

fusion

March 2012

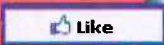
DON'T MISS OUT
check the online buzz @

pathblazer.org



Like us on
Facebook

Search for
*A Positive
Approach to
Teen Health*
and click:



Check in often
to see all our
cool events!

**VISIT PATH'S
WEBSITE
TODAY!**

Sponsor a Teen
\$10/month

TEN for
TEENS
DONATION
GAUGE



Meet the PATH Educators

Buried deep in the back corridor of PATH's (A Positive Approach to Teen Health), humble office lies a small passageway that leads to the "work alley." The "alley" is home to PATH's amazing and dedicated educators who have been aptly dubbed the "Alley Cats." This quaint and modest space is a hub of creativity for the Alley Cats. It's one of the many places that they use to write cutting edge curriculum, discuss real issues, and shed light on problems that our teens face daily. However, it's not just about being serious and intense, it's also about having fun!

Whether it's working diligently at developing an evidenced based curriculum, helping teens face to face in classrooms, or conducting assemblies, fun will always play a role-in fact, it's part of the Planned Potential rules, the Group Agreements. Equipping, empowering and encouraging teens on character, self-value and purpose is what PATH does, but communicating these truths in a fresh, inspirational and entertaining way is what makes the Alley Cats relevant and effective.

Currently, PATH is wrapping up year two of a research and development project. It should come as no surprise that without you, our donors, PATH wouldn't be gearing up for another exciting school year next fall. The truth is that PATH donors are an exceptional group of people committed to ensuring that we continue to reach teens with a relevant and stirring message conveyed by a group like the Alley Cats.

So, just who ARE the Alley Cats? Pictured below, left to right: Meet Jason Frederick (Cool Cat), Toni Jongkind (Kitten), Jeremias Alicea (Mufasa), and Jaime Bauer (Jungle Cat).

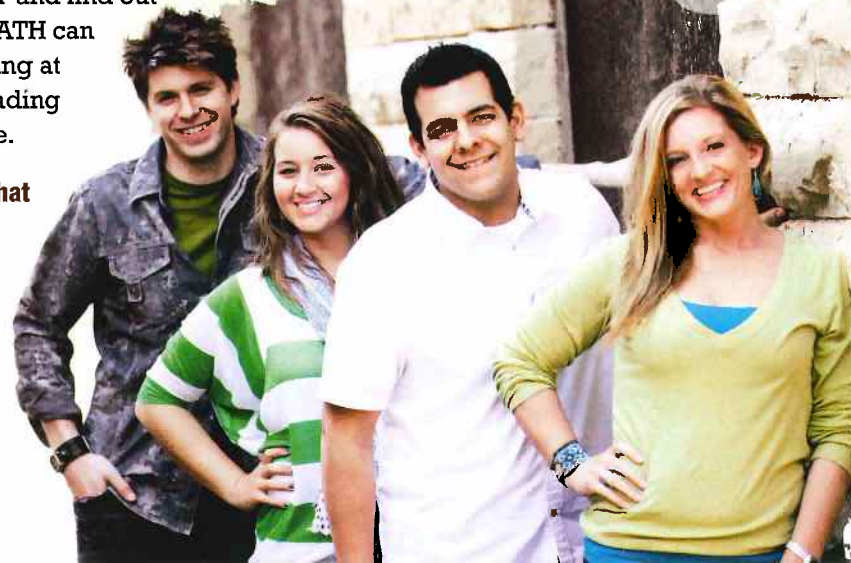
What can you do today?

Check out page 6 and read some sobering stats concerning teen mothers and discover that you, as a PATH donor, are actually helping to stimulate the economy.

Or jump to page 7 and find out that supporting PATH can be as easy as eating at Chick-fil-A or heading to a Railcats game.

