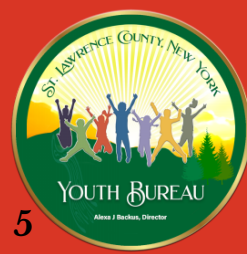


YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter



May 2022

Vol 2 Issue 5



Inside the Issue

The SLC Youth Committee has launched a Sextortion and Teen Suicide Prevention campaign. Check out the art and video contest for middle and high school students to educate, advocate, and prevent teen suicide and sextortion. **Deadline has been extended to Friday, May 20th.**

Please note: Content in this issue contains sensitive information and discussions of teen death, suicide, sextortion, and asphyxiation, which some readers may find difficult. If you need support, at any time, please call **St. Lawrence County's REACHOUT crisis hotline at 315.265.2422 or the National Suicide Prevention Lifeline at 800.273.8255**

May is Mental Health Awareness Month. Check out the youth self care workshops Kat Manierre, with SLC Health Initiative, offers this month.

Additionally, our Teen Ambassadors will lead a virtual discussion on Reducing the Stigma behind Mental Illness on Tuesday, May 24th at 7:00 pm



The Youth Bureau's 2nd Annual Trash Dash was a SUCCESS! Check it out!

Xander's Story

AN EVENING OF CONVERSATION

THURSDAY
MAY 5, 2022
7:00 PM

A Message from the St. Lawrence County Youth Bureau Director

On the eve of Xander's Conversation, I feel it's appropriate to dedicate our May newsletter to the Worthley family. Shane and Sondra Worthley, Xander's parents, have shown great courage to come to us and have the desire to share Xander's story. Xander, 12 years old and in the 7th grade, passed on March 21st by unintentional strangulation from the choking game or challenge. In the following pages, you'll find information on the choking challenge and what you can do to proactively prevent this from happening again.

I appreciate the time Shane and Sondra have spent with me and I'm honored to have learned more about Xander. Xander enjoyed playing Minecraft with his brothers, Kaden and Kolten. He also enjoyed time outdoors on his bike or bowling with his family. He had plans of rebuilding a truck, which Shane is currently doing in Xander's honor. Xander was no different than your typical middle school tween.

We urge you, the parent, to understand that there are no boundaries or immunity when it comes to the dangers kids face online every single day. It is our responsibility to become aware of these dangers, educate ourselves, open dialogue, and monitor screen time. Last year, we learned that 66% of St. Lawrence County parents are NOT monitoring their child's screen time as answered by 696 teens in the 2021 Youth Bureau Needs Assessment. Through our advocacy efforts, our hope is to support our families, in St. Lawrence County, in becoming very proactive in equipping our children with a stronger skill set to be safe online, learn how to say, "NO" to peer pressure, and how to have honest, real conversations about very tough topics.

Lastly, the Worthley's message is clear, *"talk to your children and know what they are doing online."* Thank you, Shane and Sondra, for being so passionate about helping other families during your grief.

-Alexa J. Backus

What is the Choking Challenge?

- A dangerous activity, mainly by tweens and teens, in which purposeful strangulation occurs to experience a brief euphoric high.
- The Centers for Disease Control and Prevention (CDC) warns that the game can escalate from suffocation to death in less than three minutes.
- According to the CDC, 82 deaths were reported from 1995-2007. In a 2008 study, the CDC reported that most of the reported deaths were boys ages 11-16.
- Data is very difficult to accurately measure because often deaths are reported as asphyxial suicide.
- According to the Children's Hospital of Los Angeles, the most common age for participants is 12, an age when children are susceptible to peer pressure and do not consider the consequences of risky behavior. The next most-common ages are 13 and 14, and 89 percent are boys.
- Items such as belts, ropes, scarves, dog collars, and shoelaces are used.



OTHER NAMES FOR THE CHOKING CHALLENGE

- Pass-Out Game
- Space Monkey
- Space Cowboy
- Airplaning
- Purple Dragon
- Cloud Nine
- Scarf Game
- Blackout Game

According to Time.com, evidence suggests children have been playing this game since the 1930's.

WHY



- Curiosity
- Peer Pressure
- A high without the use of drugs or alcohol
- Dares

Signs that a child could be participating in the game:

- Marks/bruising around the neck
- Pinpoint blood marks under the skin of the face and eyelids
- Blood shot eyes or eye problems
- Frequent, severe headaches
- Uncharacteristic hostility
- Secretive behavior
- Ropes, scarves, belts or other items tied to objects like door knobs
- Wearing clothing that covers the neck even in warm weather
- Confusion or disorientation after being alone for awhile
- Presence of dog leashes, ropes, scarves, bungee cords, belts
- Wear marks on bedposts, door knobs
- Frequent need for privacy
- Talking about the game

Resources:
Children's Hospital of Los Angeles
The Centers for Disease Control and Prevention (CDC)
Erikscause.org

What to do if you suspect your child is experimenting with this activity:

- Talk honestly and openly. Communication is essential.
- Explain the dangers, which include coma, brain damage, concussion, broken bones, eye damage and death.
- Increase your supervision of your son or daughter.
- Remove items such as belts, scarves, collars, and ropes.
- Alert the school since other children may be at risk. Talk to your child's Guidance Department.
- Talk to your child's Pediatrician or health care professional.
- Seek help from mental health professionals.

