

## Highlights from the MN ENABL Regional Meetings (April 2004)

◆ April 1: Grand Rapids ◆ April 6: St. James ◆ April 8: St. Paul ◆

Listed by category are some of the activities and ideas shared by MN ENABL grantees during regional meetings in April 2004. The project responsible for the specified activity or idea is identified in brackets. Grantees are encouraged to contact each other directly to build upon ideas, troubleshoot, and exchange lessons learned.

### Local production of collateral (a.k.a. promotional items)

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- Local production of collateral items: Carabineers are well received by kids (silver with blue inscription); pencils; magnets [Freshwater]
- Mini-frisbees, especially for parades – sponsored by local newspaper that also does promotional items (printing); a mutually supportive existing relationship [Freshwater]
- Notepads with logo [Freshwater, Koochiching]
- Air fresheners [Koochiching]
- Waterbottles distributed to junior high volleyball players [Cottonwood-Jackson]
- Magnetic picture frame (costs about \$.50-.60 each) – one for males, females designed as a parting gift following curriculum delivery; includes students' statements about: My personal goals are... I'll reach these goals by... I promise to help...reach his/her goals (signed by parent/adult); I will do my best to make good choices to reach my goals (signature by student); frame includes digital photo [Cottonwood-Jackson]
- New t-shirt design; Hackey sacks with two logos [American Indian Family Ctr]

### Youth involvement / planning

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- Yard signs – youth from different sites will help post >>> will also do press release about yard sign distribution [Freshwater]
- May baskets with candy – to be done in partnership with SADD (Students Against Drunk Driving), will include messages discouraging alcohol use
- For April-May, elementary students (some after-school students) made notecards for high school students with reminder/encouragement messages about being safe, making healthy decisions during prom time; to be distributed with corsages and tuxedo rentals, and at nail salons (next time: start with early education among principals and students in September) [Project SIGHT]
- Series of community meetings: 1) with adults from youth serving agencies, youth-run program regarding MN Student Survey; generated discussion about how students don't get enough sex education; 2) "Sex and Cinnamon Rolls" youth-targeted meeting to talk about pressing issues, with Psychologist, panel of teens; 3) parents/adults allowed [Project SIGHT]
- May: teens want to organize a sporting event tourney event [Kanabec]
- SADD chapter co-sponsor: I Love To Read Month – focused on after school reading programs for 7-8<sup>th</sup> graders, bookmarks were distributed [Kanabec]
- Teens record audio PSA at local radio station [Kanabec]
- Working with local media (in-kind contribution) to cast and produce a video PSA with local youth, using ENABL "Talk Straight to Me" script [Parenting Resource Center]

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### Providing recognition / team-building

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- Stick lapel pin with MN ENABL logo for peer leaders (meant for letterman's jackets) – many schools give them out as part of awards night; cost is less than \$1 each [Freshwater]
- Teens/Sweatshirts for teens as reward for being involved [Wadena, American Indian Family Ctr]
- Bowling as a team-building activity for peer educators [Project SIGHT]
- Recognition event for teens on the National Day for Volunteer Recognition [Project SIGHT]
- Valley Fair trip in June for peer educators, youth 10-16 years old [Catholic Charities]

### Other activities with youth leaders/peer educators

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- Peer educators and youth council have been focused on education and career exploration – went to career fair recently, dropped off applications at workforce center, cookie cutter place [Lutheran Social Service]
- One male teen will be trained to do baby sitting skills and first aid; he'll then train the other teens [Lutheran Social Service]
- College tour of U of M: tour guides were part of Jason's fraternity, students were able to check out classes, different resources [St. Paul Urban League]

### Contests for youth

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- Valentines day contest for 9<sup>th</sup> graders: creative ways to show love and affection >> Cash prizes; responses widely seen on posters, handed out at parent-teacher conferences
- New theater ads from contest among high school students, especially art departments; students were given class time, but other students submitted entries as well >> Cash prizes, plus winning entries featured in movie theaters (other entries may be used in the future)
- Billboard contest with youth [Cottonwood-Jackson]
- Poster contest in first week of May: youth council will vote, three winners will be invited to youth council meeting, 1<sup>st</sup> prize will be printed and posted all over Phillips [Lutheran Social Service]
- Posters: community blitz, contest among kids to post posters, points for different places; highest number of points will garner a pizza party [Lao Family Community]

