

AMHERST MIDDLE SCHOOL PROJECT SAFEGUARD

October 30, 2019

BYSTANDER: A PORTRAIT IN APATHY

TIGER, Plymouth State University

Written by Jillian Palmieri

Music by Tom Dowd

Original Lyrics by Trish Lindberg

Based on writings and thoughts from students in Jillian Palmieri's middle school language arts class, this musical play seeks to give young people a voice. It empowers students to stop deflecting the blame and to take responsibility for their actions, enabling them to make some much needed change in both their own behavior and the behavior of those around them. **Bystander: A Portrait in Apathy** will encourage students to take ownership of their school's climate and to eliminate the things in their social lives at school that scare them the most.

Students and Adults

ALEX'S STORY

TIGER, Plymouth State University

Winner of the 2015 Communities for Alcohol-and Drug-Free Youth Community Partner Award.

Heroin addiction is one of our nation's worst drug problems, affecting thousands of youth and adults throughout the country. This unique performance features professional actress Brittany Irish and Alex Berry, a NH teen in recovery from heroin addiction. After Brittany 'tells' Alex's story, the 'real' Alex joins her onstage for a Q+A, creating one of the most powerful performance experiences, based on a true story, that schools have ever encountered.

Students and Adults

FIND YOUR VOICE

Hayley Reardon, Singer/Songwriter/College Student Peer Spokesperson for PACER's National Bullying Prevention Center

The songs and stories I share in this performance are about empowerment, expression, and creating a space where there is a genuine sense of belonging and acceptance. When I first began creating this program, I started by asking myself, "If I had a room full of my peers, what would I want to tell them?" and "What is it that my music has allowed me to do?" The answer was always that through my songs and performing, I found my voice. I found the courage to find and speak out about things that matter to me and the confidence to love and accept the things that make me and the people around me different, and that has become the heart of my message and the heart of this performance.

Students and Adults

MAGIC IN YOU

Marko, Montpelier, Vermont

Marko uses magic as a catalyst to make learning fun and information easy to retain. His programs are developed in concert with the Departments of Education, Alcohol and Drug Abuse, Health, Safety, Libraries, the Red Cross, the Fire Marshall's Office and the School Nurse Association.

Topics included are peer pressure-achievement-judging others-words hurt-tolerance-coping-event and response-outcome-accountability and responsibility.

Students and Adults

ONE FOOT IN THE GRAVE: THE DAY I REFUSED TO DIE!!

Chad P. Shevlin, Lieutenant, Raymond Police

Chad Shevlin is a retired United States Marine and a current police lieutenant in New Hampshire. Lt. Shevlin's Bad Day came on April 10, 2003, while fighting in Operation Iraqi Freedom. Hear his story about his struggle to keep pushing forward after being wounded under heavy enemy fire. His willingness to pick himself up taught him how to thrive despite the setbacks he experienced. Learn what he means when he says, "It could be worse, but it can only get better!"

Students and Adults

MINDFUL MOMENTS: CREATING POCKETS OF PEACE IN EVERYDAY LIFE

Traci Cote, mindful human, yoga teacher, and Souhegan High School Psychologist

Overwhelmed? Stressed? Feeling like you are constantly in a rush? Sign up for this session and learn about how everyday life can often trick our brains into "fight or flight" mode, causing us to feel a constant sense of stress. "Being mindful" is not an unreachable goal only available to the most disciplined meditation practitioners; anyone can be mindful! Participants will learn some basic brain vocabulary to assist in understanding the anatomy behind mindfulness, as well as practice a variety of mindfulness techniques to be used anywhere: home, school, basketball court, restaurant, etc. This is a unique opportunity for adults and students to build empathy and compassion for one another's experiences, while creating shared language and tools to use for the future.

Students and Adults

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IS IT FLIRTING OR HARRASSMENT? YOU CHOOSE!

*Amy Jo Muscott, Education Coordinator,
Bridges: Domestic and Sexual Violence Support*

As you enter your teen years, social interactions and the nuances of verbal and non-verbal communication become more and more complex, and communication through technology adds another level of challenges. Through group activities, students will learn the differences between flirting and harassment, explore physical and emotional boundaries, and learn strategies to feel more empowered in their everyday interactions with others. Although geared toward students, parents are welcome to attend. **Students and Adults**

I'M HUNGRY! NOW WHAT?