For more info on what the Alley Cats are doing, or to start a Ten for Teens sponsorship visit us on our website at: pathblazer.org

Funded in part by TPPI from the Offices of Adolescent Health



Join us!
**Monday
MADNESS**

1st & 3rd Mondays

6:30-9PM
@PATH OFFICE
1755 Thornapple Circle - Valparaiso

food
MOVIES
GAMES
FUN



20 FUN THINGS TO DO WITH YOUR TEEN THIS SPRING

1. Drink a berry smoothie

2. Make a friendship bracelet

3. START OR UPDATE A CHECKING ACCOUNT

4. HELP PLAN A SPRING DANCE OR PROM

5. INVENT A NEW SNACK MIX

6. Plan a slumber party

7. Hike a rail trail and check out the plants budding out of the ground

8. Take a ride — consider trying a bike trail

9. PLANT A FLOWER GARDEN

10. TAKE A PICTURE OF A BUDDING FLOWER WITH YOUR CELL PHONE AND SEND IT TO YOUR CHILD

11. Make a music video together

12. Make a spring journal

13. PICNIC AT A LOCAL PARK

14. LEAVE A MOTIVATIONAL QUOTE ON A FRIEND'S SOCIAL NETWORKING PAGE

15. VOLUNTEER IN A COMMUNITY EFFORT

16. Spring clean their bedroom

17. Write a thank you note to someone who has helped you

18. Watch the sunrise or sunset

19. ATTEND A SCHOOL SPORTING EVENT TOGETHER

20. SWAP A FAVORITE BOOK AND READ IT (GREAT CONVERSATION STARTER)



start communicating

I grew up in a time when rules were strict, beds were made and lectures were delivered. Ignoring the rules simply wasn't an option!

Whether or not your home was like mine, you're probably aware that things have changed. These days, lecturing doesn't snap a kid back into line, it simply causes them to shut down.

I've found that constant advice on how to do things "right" or "better" only serve to create distance. In fact, mom and dad, when all you do is lecture them, your teen will begin to see you as judgmental. They feel a lack of respect in the relationship. And, of course, that's not what you're trying to communicate! So, learn new ways of engaging. Lose the lecture, start the conversation!

Conversation is an important part of keeping relationships strong. How do we get this loving message to our teens? As your child moves into their teen years, "rules" should slowly give way to "advice."

Respecting one another is key in keeping open communication. Respect is defined as an act of giving a person particular attention, special regard, or considering them worthy of high esteem. You **do** need to "give particular attention" and "special regard" to your child. Even as a minor, even when they're not reflecting it back to you. This is often difficult.

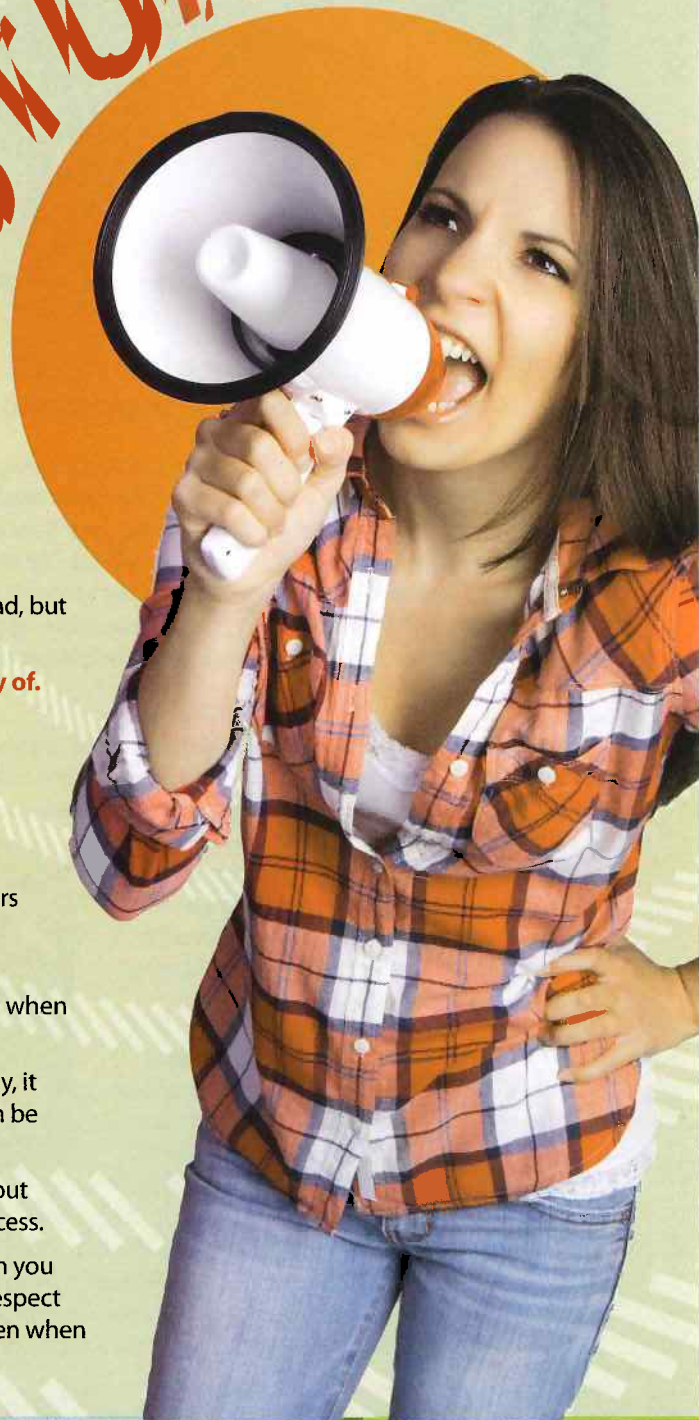
You can demonstrate respect to him by:

- **Listening completely to them before drawing conclusions or making decisions.** Take this extra time, invest it. It may or may not change your mind, but listen first. Listening doesn't mean agreeing.
- **Extending as much trust to your teen as they have proven to be worthy of.** Trust is earned. Give as much freedom as they have shown that they can handle. No more, no less. This can prove to be a difficult balancing act.
- **Being consistent in your words, deeds, decisions, rules and choices.** It's hard for a teen to respect anyone who is inconsistent or hypocritical.
- **Establishing rules that are logical, fair, reasonable and truthful.** Rules are often made out of convenience for the parent, to alleviate an adult's fears or to satisfy a need for control. Resist this temptation.
- **Admitting when you're wrong.** Such honesty is the backbone of mutual respect. Also, don't be afraid to admit to your teen that they were correct when you were mistaken.
- **Never belittling or intentionally embarrassing them.** Publicly or privately, it doesn't matter, no name-calling, not even if you're angry. Young people can be gravely wounded by the careless words of parents.
- **Distinguishing between behavior and character.** It's one thing to point out wrong actions, but be careful not to attack your child's character in the process.

As you do these things consistently, you'll be showing respect — even though you don't always "give in" to their requests. This balance of justice, guidance and respect will be a valuable example of how your teen should extend respect to you even when you don't see eye to eye.

“ These days, lecturing doesn't snap a kid back into line, it causes them to shut down.”

lose the
LECTURE





TALK ABOUT IT

For more information or to borrow books from the PATH Resource Center, contact Elisa Rosario at the PATH office 219-548.8783 or Elisa@pathblazer.org.

IT'S a topic many of us would rather dodge. It can make both parents and children alike squirm.

I'm talking about our sexually-charged culture. Temptations for inappropriate sexual expression and experimentation abound. Though it's easier to assume that your kids are making the right choices, there is no substitute for healthy, one-on-one conversation. Talking about sex doesn't have to be a fear-filled challenge. It can be an incredible opportunity to develop a more meaningful and rewarding relationship with your child.

Mom. Dad. Your kids are being bombarded by innuendos all day long. Since sexual images saturate today's culture, children will learn about sex somewhere, but research shows that they want to learn it from you! Take some control and have the conversation! Empower your kids to make wise choices by opening up the dialogue at home. No subject should be off limits in the safety of their relationship with you.

The PATH Resource Center offers many books on how to discuss the subject of sex with your child in an age appropriate and healthy manner. For example, a three part series for boys called, *Learning About Sex* includes; *Why Boys and Girls Are Different* (ages 4-6), *Where Do Babies Come From?* (ages 7-9), and *How You Are Changing* (ages 10-12). The first book in the series aids parents in the often difficult task of introducing and explaining human sexuality. The simple, age-appropriate text and pictures

teach boys the similarities and differences between boys and girls. The second book helps boys better understand how a new baby develops using simple and articulate language. Finally, in the third book of the series, the changes that occur in preteens are discussed. These changes can be traumatic and challenging to discuss. This book will allow you to share with your son that these changes are normal and part of the growth and development process.

We have a great resource for parents of teens as well. *Questions Kids Ask About Sex: Honest Answers for Every Age*, is a great guide for parents. "This book is the perfect resource for parents who desire direction and information in order to teach their children about sexuality while still incorporating their own morals and beliefs." – Dr. Laura Schlessinger

*** TALKING ABOUT SEX DOESN'T HAVE TO BE A FEAR-FILLED CHALLENGE. ***

Questions shows you how to start the conversation. It is a candid resource full of the latest information, practical insights, and age-appropriate answers to questions that kids ask about sex. The key strategies in this book will help you to protect your child's future health, hope, and happiness by creating the ongoing, honest dialogue they want – and need.