### Youth events

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- Middle school activity nights with games, etc. [Freshwater]
- Spookfest in October with Alcohol/Tobacco prevention program: games, candy with messages, for 5-8<sup>th</sup> grade [Wadena]
- MAY 13th: luau at cyber café for 5-6<sup>th</sup> grade; distribution of friendship bracelets in bright colors, woven with message: "Being friends: it's enough" from Oriental Trading Company: [www.orientaltrading.com](http://www.orientaltrading.com) (Note: not to be confused with more controversial jelly "sex" bracelets) [Wadena]

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- Young teen retreat – incorporating different components of *Worth The Wait*, 30-40 workshops with activities, treats, theme is “Star Search” (i.e., Everyone can be a star); activities will include first aid, physical activities (volleyball, football, sportsmanship, eating disorders, tae kwon do) [Cottonwood-Jackson]
- March career fair: took place during spring break – included police officer, accountant, lawyer, probation officer, U of M info [Youth Values for Life]
- Etiquette seminar: e.g., for job interview – outgoing voicemail messages, clothes, dining/place settings, took place at a very nice space – local church. Need to make sure that you have the tools and goals to be abstinent [Youth Values for Life]
- Purity Ball (May 30<sup>th</sup>) – Clothes will be donated/returned for fashion show from a variety of stories, 14-18 year olds; this is a prom alternative; Sheraton Hotel; tix available \$20-25, includes entertainment and dinner, plus door prizes; photographer is available on site, paid for separately [Youth Values for Life]
- Conference on May 1-2: girls’ sleepover night with 3 workshops (males’ one in October) [Lao Family Community]
- Lock-in event for 5<sup>th</sup>-8<sup>th</sup> graders, peer educators, co-sponsored by 4-H and Big Buddy program [St. James/Watonwan]
- Lock In: “You Can’t Beat The Heat”: limbo, movies, karaoke, all 70s music (instead of the over-sexualized current music), strobe light [Parenting Resource Center]
- Half-night lock-in event at MLK Center in St. Paul: basketball, artistic impressions: spoken word, poems, raps that include issues such as postponing sexual involvement, skits, step show (May 21, 7:30, 8:00 – 11:30, Midnight) [St. Paul Urban League]

### Gender-specific events

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- Girls’ Night Out (in an elegant atmosphere, with classical music, hors-d’oeuvres): 35 girls, 65 total participants; included 14 booths, Improv performance on communication, nurse practitioner who discussed skin care, massage therapist; cake decorating; overall purpose was to increase self-esteem, and parent/adult-child communication [Koochiching]
- U-Go Girl event in April – for 7-9<sup>th</sup> grade girls, with three different school districts: florist to instruct on making corsages to take home, making bracelets, cosmetology students to demo haircare/styles [St. James/Watonwan]
- Wise Guys event again in the fall: golf chipping game, floor hockey game, plus non-competitive games (ex: making a javelin out of straws); included Phy Ed teacher, pastor, child protection officer, probation officer, family therapist/counselor, social studies teacher; boys were strongly encouraged to try on the empathy belly [FYI: Cottonwood Jackson has one; Watonwan borrowed from local public health] – most boys wanted to wear it – pizza was a huge draw; all participants got at least one prize (e.g., coupon for personal pan pizza, lanyard, t-shirt). Letters of invitation sent home to parents, advertised in classrooms and newspapers, posters around town, some kids required to attend as a part of their probation [St. James/Watonwan]

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### Intergenerational events (retreats, etc.)