*Holly Vordenberg, FACS Teacher, Food Stylist, and
Former Food Editor, Woman's Day Magazine*

In our everyday fast-paced culture, we forget to eat until it hits us that we are STARVING! **I'm hungry! Now what?** will tackle the topic of healthy snacks and easy lunches for busy students and grownups. We will discuss misconceptions about "diet" and social aspects of the lunch hour, and the dinner table. We will focus on the idea of 'fueling' instead of 'filling'. There will be some cooking demonstrations and good food. Recipes and quick tricks will be shared. **Students and Adults**

BUILDING CONFIDENCE

Ashley Terenzi, Bedford Martial Arts Academy

Increasing academic and social expectations during middle school can challenge anyone's confidence, but studies show that girls often seem to have a tougher time maintaining their sense of confidence during their early teens. Regular participation in sports and other physical activities such as karate can help girls develop and maintain confidence while having fun at the same time. During this presentation, I will be sharing my journey to confidence through martial arts as well as leading some fun drills and games to boost self-esteem. **Girls Only – limit: 20**

SOMETHING YOU CAN USE *Bob LaPete,, SCAR-Second Chance and Recovery*

You've probably heard many speakers with many different views but I offer you a dose of reality, something you can use.

Excerpt from Bob LaPete, 1995

Bob started drinking in the 7th grade and at the age of 25 suffered a traumatic head injury from a car accident while driving drunk. His life since then has been dedicated to sharing his experience to help young people understand the dangers of substance abuse. **Students and Adults**

CONFLICT AND HARMONY: LEARNING TO BE A PEACEFUL WARRIOR

*Brad Stull, Prof. of English, Coordinator of the
Global Scholar's Program, Rivier University;
4th Dan in Aikido*

American boys and young men face competing messages about aggression and violence. On one hand, they are encouraged by parents and teachers to talk through their problems with others, to share and not take, and, above all, not to hit. On the other hand, they are bombarded with images of manly violence in response to conflict: the warriors of the Call of Duty video franchise, any of the action heroes on the big screen, and MMA fighters, to name a few.

Through the practice of Aikido, a martial art rooted in the principal of harmony, this workshop will help boys and young men recognize this dilemma they face and learn to explore ways to respond to conflict without aggression and violence. **Boys Only – limit: 20/session**

EMPOWERMENT THROUGH YOGA

*Traci Cote, mindful human, yoga teacher, and
Souhegan High School Psychologist*

The ancient practices of yoga and meditation have brought peace, serenity, and joy to millions. These two practices allow people to see events, situations, and themselves as they really are and live calm, balanced, happy lives. In this session, tailored to tweenage women, we will practice a yoga and meditation sequence following a short discussion of self-acceptance and non-judgment. We will see the beauties and capabilities inherent in every individual and learn to recognize them in ourselves. **Girls Only – limit: 20**

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GET CONNECTED!

The Browne Center for Innovative Learning

Building a healthy community in 2019 more than ever means that we need to be connected to one another. Learning how to “be” with each other, whether adults or kids, even (and especially) when the going gets tough or challenging, is one of the keys to success! Making connections with our peers (even folks who are not our BFF’s) makes everyday life much more enjoyable and makes the challenging times a LOT easier!

The Browne Center will be delivering workshop sessions that are active, challenging, and fun; focusing on students creatively thinking their way through activities using positive communication skills. Students will have facilitated opportunities to connect their experiences in school and at home to the challenges that arise in the workshop sessions.

Students – limit: 20/session

WINNING IT ALL

Richard A. Labell, Labell Presentations

A stimulating examination of music designed to inspire as well as develop self-esteem through the positive examples of rock music. Emphasis is placed on the detrimental effects drug and alcohol use can have on people and society. This program demonstrates how national rock and roll acts are spreading the message of not becoming involved in drugs, alcohol and violence through their musical messages.

Students

BEHAVIOR, CONSEQUENCES, CONTRACTS

Jack Agati, Encouraging Concepts

What is normal teenage behavior? How do I establish rules for my teenager to live by? What are appropriate consequences for broken rules? How can we reduce friction between parents and teens? This workshop will explore communicating and clarifying parents’ and teens’ expectations, negotiating the results of inappropriate behavior, disciplining, and learning to let go.