How soon? At what age do you approach the subject? That's a question that you'll have to answer. I can tell you this, it's probably sooner than you think!

REVOLUTION

A quarterly TEEN Publication of PLANNED POTENTIAL

A PUBLICATION
DESIGNED FOR YOU
WRITTEN BY YOU

surprising
facts about
SEX

REVOLUTION—MAJOR CHANGE: A DRAMATIC
CHANGE IN IDEAS OR PRACTICE; CAUSING,
SUPPORTING, OR ADVOCATING CHANGE

Are you a teen that is tired of the way things are?
Would you like to have a say? This is your chance!
Revolution is a mini-magazine for you to voice your
thoughts, opinions, ideas. This is your opportunity
to cause a change in the way your peers think about
things, to support what you believe in, and encourage
others to join you.

If you would like to be part of REVOLUTION
contact us via email at info@pathblazer.org or facebook
us. We want to hear what you have to say! Make a
stand, make a difference, let your voice be heard!

numbers THAT DON'T LIE

9.1 million

New STD cases among teens each year.
Although 15-24 year-olds represent only
one-quarter of the sexually active population,
they account for nearly half of the 18.9
million new cases of STIs each year.

2%

Fewer than 2% of
teens who have a
baby before age
18 attain a college
degree by age 30.

750,000

Teen women aged 15-19, in the
U.S. become pregnant each year.

90%

A sexually active teen who
does not use a contraceptive
has a 90% chance of becoming
pregnant within a year

17%

of all people
diagnosed with
HIV/AIDS in the
United States in
2008 consisted
of young people
aged 13-24.

80%

of all single parent families
contain the mother as the
sole parent. 30% of all
families are now headed by
a single parent. The United
States is the world's leader
in fatherless families.

**1 out
of 4**

teen mothers go on
welfare within 3 years
of the child's birth.

100%

effective in preventing
STD's & TEEN PREGNANCY,
— Not Having Sex

OUR MISSION

TO EQUIP,
EMPOWER,
& ENCOURAGE

TEENS

TO MAKE HEALTHY
CHOICES THROUGH

LIFE SKILLS,
RELATIONSHIP,

& CHARACTER
BUILDING
EDUCATION

COMING SOON!

CUTTING EDGE



CURRICULA

www.plannedpotential.org

WHAT ARE YOU PASSIONATE ABOUT? TEEN REVIEWS OF THE LATEST MUSIC, BOOKS AND FASHION

FASHION: SENSUALITY OR MODESTY?

As we wake up on a daily basis, one of the first things that comes to mind is: "I wonder what clothes I shall wear today?" But the question really is: are we dressing to impress or dressing to be modest? When choosing your outfits on a daily basis, remember you are a pure fashion model, not just a fashion model. The difference, you ask? A fashion model shows oneself to the public. A pure fashion model, on the other hand, shows the public that it is possible to be both trendy AND modest by flattering oneself but not drawing to any specific triggers. Three key principles to remember in the runway of life: Let your clothing be a testament of your dignity and self-worth, do not be enslaved to the ever rising trends, and what you wear affects your behavior. In doing these things, you will not only be admired for your genuine beauty, but you will also be a leader and a trend setter for the sake of modesty!

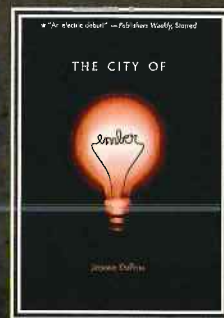
Miranda Jordan,
Pathblazer graduate & PNC Freshman



IN THE NEWS:
Use your smart phone to check
out this amazing story. *Victoria's
Secret Model Quits to Reserve
Body 'for My Husband'*



BOOK: The City of Ember



The city of Ember, constructed as a final refuge for the human race, was only meant to last 220 years, but it has now been 241 years. It is a city in eternal darkness, lit only by an increasingly unreliable electric system. One day, Lina happens upon the remnants of an ancient message left by the Builders of Ember, which contains instructions on

how to escape the city. With the threat of eternal darkness looming, Lina and her friend Doon work to decipher what the message means before time runs out for the citizens of Ember.

