



**RISE ABOVE**  
COLORADO

## Fill Your World With Good & WIN!



The Fall Fill Your World With Good campaign is here! Teens across Colorado are sharing how they fill their world with good and avoid substance misuse. Click on this photo and encourage youth you know to submit photos or videos of the positive things in their lives. EVERY week through mid-

November we're giving away lots of fun, easy prizes! Below is a flier to share, and check out our most recent youth submissions on the sidebar or below!



FYWWG flyer.png

[Read more](https://drive.google.com)  
drive.google.com

### Positive Community Norms Campaign

Follow our PCN posts on social media! This one has been really popular so far:

"Your teen years are about self-discovery, making connections, and preparing for the future- and you know that alcohol and other drugs will only get in the way of all the great things life has to offer. So get out there, have fun, meet new people, and be a part of something bigger than yourself."



### Partner Event



Oct. 6 @ 12pm

"Don't Just Say No, Say Know: Tools for Talking with Your Kids about Drugs and Alcohol"

Join staff from the DPS Substance Use Prevention Team as they share tools you can use to help your child avoid substance misuse. They will help you understand what's going on in the developing adolescent brain, what this means for parents and trusted adults, and how you can help them develop the skills and confidence needed to avoid misusing alcohol and other drugs. Register by clicking on the photo above.

### Fill Your World With Good Submissions

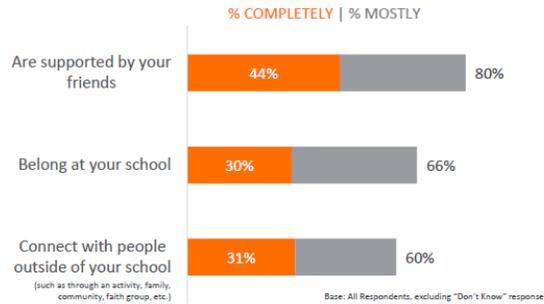




# Teen Action Council & Safe Spaces for Youth

## SENSE OF BELONGING

"To what extent do you feel that you...?"

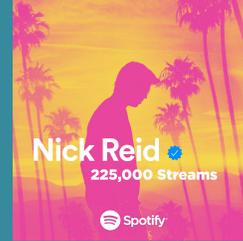
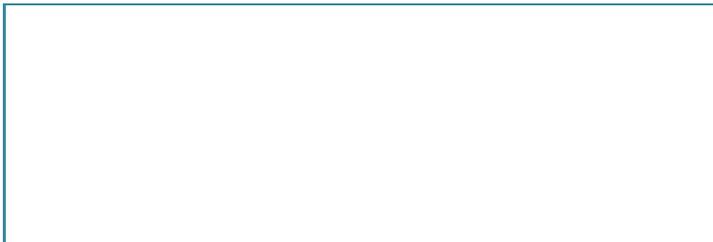


2020 Rise Above Colorado Youth Survey

September and Suicide Prevention Month are coming to a close, and our collective work to help Colorado youth thrive is ongoing. Our statewide Teen Action Council (TAC) selected their priority issue they will be addressing for the 2021-2022 term. After thoughtful research and conversation, TAC decided that they **will spend the year learning about and addressing the lack of safe spaces and events for ALL youth in Colorado.** TAC members understand there are marginalized Colorado youth who experience discrimination and may not have access to safe spaces and events. As you can see from the above data point, TAC hopes to increase teens' sense of belonging outside of school walls.

Using the structure provided by our Lead The Change CO resource shared below, TAC is learning about this issue through diving into data and conducting Empathy Interviews with community members. Everything that TAC learns will help build a foundation for the next step of the process - making a plan and taking meaningful action to address the issue. We're excited to see how TAC will make a positive impact across Colorado.

If you'd like to access info on suicide prevention & intervention for youth, you can access recorded webinars from the [Prevention Technology Transfer Center at this link here.](#)



identity, culture, etc.) and what the important issues are. Review data and the history of a particular issue and what has been done so far to address it.

### SPEAK & CONNECT

In partnership with adults, connect with people and organizations in your community to identify resources available to address the issue you've identified. Examine what is needed and how to go about building capacity to address these needs. This could include people, places, programs, funding, etc.

### ACT & IMPROVE

Develop a plan for how you want to make a difference, who will do what, and by when. Put this plan into action while monitoring progress and the need to adapt.

LTCGraphic\_FULLL.pdf

[Read more](#)  
[drive.google.com](https://drive.google.com)



## Denver TAC Recruitment



Fall recruitment for our Denver Teen Action Council (DTAC) is underway and current DTAC members created a nomination letter. DTAC is recruiting students who live in and/or attend school

in the Denver metro area. The letter will be sent to Denver students informing them that they've been nominated to apply. They can be nominated for a variety of reasons, including their passion for creating positive community change and leadership skills. School faculty & community members can submit a nomination through this [Google Form](#) and Rise Above staff will send the letter to students directly. This process will help connect Denver students to DTAC that may not know about the program and empower students by recognizing their talents.

### In case you missed it...

We're so proud of our Summer collaboration, the Southwest Colorado Resiliency Project. Thanks to our partners at San Juan Basin Public Health and Celebrating Healthy Communities for the collaboration, we're grateful for the time spent with your youth!

## Work with us!

We're searching for someone amazing to join our team as Development Director. Learn about this opportunity [HERE](#).



## Summer Constellation Cookbook

It may be Pumpkin Spice Latte season now, but it's always Summer somewhere. Our Constellation Project partners & RAC staff contributed to this fun cookbook. Download it by clicking the picture below.



Colorado Constellation Cookbook  
Summer 2021

