Month at the end of October. (Lao Family Community)
- Spaghetti social for LTM, featuring Prof. Gail Forman of U of M who will address sociology of African American children. (SPUL)

## Collateral (i.e., promotional items, print materials)

- Pocket protectors with slogan: *Abstinence is free and 100% effective.* (Cass)
- Sports water bottles with bookmarks and other small collateral distributed at sports physicals. (Itasca, Freshwater)
- Parent Pledge is now called a “Parent Promise” to avoid any connotations about appeals for donations. (Itasca)
- Bookmark for teens: How teens can talk to adults about sex. (Itasca)
- Gave away pencils and carabiners (keychains) at golf tournament. (Freshwater)
- Suggestion: Provide pens, pencils, and notepads to ministerial associations. (Freshwater)
- 5,000 napkins printed and provided to local restaurants. (Koochiching)
- Youth designed t-shirt for current program participants – ENABL logo on sleeve, on back are words to describe who they are. (Am Indian Family Ctr)

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- Pom-poms (Wadena)
- Tattoos, footballs, basketballs (Crow Wing)
- Car fresheners (Koochiching)
- Popcorn served in megaphones (Koochiching)

### Businesses/Employers

- Bank statements stuffers (Cass, Mid-State)
- Paycheck stuffers (Mid-State)
- Coasters placed in bars and restaurants
- Free microwave MN ENABL popcorn with messages, e.g., *May is Teen Pregnancy Prevention Month. Decide to wait.* (Cass, Koochiching)
- Teens with MN ENABL t-shirts bag groceries with bag stuffers, i.e., parent/adult pledges. (Kanabec)
- Placed ads in employer newsletters for Boise Cascade and local hospital. (Koochiching)
- Coffee-time conversations with teens during breaks at places of employment (e.g., hospitals). Donuts and coffee are provided. (Koochiching)
- Free microwave popcorn giveaway during MEA weekend, Oct 16-19, in partnership with participating video rental stores and retailers. Will create a sign for employees “to distribute to families and parents with video rentals rated G, PG and PG-13.” (Cottonwood-Jackson)

### Other unique locations

- Sports water bottles with bookmarks and other small collateral distributed at sports physicals. (Itasca)
- Drawings and booths at immunization clinics. (Itasca)

### Candy slogans

- Gummi worms w/ business card sized message – *Don't take the bait, just wait* (Cass)
- May day basket of candy featuring multiple prevention messages about risk behaviors: Dum-dums – *Don't be a dum dum, say no to drugs*; Smarties – *Be a smartie, stay in school*; Nestle treasures – *Treasure yourself, say no!* Double Bubble – *Chew gum, not tobacco.* (Wadena)

### Community collaboration

- May Day Bash with Youth Risk Behavior and Youth Tobacco Prevention programs – admission included bringing a tobacco ad to shred at the door in exchange for pizza slice coupon, May Day Basket, and access to activities. (Wadena)
- Ministerial groups are key partners for youth events. Consider rotating among the different faith communities who will sponsor various activities. (Freshwater)
- Working with Planned Parenthood to do Latina mother-daughter retreat. (Project SIGHT)

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- Progress with outreach into Latino community has been due to partnership with family literacy class that has allowed MNENABL to share resources, deliver presentations on various topics. (St. James)
- Libraries will distribute the *Talk Straight to Me* tips which have been made into 7,000 bookmarks. (Parenting Resource Center)
- “Family Fun and Learning Night” is sponsored by the Family Resource Center, but MN ENABL is represented every month. Interpreter is used to reach out to a largely Hispanic population. (Lutheran Social Service)
- 7<sup>th</sup> annual carnival in Phillips neighborhood (Mpls) on 9/13/03, in collaboration with other MN ENABL grantees. Features rap performance, step performance and “pop the question.” (Lutheran Social Service)
- Lock-in scheduled at YMCA (Youth Values)
- Mother-daughter retreat to be done in collaboration with Ain Dah Yung. (Am Indian Family Ctr)

### Games

- Jeapuberty – taught in 6<sup>th</sup> grade to reinforce anatomy, systems, etc. (Wadena)
- Mother-daughter retreats are rotated throughout the county. Includes: revised version of newlywed game with questions about favorite meal, reactions when upset, clothing, dating, and more! (Mid-State)
- MN ENABL Bingo game – small transparent blue and orange bingo chips are available at <http://mr-bingo.com/>; game boards available from PRC (Parenting Resource Ctr)
- Pop the Ballons at County Fair (Parenting Resource Ctr)
- Indian game show, like Jeopardy, is based on an existing script. Theater group will perform. (Am Indian Family Ctr)

### Schools

- “I love you” gifts to all teachers, coaches, and/or school liaisons for their help in arranging trainings or excusing students for MN ENABL activities – e.g., mousepads, coupon for free latte with message: *MN ENABL loves you a latte*. (Cass)
- At parent-teacher conferences, flyer is handed out with schedules, featuring statistics, why kids won’t talk to parents about sex, and tips for family communication. (Wadena)
- Booth at all-school registration day. (Crookston)
- A letter to my future wife/husband, explaining reasons for waiting to have sex – suggestion: post anonymous letters in classrooms or hallways during open house. (Crookston)
- For TPP Month, a scavenger hunt in schools, using the web site, etc; hints posted around school buildings. (Mid-State)
- “Chili Bowl Chatter” during parent-teacher conferences – tables are set together by topic areas for parents to approach “experts” with questions, etc. Banners and signs indicate topics. Not meant to offer a formal presentation. (Mid-State)
- Not Yet Net youth council member conducted presentations at Spring concerts with school principal, delivering the message of “Let’s get together and make music, not babies.” (Itasca)
- Partnered with Students Against Destructive Decisions. (Koochiching)