Part dystopian fantasy, part mystery, part treasure hunt, *City of Ember* is a fast paced thrill ride that will keep readers guessing and solving clues from the Builders right until the last page is finished.

Stephen Grabek, Pathblazer graduate & Ball State University student

MUSIC: OWL CITY



Fireflies and an Alligator Sky; Owl City's (Adam Young) music is an electronic, techno pop style. His music is interesting and isn't just a beat with useless words. Owl City's music is very

enjoyable to the ears. It's kind of like stepping into a world of different sounds that blend nicely.

My favorite part of Owl City's music is the lyrics. If you listen closely and attempt to unravel the meaning behind them you may either be very confused or very enlightened; but what fun is it to come right out and say it? Why not hide meaning in between words, metaphors, and similes? And when a cliché phrase becomes renewed in the music, it's fun to listen to...almost like reading a book.

The sounds in the songs are, in my opinion, wonderful. The different noises that blend, harmonize, and support the lyrics are so orchestrated I can almost picture a scene like a movie. And it isn't all the same—though some sounds are similar to other songs—each track has one different element that makes it special. Their music is atmospheric.

My favorite songs by Owl City are hard to choose. From the album *Ocean Eyes* I say my favorite is "The Saltwater Room," although I really love "Fireflies." From the album *All Things Bright and Beautiful*, the choice is much more difficult. I could go with "Plant Life" a song with puns which I enjoyed or "How I Became the Sea" which came as a bonus track, either way; Owl City is probably my favorite artist now and I really wish I could attend a concert. Until then, I guess I'll keep listening.

Rebekah Mongold
Current Pathblazer & Sophomore at Merrillville High School

TAKE OUR SURVEY

Use your smart phone to take our survey and voice your opinion about REVOLUTION.



left right low
balance

Out of FOCUS YOUTH CONFERENCE

Find Your Purpose
See Your Value
Magnify Your Vision
Set Your Goals

Friday, May 4th, 2012 • 6-11pm

Laurel Church Ministries
7525 Taft Street Merrillville, IN 46410

15 Minute Break out Session Topics:
Peer Pressures: How to get a handle on them.
Made a bad choice: Now what?
Which way do I go?
Inside the minds of Guys and Girls

Objective of Event:
Assist youth in seeing their need to focus; God's Plan, Purpose & Potential

FOR GRADES 6-12
WORSHIP MUSIC
DJ + DANCING
ICE CREAM

NEW!

Right? Wrong?
Popularity? Loyalty?
Sincerity? Indifference?

THE CHOICE IS YOURS

ONE BEGINNING...MULTIPLE ENDINGS

NO REGRETS



Start Here!

Take a journey through a day in the life of an average jr. high student.

You're the star of this story.

You'll have to make a lot of choices.

Auditions for a new movie are being held at your school. You and your friend decide to give it a shot, but you don't think your friend is very good. Do you...

Every choice you make has a consequence, good or bad you have to decide. Take your time and think about the outcome of each choice for the future.

Sneak Peek!

Growing up, you were always told that honesty is the best policy. You've learned about it in school, at home, and maybe even at church. You think to yourself, "I can't go wrong with being honest, because it really is the best way to live."

Your friend looks at you with disgust, but not shock, perhaps in anticipation of their next question. "Well...w-what about you? Do you think I'm an awful actor?"

1. Tell the honest truth to your friend and save them from embarrassment?

2. Bend the truth and support your friend?

It's Your Choice...
If you chose (1), then your journey will begin here

A. Stay and work things out with your friend?

It's Your Choice...
If you chose (2), then your journey will begin here

C. Make up with your friend?

Honestly can be a tough pill to swallow. On the other hand who wants to be patronized?

You tell your friend and their feelings are hurt. Your friendship could be at risk! Do you...

B. Leave and audition for the movie without your friend?

You've decided to go and audition without your friend, but they still want to audition with you. Do you...

D. Do the audition alone, at the risk of losing your friendship?

a choose your own **Ending Book!**

Get your copy today at plannedpotential.org

Welcome to the No Regrets experience! This book was designed with you, the reader, in mind. Take a journey through this heartfelt story as it chronicles the day in the life of an average junior high student. You will come face to face with a number of challenges throughout the day, one of which includes an audition for a major motion picture that is being filmed right in your own home town!