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- Mother-daughter retreats ongoing for last two years; locations and times of years vary across all counties; activities include: game show of comparing answers (similar to newlywed game), making bracelets – time consuming but well received [Mid-State]
- IDEA: To better accommodate mothers with sons who have shown up in the past, may offer cooking classes and/or outdoors/camping event in the future [Mid-State]
- New teen Center leader at local Y to co-sponsor parent-son/daughter day; will feature DNR rep on hunter safety, rep from bait shops to discuss tying lures, orienteering (compass navigation, no GPS) in parent-child teams to find clues [Itasca]
- Mankato mother-daughter retreat [St. James/Watonwan]
- Parent-teen dinner event; used bingo game from Parenting Resource Center, plus activity “How well do you know your teen/parent?” [Cottonwood-Jackson]
- Mother-daughter retreat: Designing pillows, scrapbooking, and painting rocks -- will target higher risk girls because space is limited [Cottonwood-Jackson]
- Mother-daughter retreat: Mask-making with materials (gauze strips) from local orthopedic surgeon, plus sequins, feathers; also talk about male/female anatomy with a kit that needs to be assembled in an anatomically correct fashion {Project SIGHT}
- In collaboration with PP, offered training for Spanish-speaking sexuality educators; Latina mother-daughter retreat [Project SIGHT]
- Monthly intergenerational events (focus of all is on relationship and communication building) – middle school students matched with seniors and some adults: 1) “Train Cake Event” – ordered 35 small marble loaf cakes from local bakery, one for each child to decorate and to add to a train; prizes for 1<sup>st</sup>-3<sup>rd</sup> places; also had games e.g., poker, bingo, circle games, improv, Guesstures; 2) Carnival event; 3) next: bingo event. Seniors were personally invited and transported by their assisted living transportation bus. [Project SIGHT]
- Mother (or significant adult female)-daughter retreat: moms to talk about their own experiences growing up, peers will lead discussion with girls [American Indian Family Ctr]

### Media/Public Awareness

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- Live radio program (done annually) will focus on reframing more recent negative press about MN ENABL [Koochiching]
- Improv presentation at Lions Club has proven to create more inroads towards reaching fathers [Mid-State]
- Straight from the John: Bathroom stall messages year round, different topics in community restaurants convenience stores, businesses [Mid-State]
- April parent newsletter will excerpt from article written by Sarah Brown of National Campaign to Prevent Teen Pregnancy; focus is “It’s not enough to talk...set limits, boundaries” [Crow Wing]
- AJ indoor advertising [Crow Wing]
- Local radio talk shows are popular [Crow Wing]

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- Exploring use of bowling alley scorecard screens/monitors for ad space (e.g., MN ENABL logo, TPP Month message) [Cass]
- Letters to editors/local papers [Freshwater, Itasca, St. James/Watonwan]
- Use bookmarks as paycheck stuffers; easy to create and stuff [Wadena]
- Popcorn w/ messages for teens at movie rental stores [Wadena]
- Popcorn distribution in October – suggestion: provide a laminated a sign for staff employees to encourage appropriate distribution [Cottonwood Jackson]; also consider providing list of suggested “conversation starter” movies [St. James/Watonwan]
- Theater ads – one for parents, one for teens [Wadena]
- Local cable TV channel to run MN ENABL spot for free [St. James/Watonwan]
- Local Mankato TV station will run ‘Talk Straight’ TV spot in May [St. James/Watonwan]
- Local billboard features actual photo of local teens with message “Talk Straight to Me” [Cottonwood-Jackson]
- Movie Night during May, TPP Month: messages on candy that will be sold (late May) [Project SIGHT]
- Toilet Times: to post in bathrooms with key messages
- Paid ads on basketball backboards and on benches at public swimming pools, featuring MN ENABL logo and/or key messages – collaboration with local park and recreation [Parenting Resource Center]
- May: 15 sec play through LTM, made into movie theater ads [Parenting Resource Center]
- Tip cards in church newsletter [Lutheran Social Service]
- Letter to Hmong Times, Hmong Today (two newspapers) – interviews to introduce the program [AAHWM]
- Working on creating a video PSA and 30-sec audio PSA [Lao Family Community]
- Will work with St. Paul News Network for media training so that PSAs can be produced in the future [St. Paul Urban League]
- Mini-carnival with KMOJ-FM to do a live remote broadcast; free to participants, any project may join; date TBD [Minneapolis Urban League]
- President/CEO of MUL to author article for community newspaper [Minneapolis Urban League]
- MUL sponsors a billboard on Penn/Plymouth in Minneapolis; will post something for TPP Month [Minneapolis Urban League]

