



Youth & Community Alliance of Smithtown

Healthy Relationships Committee Meeting

May 2, 2017

Horizons Center Community Room

*Keeping Our Youth & Families Safe...
Physically & Emotionally Healthy & Free of Substance Abuse*

Meeting highlights:

- Roundtable introductions made.
- Overviews of the Youth and Community Alliance and the February General Membership Meeting were given. The committee's goals are to plan and execute healthy events/programs to promote strong interpersonal relationships.
- **Community Education Workshops:** *Kings Park In the kNOw*, (KPITK) a local coalition, holds monthly workshops at the Kings Park Library. The Healthy Relationships Committee can work with Horizons and the Youth Bureau on a presentation focusing on Effective Communication Skills, to provide for KPITK. A **title for the workshop** will need to be decided on. If successful we can provide the workshop at other library branches.

Areas of concentration for this workshop that were discussed included; listening, confidence, respectfulness, texting vs. face to face discussions, communication shutdown, and/or tone of voice.

Ideas for participant engagement included; icebreakers, role reversal, team activities, community service credit, and H.S. student Alliance members can help run the games/activities. It will be geared towards parents and M.S. & H.S. age students. Sometimes kids are embarrassed by parents and are more interested in *peer relationships*, so this should be an area of focus, as well.

Other topics discussed were: how to communicate when being interviewed and interpersonal skills. We can hold event in early fall to and develop it over the summer. Can outreach for the event in the fall at schools.

Other possible ideas about this Communication workshop included; surviving the college application process, drinking, stress management, making it about the student (communication about bettering themselves) and survival skills.

Any additional ideas can be emailed or discussed at the May 25th meeting.

- **Future Family Nights-** More discussion took place on planning a competitive game night. The students on the committee won't make a social media account until we have something planned. Ciara B. and Sarah A. spoke with their school principal. We must go through a club and fill out school district paperwork to hold the event. Interact Club may be able to help (Sarah A. SHSW).

We would need different games/activities for young people and adults. Family Feud/Newlywed Game style generated the most interest. An example would be-“how well do you know your family.” Ciara B. looked at community events calendars on various media outlets. We can send them an email once we have the family nights planned for the adults, and will do a social media campaign for the younger people. We can stagger events at different districts/schools.

- **Website/PSA:** The Bullying/Cyberbullying Committee wanted to develop an Alliance website, which was created. Each committee now has a place to post information, videos, etc. The goal is to make our Alliance relevant and to promote our activities throughout the Township.
- **Next Steps:** Generate ideas and content for the webpage. Alliance members will be surveyed regarding possible topics/questions for the family game nights (can also ask people during Smithtown Day & Kings Park Day). Committee needs to think of a title for the KPITK workshop.
- **Future Ideas:** the group will not move forward with an informational brochure at this time. Will use the Alliance website to relay information.
- **Next General Membership Meeting, Thursday, May 25, 2017 at the Smithtown Library Main Branch, 4:30 PM – 6:00 PM.**



Youth & Community Alliance of Smithtown

“To promote the health and wellness of our young people; mobilize schools and communities; and utilize resources to create and sustain an environment where destructive decisions and substance abuse are reduced”