The best part about this story is that you are the main character! You will, through a series of choices, get to decide how your story unfolds. This book is filled with all of the best elements of a good story including action, drama, humor, betrayal and friendship, along with some pretty interesting challenges along the way. You will be faced with some challenges that will require you to make some potentially life changing decisions.

You will be faced with some challenges that will require you to make some potential "life changing" decisions.

THE CHOICE IS YOURS!

plannedpotential.org

TEEN SEXUALITY

HAVE YOU LOOKED AROUND LATELY*

Our teens are living in a dangerous generation. They are constantly bombarded by seductive imagery via television, movies, magazines and the Internet. Innocence is being threatened at a younger age than ever before. Sadly, our culture isn't doing anything to stem the tide. In fact, it's pulling our teens away from purity and pushing them toward promiscuity.

A Positive Approach to Teen Health has worked with hundreds of teens who struggle to maintain their integrity and personal purity. Along the way, we've learned a couple things worthy of being passed along to you.

When everyone around a teen expects them to be sexually active, or makes fun of them if they aren't, it creates the perfect storm for failure. Our teens are set up for a private battle of choices. Many of the youth that we talk to are confused about their own convictions on the issues of relationships, modesty and sex. Over and over again they say how they wish they were still a virgin, but then admit that if they were still a virgin, they would be heavily pressured not to be. This is the constant battle taking place within the teen mind.

SEXUAL NORMALIZATION

Sexuality is something that teens talk about all the time. Their banter is almost shocking to listen to at times. These sexually charged conversations usually exemplify a teen's craving for attention. Even though our teens are communicating like crazy over the Internet, texting, and through social media sites, they aren't connecting. To be noticed, they often resort to other ways of gaining attention; such as their appearance and performance.

They think that they can get the human connection that they long for through their sexuality. It makes sense that they think this way. Television, music, and advertising all give teens the strong message that experimenting with sex is perfectly normal. It's no longer just an invitation to sexually express themselves, but an out-right expectation. In fact, the media makes fun of virginity, but when it turns out that reality shows aren't reality, teens become disappointed and confused. The battle between what is right and wrong, what is accepted or expected in relationships is fueled by the mixed messages of the media.

CONTINUING THE CONVERSATION

Parents have a natural opportunity to connect at this point. Rather than going to your neutral corners, try watching television or listening to music together. When teens discover that a lifestyle of appearance and performance doesn't deliver the results they want, they'll start asking, "Now what"? Having a strong relationship and ongoing conversation with your teens at this point is critical. While many parents struggle with how to get to this place with their teens, we need to recognize that teens are not "kids" at this point, but young men and women. We can't control their thoughts, but it is important to offer input along the way. This is a perfect opportunity to share with your teen and openly talk about what is acceptable and expected regarding the issues of modesty and relationships and what is not.

Within a good relationship, teens don't always listen or follow our standard, but it is important to clarify your expectations and standards for modesty. Your child will make healthy choices and be more apt to follow your expectations if they are consistent and if positive examples have been seen from an early age. If you don't feel that

you have a good relationship with your teen, it's never too late to start!

Expectations aren't a list of rules, they are taught in conversations, and through the example of your lifestyle. The role of the parent is to help to prepare the teen, and instead of showing them how to live in a zoo, we have to be teaching them how to survive in a jungle. Sometimes a teen tells a parent, "***I don't believe in the things you do, I don't behave the way you do, it's my body, I'll do what I want***", and this becomes a different conversation entirely. Instead of talking about the expectations of the household, you may need to have a practical conversation about how this type of an attitude can harm relationships. Deviating from healthy choices always ends with pain and failure. We need our teens to know that we aren't merely saying "***Don't!***" we are saying, "***Don't get hurt!***"

*** SEXUALITY IS SOMETHING THAT TEENS TALK ABOUT ALL THE TIME. THEIR BANTER IS ALMOST SHOCKING! ***

REFINING THE MESSAGE

Teens don't think of long term consequences, so it's helpful for you to point out the lifetime ramifications of promiscuity. Give them practical advice and direction. Ask questions such as: What would your future husband/wife want in you? As your teen begins to define this for him or herself, continue to encourage them. Model the life that you want for them and help them sort through their confusion. Teens will regard this as instruction, not as judgment, but as love and connection.

Coming next issue:

The importance of approaching this issue with your teen in the context of relationship.