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- MN ENABL logo and blurb is in calendar. (Koochiching)
- PEARLS: Parent Education Assistance and Resources Liaisons – one volunteer in each school for each grade level is responsible for a cart of parenting resources and magnets. Books and videos are available on an anonymous check-out system, made available in the lobby area when parents are picking up their kids. (Project SIGHT)
- Teen pregnancy “report card” with MN ENABL program info distributed to superintendent, principals, and health teachers. (Crow Wing)

### Media (local media and grantee-generated media)

- Parents write editorial letters on regular basis. (Wadena)
- Prepared in advance articles for local paper as well as text and layout for parent newsletters for following five months. (Crookston)
- *Straight from the John*: Newsletter posted in bathroom stalls (Mid-State)
- Poster contest from which the top 4 winning entries become billboards in community. (Cottonwood-Jackson)
- Running banner ad every Sunday at bottom of front page of comics section. (Parenting Resource Center)
- Replicating (producing) *Talk Straight To Me* TV ad with local faces. (Parenting Resource Ctr)
- *This is How You Love* CD made in collaboration with Asian Roundtable, St. Paul-Ramsey County Teen Pregnancy Prevention Project and AAHWM. First of its kind – produced by established Hmong artists, as well as emerging/starving artists. (Lao Family Community)
- Public television representative attended coalition meeting; MN ENABL story featured in evening news that same night. (Crow Wing)
- MUL’s “On the Other Hand” talk show has featured Youth Values for Life (MUL)
- Peer education “graduates” will assist with advertising as the MN ENABL promotional youth group. (Lao Family Community)
- AJ Indoor bathroom door ads. 14 paid slots, plus 9 bonus slots at \$2000/year (Crow Wing)
- In collaboration with Asian Media Access, youth created “I love you” poster in five languages: Cambodian, Lao, Vietnamese, Thai, and Hmong. (Lao Family Community)

### Movies

- In-theater movie ads are updated every 4-5 months. (Wadena)
- Flyer with free movie tickets for one adult & one child admission to any G or PG-rated film during October – handed out by teen leaders to 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade classes. Featured movie night(s) include prize drawings after movie, plus discussion with parents.

### Display and presentations

- For 7<sup>th</sup> grade orientation, used the *Thriving With Your Teen* powerpoint presentation available at <http://shouldertoshouldermnnesota.org> – Go to community outreach and community organization outreach. (Mid-State)
- Library displays during summer reading program, targeted at parents. (Mid-State)
- Displays at local banks. (Mid-State, Freshwater)

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- Purchase the four of the same display boards for use throughout the area; “coordinators/liaisons” design and construct all in the same day. (Mid-State)
- Display boards can be made more interactive with the use of “pockets” of information, e.g., questions on board, answers or helpful tips in pockets. (Mid-State)
- Great idea for your next display board: consider adding small digital recorders with messages! (Mid-State)
- PowerPoint presentation about MN ENABL includes “Talk Straight to Me” TV ad. (Itasca)
- Display board and literature made available at golf tournament’s clubhouse. (Freshwater)
- Library display features questions and answers from the Adult FAQs at saynotyet.com. (Parenting Resource Ctr)
- Suggestion: avoid having booths at concerts, since less attention tends to be paid to them during the concert event (AAHWM)
- “I love you” large wooden message board was constructed for youth to write their own graffiti messages – e.g., I love you, this is why I’ll wait, etc. Challenges: heavy and hard to move from place to place, requires constant supervision. (AAHWM)

### Cross-generational

- Working with elders to teach rites of passage – “Seventh Fire,” the new people who will reclaim traditions into the future. (Am Indian Family Ctr)
- Parent-teen dinner during Let’s Talk Month, featuring speaker (and former MN ENABL project coordinator) Val Kvale. Theme is *How Well Do You Know Each Other?* (Cottonwood-Jackson)
- Mother-daughter retreats are rotated throughout the county. Includes: revised version of newlywed game with questions about favorite meal, reactions when upset, clothing, dating, and more! Also provides little book as a conversation piece with photos and answers. (Mid-State) – Suggestion: Add a puberty or adolescent development component to your next retreat!
- Mother-daughter retreat, day-long event led by Julia Uleberg; topics include: body image, relationships with parents, adolescent development, mask making, and storytelling. Theme – *What We Really Appreciate About You.* (Project SIGHT)
- “Guys Golfing Getaway” generated 22 participants – mentors were provided, where needed. (Cottonwood-Jackson)
- “Spaghetti Splatter Chatter” – invite kids as well as parents, engage all of them in activities. (Freshwater)
- Supply the food at large family gatherings and provide a dinner activity. (Lao Family Community)

### Miscellaneous

- Working with churches to show Planned Parenthood *Talking About Sex* video – will stop the video at the part that begins to mention contraception. (Project SIGHT)
- MN ENABL is sponsor of women’s volleyball and men’s soccer teams. (Lao Family Community)
- Working with teen moms group (Lutheran Social Service)