MYTH:
Talking with your child will make him/her more curious to try the game.

REACHOUT
St. Lawrence County
Crisis Hotline
(315) 265-2422

Resources:
Children's Hospital of Los Angeles
The Centers for Disease Control and Prevention (CDC)
Erikscause.org



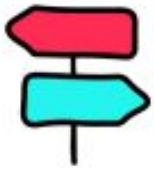
Tips for Teens, from Tik Tok, if you see an online challenge



stop



think



decide



act

STOP:

Pause a moment.

THINK:

Is it safe? Is it harmful? Is it real? If you're unsure, check with an adult or friends, or look for more information from authoritative sources online.

DECIDE:

If it's risky or harmful, or you're not sure if it is, don't do it. It's not worth putting yourself or others at risk.

ACT:

Report harmful challenges or hoaxes in-app. Don't share them.

How to report dangerous online challenges on Tik Tok

Attention Teens:

If you come across anyone who has been promoting any dangerous challenges report it immediately.

To report a challenge, on TikTok, follow the steps below:

- Click on the white arrow on the right-hand side of the video
- Press the icon that says 'report' with a flag symbol
- Select "suicide, self-harm, and dangerous acts"

NOTE:

If you come across anyone who has been asking you to do any dangerous challenges, do NOT engage, and report the person immediately.

Sextortion



By Alivia Sochia



Alivia is a freshman at Parishville Hopkinton High School and a Teen Ambassador

The FBI describes Sextortion as " A serious crime that occurs when someone threatens to distribute your private and sensitive material if you don't provide them images of a sexual nature, sexual favors, or money."

In many cases there is a blackmailer and the person being blackmailed. The blackmailer cons the person being blackmailed into sending explicit images, money or etc. With the threat of private or sensitive information like explicit images.

October 2013-April 2016, there were one thousand four hundred twenty-eight reported counts of sextortion on minors made to National Center for Missing and Exploited Children. 78% were female, 15% were male, the other 7% were non-binary, gender was unknown, or preferred not to put a gender. The ages of the reported children ranged anywhere from eight to seventeen. I would like to emphasize that these are only the reported cases, yearly many get unreported. Whether that is because of fear or etc.

If you are accused of committing Sextortion against a minor, you could be charged with sexual exploitation of a minor under 18. The law states that any person who forces or persuades a minor to engage in sexually explicit conduct can face up to 30 years in federal prison. But for non- minors the charging is different. Sextortion also carries the same penalties as other forms of extortion, meaning this felony offense is punishable by 2 to 4 years in prison and an attempt to commit this crime can be charged as a Felony or Misdemeanor, resulting in 1 to 3 years in jail or prison.

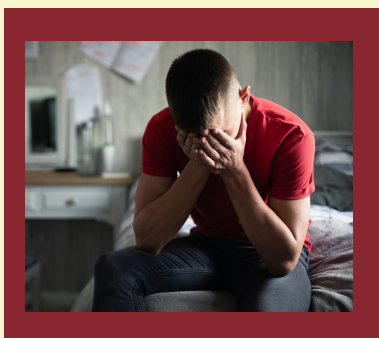
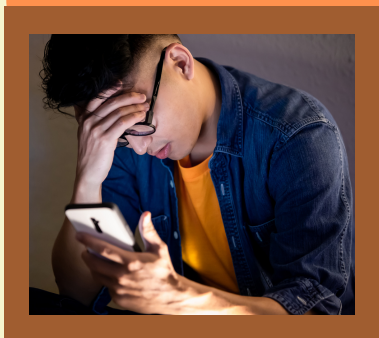
As a result of Sextortion, victims commonly experienced a range of negative outcomes, including hopelessness, fear, anxiety and depression. With some type of negative outcome, it was indicated that about 1 in 3 children had engaged in self-harm, threatened suicide or attempted suicide as a result of the victimization.

In our area, this has become a first step of the issue. Sextortion leads to teens becoming unaware of any other options because of the looming fear of exploitation. Over the years and the rise of technology has made the ability for Sextortion to happen and for the number of victims rise. *With this rise it's important for families to be able to talk to their teens about topics like Sextortion.* Teens need to know that you don't know who you are really communicating with on social media, and you should not send images or texts that you don't want shared with others. And if something goes wrong, even terribly wrong, in social media interactions all is not lost. There are people who can help.