PREVENTION

=Economic Development

No matter how well you believe your community is doing economically, more economic growth is needed to provide more jobs, improve schools, repair roads, and so on. Through whatever means you get your news, the messages all seem the same -- "attract more businesses," "create 'shovel-ready' jobs," "cut spending," and here's my favorite, "RAISE TAXES." With all of the talking heads giving government leaders advice on how to improve the economy, you never hear suggestions for preventing economic decline in the first place.

When I have a cold, I try to stay warm, eat better, and get plenty of sleep. Otherwise my cold could turn into pneumonia. The few dollars that I spend turning up the heat in my house and buying chicken soup is nothing compared to the medical bill that I would receive after being treated for pneumonia. The same is quite true for treating the symptoms of a community's economic decline. Prevention is far less expensive than treating the symptoms.

Unemployment places a tremendous financial burden on our state and its taxpayers. The longer that a man or woman is jobless, the more difficult it becomes for them to find a job, and the more likely it is that they will receive or continue to receive welfare benefits. The economic development of any community improves as more people find jobs, buy homes, cars, insurance, groceries, and more.

Your donations to **A Positive Approach to Teen Health (PATH)** allow us to help teens make healthy choices, thereby preventing many of the unhealthy choices that lead to teen pregnancy, substance abuse, violence, and yes ... joblessness. Consider these:

SOBERINGstats

25% of teen mothers go on welfare within 3 years of the child's birth.

38% of mothers who have children before age 18 obtain a high school diploma.

1 in 4 teenage mothers have a second child within 24 months of the first birth.

28% is the decrease in the median income for high school dropouts over the past 20 years. The median income for college graduates has increased 19%.

64% A child born to an unwed teen mother who drops out of high school is 64% more likely to grow up in poverty than a child born to a woman in her twenties, with a high school diploma, and a husband.

PATH is a nonprofit organization that is helping teens to set positive goals, abstain from sex before marriage preventing teen pregnancies, and to avoid substance abuse, relationship violence, and bullying.



PREVENTION is what
PATH is all about.

Your support of time and money to PATH is a good investment in young lives, so that they will not be an economic burden on your community in the future.

1. Kaye, K. & Chadwick, L., The Lives of Teen Parents After Welfare Reform and the Role of TANF 2006, unpublished manuscript, U.S. Department of Health and Human Services, Assistant Secretary of Planning and Evaluation.
2. Parper, K., Peterson, K., & Mantlove, J., Diploma Attachment Among Teen Mothers, 2010. Child Trends, Fact Sheet: Washington, DC.
3. Kalmuss, D.S., & Namerow, P.B., Subsequent childbearing among teenage mothers: The determinants of closely spaced second birth. Family Planning Perspectives, 1994.
4. National Campaign analysis of Historical Income Tables - Households, 2004, U.S. Census Bureau.
5. Committee on Ways and Means Democrats, Steep Decline in Teen Birth Rate Significantly Responsible for reducing Child Poverty and Single-Parent Families. in Committee Issue Brief, April 23, 2004.

YOUR SUPPORT HELPS TEENS LIKE JEREMY

My name is Jeremy and I've been part of the PATH peer program since I was a sophomore. I'm really glad PATH goes into schools and talks to kids about important decisions. PATH is real about what they say. They give it to you straight. "Don't drink and do drugs cause it's not good for you. It messes with the way you think and can cause you to make unhealthy choices." The educators talk to us about having sex and the consequences that can come with making that choice. They just tell us, "Don't have sex until you get married." I don't want to have to quit school or try to raise a baby. I want to get a good job and be successful. I'm really glad that PATH came to my school and that I got involved. It's a great program.

2nd Annual Winter White Ball

PATH recently held it's 2nd Annual Winter White Ball. The event was a huge success thanks to our faithful donors and sponsors. **Each dollar donated to PATH helps teens like Jeremy learn how to be successful and have hope and a future.** PATH appreciates all who supported us in this event. **Save the date for next year's ball 02-02-13**

Dessert Reception for You

Tuesday, April 24, 2012 @ 7:00 pm

PATH/RDC Conference Room
1755 Thornapple Circle, Valparaiso

Hosted by: The PATH Board of Directors & Executive Director

This event is an opportunity for those interested in learning more about PATH to meet the Board Members and staff. There will be a 30 - 45 minute presentation regarding the history, present work and vision of PATH as well as opportunities for leadership and volunteer positions within our organization. The presentation will be followed by a short time for Q&A.

