



## Youth Agenda items Meeting Minutes

- I. Ice Breaker
- II. Coalition Education
- III. Breakout Session One: Marijuana
  - a) Maze, colored ball game, conversation
- IV. Lunch
- V. Breakout Session Two: Vaping
  - a) Kahoot games (ingredients and ways it is harmful to your body)
- VI. Breakout Session Three: Substance Use and Social Interaction
  - a) Read and discuss
- VII. Closing
  - a) Applications, conversation, input, questions

Present: Sierra Hilt (HDNW), Nicole Montgomery (HDNW), Chris Ulewicz (SMH), Mrs. Ulewicz (Community Member), Chloe House (JLHS), Sam Sicerly (SMH), Gracie Blust (SMH)

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### Summary of Discussion

#### II. Coalition Education

Students were educated on what a coalition is, the importance of multiple sectors working together to create change, and RISE's mission and vision.

#### III. Breakout Session One: Marijuana

The students were introduced to marijuana impairment goggles. They attempted activities such as completing mazes and catching

### Action Items

Students will continue to understand what RISE's focus is and how coalition work is organized.



balls of only certain colors without and then with the goggles on. Discussion was had with them on the effects this drug has on the brain, the dangers of ingestion, and how it changes their thought process.

#### **IV. Lunch**

Pizza, grapes, pineapple, water, pop, and breadsticks were options. During lunch, discussion amongst the teens was had about ideas for prevention initiatives.

Sam thought of writing about RISE in his school paper at SMH. Grace and Chloe both thought about doing some sort of Snocoming project, as all schools have this dance coming up soon. f/u on project ideas will take place at January meeting.

#### **VI. Breakout Session Two: Vaping**

Two Kahoot games were enjoyed by the students with discussion about the questions. Friendly competition helped them learn a lot!

#### **VII. Breakout Session Three: Substance Use and Social Interaction**

Adults and students read and discussed a scenario in which social interaction was proven to help youth stay away from substance use. Choosing a friend circle that will help you keep your substance free goals is very important. The youth had very good discussion points.

#### **VIII. Closing**

Youth discussed more ideas for initiatives around Snocoming and meeting day/time ideas. They decided on the second Tuesday of every month from 1:30 to approximately 2:45 for meeting time. This is because many of them have this hour free due to dual enrollment, and then those in sports could also make it back to school for practices. The meetings will be held in a downstairs conference room at the e-free church.

Follow up with current members that were unable to make it to this December meeting to inform them of meeting time/days.

#### **IX. Adjourn**

2:00pm