### Displays and display boards

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- Display Board features colorful Legos theme with theme is “Parents are the Primary Sexuality Educators of their Children... Do you have the tools to do the job?” Display emphasizes specific developmental goals, illustrated by shoes of different sizes propped on Legos in front of the display board [Mid-State]
- 6 sided panel display – one side targeted at teens, one for parents [Cass]
- Outreach during the local home and farm show: used a sucker/lollypop display stand, drawing for door prizes (must be at least 25 and know a young person who they will take out: 2-\$25 gift certificates for dinner) [Cottonwood-Jackson]

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- Suggestion: use anonymous feedback from youth as part of display board, display youth testimony (e.g., 12 year old middle school student) [American Indian Family Ctr]
- Core member will take display board into local church [Lutheran Social Service]
- Yard sign distribution by core advisory group members [St. James/Watonwan, Lutheran Social Service]
- Outside professional created freestanding MN ENABL display on heavy cardboard; colors and images based on saynotyet.com [Youth Values for Life]

### Brochures/Handouts

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- Use ETR's brochure on: Abstinence & Self-esteem: Not everybody's doing it [Koochiching]
- Handed out to teachers: Baggies with Let's Talk Month stickers, trail mix of M&Ms [Mid-State]
- Project-specific brochures [Cass, Wadena]
- For most events, especially where there is a table – distribute treat bags (colorful cellophane bag) with stickers, abstinence brochure, suckers and/or starbursts as a way to encourage taking the information [St. James/Watonwan]
- Fact sheet on relationship between girls in athletics and teen pregnancy prevention: distributed at girls' volleyball games [Wadena]
- Teen pregnancy report card (annual) sent to end of school year, to school administrators, county commissioners, local policymakers, with “shows signs of progress and needs improvement” on heavy cardstock in specially printed envelopes [Crow Wing]
- Youth Picture Day – To gather a variety of photos for use on brochures [AAHWM]

### Curriculum- / school-related

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- By May, PSI will have been delivered to over 1,000 8<sup>th</sup> graders in community; reminders sent to students at end of school year: lollypops with message; backed with large MN ENABL label (hint: avoid scotch magic tape) [Crow Wing]
- Every 7-8<sup>th</sup> grade class: MN ENABL curriculum week [Itasca]
- Take the Quiz: 7-8-10<sup>th</sup> grade classes all have health – will get highlighters [Itasca]
- Theater ads – one for parents, one for teens
- Puberty class with girls – will distribute water bottle, magnet, cling-on's, candy [Wadena]
- Post-curriculum: at 9<sup>th</sup> grade levels – bring in speakers (teen moms), follow up activities [Wadena]
- Take the Quiz: in high schools during lunch, highlighters to all participants [St. James/Watonwan]
- No Q&A box, but time left at end for questions and comments from all (all participants are given paper to turn in) [Parenting Resource Center]
- Better to do smaller sessions of trainings rather than try to do one large training – more opportunities for one-on-one attention, team-teaching practice time [Parenting Resource Center]

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- Combined with Girl Scouts of St. Croix Valley to deliver curriculum to ages 10-12, 12-14 for MAD + some PSI activities [American Indian Family Ctr]
- Jenny Oliphant (National Teen Pregnancy Prevention Research Ctr, U of M) spoke to 6-8<sup>th</sup> graders: comes in as an outsider, tied in assertiveness, harassment, lots of sharing among the students, prompted by specific questions that each student were asked to answer [Kanabec]
- Presented test which showed that students were not aware enough about STDs, not recalling symptoms; now bringing in outside professional speaker to talk about STDs specifically, for 6-8<sup>th</sup> graders [Agape House for Mothers]
- Working on securing scholarships for week-long camps (\$200/participant) where MN ENABL curriculum will be implemented; there may be slots open for other coordinators to participate [Lao Family Community]