To RSVP or for more information call Dawn at 219.548.8783 or email: Dawn@pathblazer.org



2 More Ways To
DONATE



Blaze a PATH to the Steel Yard!

Saturday, July 28, 2012

Game Time 6:10 pm

Gary Southshore Railcats take on
the Fargo-Moorehead Redhawks.

Box Seats \$10 each

A portion of ticket sales to benefit PATH

Buy tickets online at www.pathblazer.org

Cut out and use!



EAT CHICKEN Help Local Teens!

Thursday, May 10, 2012 • 5 - 7 pm

Stop by Chick-fil-A (located in front of Southlake Mall) and present this coupon on PATH "Spirit Night." Chick-fil-A will make a 20% donation based on sales generated from cards that are turned in.

AMOUNT SPENT \$ _____

Please make copies and share with all your friends.

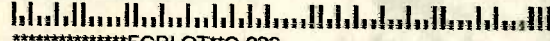
For more info visit PATH's website: www.pathblazer.org

A Positive Approach to Teen Health

1755 Thornapple Circle
Valparaiso, IN 46385

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Or Current Resident



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T15~P67~S5613

PEGGY BUFFINGTON

SCHOOL CITY OF HOBART

32 E 7TH ST

HOBART IN 46342-5154

Register TODAY!

AMERICAN TEENS IN CRISIS

Professional Seminar VIII

HOPE FOR HOOSIERS

Tuesday, April 17, 2012

8 am - 4:30 pm

Strongbow Inn

2405 E. US 30 . Valparaiso, IN

Register by Monday, April 4, 2012

Cost: \$60/guest (includes breakfast & lunch)

At first glance, the subject matter for this year's event "Hope for Hoosiers" may seem to be anything but hopeful. Subjects for this year's seminar include; Self-Harm and Suicide, Internet Safety, Relationship Violence, Sex, Drugs & Bullying. The good news is that there is hope for today's youth!

That hope may begin with YOU!

For more information call 219.548.8783 or go online at www.pathblazer.org

CEUs available for educators and mental health workers.

Register today!

Use this code with your smartphone to register online or visit us at:

pathblazer.org



Who are the Millennials?

Teens born between 1982 and 2000.

Thank God for the Millennials! They are the most hopeful group that our culture has seen in a hundred years. Here are some of their best traits:

Abundance. They have never had to worry about food, shelter, or school—it has always been provided for them

Academically oriented. As colleges are getting more competitive—these teens step up to the plate by increasing their SAT scores (some even take SAT prep classes)!

Civic and service minded. Millennials have grown up with the terrorism of Columbine, 9/11, Oklahoma City and have witnessed natural disasters such as Hurricane Katrina. They have observed fireman, policeman and public officials digging in with their sleeves rolled up. These teens have contributed to relief efforts, and many have begun fundraisers through their schools and churches.

Spiritually oriented. They are churchgoers. They're spiritual, positive, and best of all, they like their parents and families!!!

Diverse. They do not know racial discrimination—it is not even in their vocabulary. They see everyone as equals. They have grown up together and feel comfortable with each other.

Techies. They are also highly sophisticated with technology. Multitasking was coined for this generation. Just watch your teen at the computer to see how they type, get instant messages, surf the web, facebook, etc. They can get an IM and a text message at the same time.

Other attributes of Millennials:

Personal satisfaction with what they are doing is a priority.

Having close relationships and a tightly knit group of friends is vital.

Less than 1/3 defined success in terms of money.

Less than 1/4 defined success in terms of being famous.

Less than 1/10 feel being attractive or popular is an attribute of success.

Oh yes, let's talk about the "risky behaviors"—sex, drugs and alcohol. They are 3 for 3 on the decline. I know, it was hard for me to believe too. These kids are either not having sex, or, are being smarter about it. (I am not going to debate it, the stats say, they are on the decline). The same is true for alcohol and drugs (although this doesn't mean that you shouldn't discuss these matters with your child). You might need to know that at least 2 million teens have at least 5 or more alcoholic drinks per week. Incidentally, the teens who talk with their parents about the "Risky Behaviors" are the ones who are less likely to engage in such behaviors. I talk more about each risky behavior inside this issue, but rest assured that our teens are really cleaning up the "generational act".

Give your teen a hug
and appreciate how
AWESOME they are!

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