Adults

THE ART OF ZENTANGLE: CREATIVE RELAXATION

Lynn Bowler, constant crafter and Zentangle artist

The Zentangle method, founded by Maria Thomas and Rick Roberts, is a form of mindful drawing. It uses easy to learn, repeated patterns to create beautiful images while helping you focus and relax. Whether you’re looking for a stress-relieving activity that engages your imagination or you just want to learn another way to express your creativity, join us for the art of Zentangle.

Students - limit 20/session

YOGA FOR THE SOUL

Brandy Hill, Banyan Tree Yoga

The root meaning of Yoga is to unite - to bring together the mind, body and soul. The physical practice of Yoga is a small step along a path of discovery and a tool in our tool belt along a life-long journey. A wise yogi once said, "The body holds onto the past, the mind dreams of the future and the breath keeps us present." This practice will invite you to move, breathe and connect to your true authentic self on the physical, emotional and spiritual levels inviting balance into your life. It’s Yoga practice, not perfect.

Students – limit: 20

ART OF ENCOURAGEMENT

Jack Agati, Encouraging Concepts

How do we, as parents, continue to be a positive counterbalance to the constant pressures, and often negative perceptions, our children face every day from peers, media, etc.? We must learn the art of encouragement. We will learn the difference between praise and encouragement, identify the three techniques used to discourage us from encouraging them, and, lastly, identify ways of daily interjecting true encouragement into their lives.

Adults

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THE AGE OF ANXIETY

*Kim Wyborne, MSW, LICSW, School Social Worker
Lauren Ricci, MS, NCSP, Nationally Certified
School Psychologist*

In this workshop, we will explore the differences between stress vs. anxiety disorders through discussion of how we define anxiety, how it affects adolescents, and how it is treated. According to the National Institute of Mental Health, 1 in 4 teens aged 13–18 have a diagnosable anxiety disorder at some point in their life. We will include the influence of technology as it relates to adolescent development, and discuss some ideas that parents can do to address stress and anxiety in their children. Parents will walk away with a better understanding of stress and anxiety and tools they can use to help their adolescent navigate an already difficult period of time.

Adults

INTERNET SAFETY FOR YOUR CHILDREN

Officer Knox- School Resource Officer at Amherst Middle School

The Internet offers a wealth of resources to our teens. Social media offers its users a venue to share ideas and concepts with people all over the world. Unfortunately, teens often do not fully understand the ramifications of their complicated Internet “footprint” or fully grasp the implications of inappropriate usage of social media. This presentation is being offered to help parents understand some of the “pitfalls” associated with the Internet and the inappropriate usage of social media. Strategies for success will be discussed in the hope of providing the parent with general knowledge and specific concepts to promote their child’s “positive” electronic profile.

Adults

DRUG AWARENESS FOR PARENTS

Officer Knox- School Resource Officer at Amherst Middle School

This workshop is dedicated to helping parents understand the world of substance abuse in 2019. We will be reviewing the classification of drugs and showing samples of drug paraphernalia. We will help parents to recognize potential drug use and go over the drugs of choice among the Amherst/Mont Vernon youth of today.

Adults

SUICIDE AWARENESS AND PREVENTION FOR PARENTS

*Dan Farina, MA, School Counselor
Kim Wyborne, MSW, LICSW, School Social Worker*

Suicide is the 2nd leading cause of death for people ages 10 through 24 years. But it is preventable, and you can help! It is well documented that friends of youth at risk are typically the ones who see warning signs or know that a friend is suicidal before adults are ever aware. Because youth and their parents may not know what to do about it if someone is at risk, it is important to understand what your role is in *recognizing* the signs and seeking help. This workshop is designed to help parents identify risk factors, protective factors, and warning signs for suicide. Presentation will focus on how to help parents know what to look for and what they can do to help.

Adults

LGBTQA+ YOUTH AND FAMILIES

*Steve Lebel, EdD, Academic Coach
Josh Cooley, 7th grade ELA teacher*

Are you suspecting that your child may be gay, lesbian, bisexual, transgender, or queer? Has a family member recently come out and you are trying to explain these ideas to your children, or need some help yourself? What do those self-identifying labels really mean? What is ‘coming out’? Are you an ally? Coming out in middle school can be an emotional time for kids and their families. Some students are very shy about their feelings, while others are looking for any opportunity to be heard. How parents and guardians talk with their children about LGBTQA+ issues can really shape a child’s self-esteem and comfort level in their personal expression.

Come hear personal stories and get outside resources about LGBTQA+ youth and families.

Adults