### Clever messages

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- Mini Reese's pieces – “Don't go to pieces...you're worth the wait” [Cass]
- Handing out flower seeds during May: “Growing Absolutely Fantastic Youth” in baskets, available at cashier in restaurants [Mid-State]
- Gummi worms with “Don't take the bait” message distributed to students, in bait shops [Mid-State]

### Outreach

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- Trying to connect with grandparents who are parenting – may need some support; presentations to senior centers, brief overheads with opportunities to talk, 15-20 minutes on how grandparents can play a role in communicating with teens [Cottonwood-Jackson]
- Drama troupe – from St. Olaf College, some drama majors – they do different skits on relationships, respect, feelings, sex, teen pregnancy, bullying: very unavailable during the day, but they are very hard workers and very available during the Q&A session; Cornerstone Productions to do training with this group [Project SIGHT]
- Workforce devtpt center—job search class; presentation to adults [Parenting Resource Center]
- Outreach to teen moms about starting early, talking to kids about sexuality [Lutheran Social Service]
- Will organize summer activities surrounding local outdoor and indoor pools [Kanabec]
- Parent PSI sessions offered on Saturdays [AAHWM]
- Fundraiser event in recognition of May, TPP Month [AAHWM]

### Community Collaboration

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- Council of social agencies (includes community college, school board liaisons)—monthly meeting to do program sharing >> developed community coalition to assess sex ed across the lifespan, collective desire to ensure that the entire spectrum is covered [Parenting Resource Center]

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- With U of M and Civil Society – to present research and stats on Native Americans and teen pregnancy prevention; will be done as parent workshops on Saturdays, parents will talk about their own experiences, girls will also talk about their own experiences in schools; plus MN ENABL will be weaved in, within context of pressures faced at school [American Indian Family Ctr]
- Recommendation: Summer Smarts program through St. Paul Schools is also a good way to connect with youth [American Indian Family Ctr]
- Suggestion: consider creating a multi-lingual PSA; AAHWM did one for tobacco prevention in collaboration with “Unity Project” [AAHWM]

Grantee recommended resources (materials may still require formal approval from MDH staff)

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- US DHHS booklets: *The Girl that I am* and *Grandma’s Wisdom* in English and Spanish ([www.soyunica.gov](http://www.soyunica.gov)) [St. James/Watonwan]
- *Gonna Make It* – good, FREE, intense video on sexual abuse, date rape, incest; talks about both males and females, resources for help (more appropriate for 13-14 year olds) [American Indian Family Ctr]
- Second Harvest Heartland -- [www.2harvest.org](http://www.2harvest.org) -- click on programs/food; must pick up food in person or pay for shipping charges, but food is inexpensive for all 501 (c)(3) that serve low income populations [Lao Family Community]
- Also for defraying cost of food for events – Cub Foods will pay for a large portion of a grocery bill; may be negotiated with manager; Target also offers food that are “closer” to their expiration dates – just need to request only enough food that will be used right away [Lao Family Community]
- Metro-based: EMI Music (Minneapolis) will rent DJ equipment for cheap (\$60), e.g., two speakers, amp [Lao Family Community]

Advocacy

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- Working on a petition with goal of sending to legislators; theme: “Put a Capital A on Abstinence” [Catholic Charities]

Notes from MDH:

- If transportation is an issue for peers (e.g., because of a bus strike), MN ENABL funds may be used to pay for repairs to your agency’s vans

***Suggestions for distributing posters or tip cards*** (\*consider using tip cards as mini-posters!)

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|--|--------------------------------|---------------------------|
| • School nurses, counselors                | • Parks and recreation centers | • Employee break rooms    |
| • Alternative learning centers (ALCs)      | • Bathrooms                    | • Mental health providers |
| • FACS, health, Phy Ed teachers/classrooms | • Gas stations                 | • Juvenile corrections    |
| • ECFE                                     | • Auto repair shops            | • Adult literacy program  |
| • Day care providers                       | • Salons / barber shops        |                           |
|  | • Laundromats                  |                           |