Empower Youth Network is excited to update and expand the #BeSmartDonStart substance use prevention campaign at Cedarcrest High School this spring! This month, we gave away new campaign merchandise to students in preparation for upcoming spirit days and special advisories that will raise awareness and educate students on the effects of youth substance use and the Healthy Youth Survey data in their community.

Positive Community Norms Campaign
Expands this Spring!

Special thanks to Tracie Kelly, Shelly Campbell, Peggy Filer, Officer Dunklee, Rohana Joshi, Cedarcrest High School PTSA, and Cedacrest FBLA for lending extra support to this program. You can follow the #BeSmartDontStart campaign on Instagram @eyn_besmartdontstart. And while we are highlighting Cedarcrest this month, we also have the #YourLifeYourChoice substance use prevention campaign at Mount Si High School. You can follow #YourLifeYourChoice on Instagram @eyn_yourlifeyourchoice and learn more about both campaigns at https://empoweryouthnetwork.org/youth-substance-abuse-prevention/.
#BESMARTDON'TSTART
SPIRIT DAYS & ADVISORIES

Wed 3/15: Pick up free #BSDS swag during lunch

WEAR/SHOW YOUR #BSDS SWAG DURING LUNCH ON SPIRIT DAYS FOR PRIZES & DISCOUNTS:

Wed 3/22: Entry into drawing for Starbucks gift card
Wed 4/5: Discount at Student Store
Wed 4/26: Discount at Growling Grounds
Tues 5/9: Entry into drawing for Amazon gift card

COME TO SPECIAL ADVISORIES IN LRC FOR SNACKS AND FACTS:

Tues 5/9: Underage Drinking FAQ with Officer Dunklee

FOLLOW ON IG
@eyn_besmartdontstart

EMPOWER YOUTH
Resources for youth and families
EMPOWER YOUTH NETWORK

HEART OF THE VALLEY

HEART OF THE VALLEY GALA

SATURDAY, APRIL 22, 2023
5:30 P.M.
SNOQUALMIE CASINO BALLROOM

YOUR SUPPORT WILL HELP OUR YOUTH LIVE HEALTHY AND SUCCESSFUL LIVES!

BUY YOUR TICKET TODAY!

SCAN QR CODE TO PURCHASE TICKETS OR VISIT EMPOWERYOUTHNETWORK.ORG FOR MORE INFORMATION.
Thank you to our Resilience Rising Sponsors!

205 community members attended the virtual Resilience Rising conference on March 24, 2023. 18 class selections on building resilience ranging from anti-racism to storytelling helped us build our resilience toolbox. Thank you so much to our supporting sponsors that helped fund this amazing event.
Would you see the signs of substance use in your home?

Hidden in Plain Sight

The Hidden in Plain Sight initiative helps parents & guardians spot signs of possible substance use, using an interactive display of a teenager's bedroom. This exhibit educates and empowers participants to communicate with their children about at-risk behaviors and expectations. A strong parent/guardian-teen relationship is one of the most effective tools to prevent youth substance use.

A Community Resource Fair will accompany each event

Monday, April 3
7-8:30 p.m.
Educational Service Center
15510 1st Ave NE
Duvall

Follow the QR code for registration

Tuesday, April 4
7-8:30 p.m.
Mount Si High School
8651 Meadowbrook Way SE
Snoqualmie

Follow the QR code for registration

This is a FREE community event. Adults only, no students please.
For additional information visit www.empoweryouthnetwork.org.
¿Verías los signos de uso de sustancias en tu hogar?

Oculto a plena vista

La iniciativa Hidden in Plain Sight ayuda a los padres y tutores a detectar signos de posible uso de sustancias, utilizando una demostración interactiva de la habitación de un adolescente. Esta exhibición educa y capacita a los participantes para comunicarse con sus hijos sobre comportamientos y expectativas de riesgo. Una relación sólida entre padres/tutores y los adolescentes es una de las herramientas más efectivas para prevenir el uso de sustancias entre los jóvenes.

Una Feria de Recursos Comunitarios acompañará cada evento

Lunes 3 de abril
7-8:30 p.m.
Educational Service Center
15510 1st Ave NE
Duvall
Siga el código QR para registrarse

Lunes 4 de abril
7-8:30 p.m.
Mount Si High School
8651 Meadowbrook Way SE
Snoqualmie
Siga el código QR para registrarse

Este es un evento comunitario GRATUITO. Solo adultos, no estudiantes por favor.
Para información adicional visite www.empoweryouthnetwork.org.
Mentor Meet Up!

This is a great connection opportunity for current mentors as well as those who want to learn more about this important role!

Wednesday, April 5
Aroma Coffee in Fall City
9:30-11 a.m.

For more information, email BeAMentor@EmpowerYouthNetwork.org

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Is your High School Senior exploring higher education?
Scholarship applications are now available!
For a list of available scholarships and how to apply visit
https://empoweryouthnetwork.org/2023scholarships/
EYN’s Weekend Power Pack program currently provides weekend food packs (2 breakfasts, 2 lunches, 2 milks, and 4 snacks) to 160 youth in Riverview School District each week. This program has historically relied on the community to purchase and pack the food. Unfortunately, the community has not been able to keep up with the need and signups are at an all-time low. EYN has been purchasing food to close the gap, but that is not sustainable.

We are seeking community members/churches/businesses who are interested in supporting the Weekend Power Pack program by funding one or more weeks of food purchase. Power Packs are about $5.00 each. It costs $800 to sponsor one week of power pack supplies. If you are not able to pack, then EYN will gladly take care of finding volunteers to pack each week.

If you are able to help, please contact Jami at Jami@empoweryouthnetwork.org.