The Art and Video design project on Sextortion and Teen Suicide is a great way to help advocate against the issue of Sextortion. Teens submit an art or video design educating, advocating, and preventing teen suicide or Sextortion by Friday, May 20th.

Did you say contest?

SEXTORTION and TEEN SUICIDE PREVENTION



ART & VIDEO CONTEST

Submit an **art design or video** educating, advocating, and preventing teen suicide and sextortion by **Friday, May 20th**.

Consider the following for your design piece or video:

- **Be COURAGEOUS because YOU can get out of any situation**
- **REACHOUT for help**
- **Find an ADULT**
- **There's always HOPE**
- **Don't REACT....RETHINK**



A winning art design and video will be chosen for each category of Sextortion and Teen Suicide Prevention at both the Middle and High school levels.

TO REGISTER:



OR Contact your school's Youth Committee Ambassador or the SLC Youth Bureau at 315.379.9464 -Alexa Backus at ABackus@stlawco.org



2022 2nd Annual Trash Dash



What is a Trash Dash?

Answer: Walking the distance of a 5K (3.1 miles) while picking up trash.

Each year, our Youth Committee Ambassadors help organize and promote this county wide initiative. Five locations were chosen for the roadside trash clean-up which included Ogdensburg, Potsdam, Massena, Canton, and Gouverneur. The Youth Bureau received a \$500 grant from the Hershey's Heartwarming Project and the Allstate Foundation. Cole Siebels, a senior at GHS, wrote the grant application. The grant monies were used to purchase supplies for the event. This year approximately 125 youth and teens registered to attend which included several organizations such as Gouverneur High School's Honor Society, PAL of Massena, Ogdensburg Key Club, Reality Check, Massena Interact Club, and Heuvelton's Boy Scout Troop 9.



Thank you

A big "thank you" is extended to several county departments who helped to make our Trash Dash a success:

- **Department of Weights and Measures**
- **County Highway Department**
- **Sheriff's Department**
- **Community Services**
- **Office for the Aging**





2022 Trash Dash Results:

Gouverneur

123.69 pounds (2.2% tobacco items)

Potsdam

254.64 pounds (16.8% tobacco items)

Ogdensburg

125.8 pounds (0.6% tobacco items)

Canton

246.02 pounds of garbage (16% tobacco items)

Massena

71.22 pounds of garbage (20.6% tobacco items)

Included
95.52lbs.
of tobacco
based
items



2022 2nd Annual Trash Dash





COVID IMPACTS ON EARTH DAY



Earth day is an annual event globally to support environmental protection. Earth day is a day to bring importance and awareness to pollution. By the time this newspaper is released Earth day will have passed, in spite of that, the meaning and passion of Earth day shouldn't be lost any other day. COVID has had many effects worldwide and in every corner of existence in many ways shapes and forms. Pollution is an unexpected one.

As young school age children we are taught to love the Earth and take care of it. Making Earth day an important day to children. But as we get older it becomes a less important day. On Earth day of two thousand twenty-two, what did you do to help the environment? On Earth day you could do something as simple as taking a quick walk around the block to pick up trash or planting a tree. To make more permanent changes to make everyday Earth day, implement the three 'R's', Reduce, Reuse and Recycle in your life.

We all consume products that often require raw materials and energy to be created and which generate waste when we are finished with them. These habits are so incorporated into our daily lives, and they are eliminated so quickly, that they hardly register in our minds. This ongoing consumption is having a devastating impact on our oceans, our wildlife, and our health. By employing the Reduce, Reuse, Recycle system we can minimize the negative environmental impacts of our everyday living.

In the wake of Covid-19 you may have noticed an increase of COVID related trash on the side of roads or sidewalks. Trash like used blue surgical masks are a common sight on sides of roads or storm drains after this exhaustive pandemic. Four hundred fifty, that is how many years it is speculated to take for the masks to decompose.

Surgical masks are not made of paper, but polypropylene, which is part of the thermoplastic family. A mask thrown away on the street will most likely probably make its way to marine waters through sewers and rivers, adding to the millions of debris floating on the surface of the ocean. Over time, it will break down into microplastics that are likely to get ingested by fish and other animals. In due course it could cause irreversible damage to the environment.

Earth day is a crucial day, it is only one day in three hundred sixty-five. But spending that one day a year doing good for the environment, is key. I myself spent time cleaning up a stretch of roadway in my community, dedicating an hour or two a day, on the week of Earth day to clean up the stretch of drive. The Youth Bureau held their second annual Trash Dash, in many locations in St. Lawrence county. The Trash Dash is meant to clean up a stretch of highway, with the distance being that of a 5k.

Celebrating Earth Day was key even before the pandemic, pollution is a serious issue that has been increasing over the years. COVID added to this international issue by placing this unexpected pollution like adding more clouds on an already foggy day. By celebrating Earth Day everyday, you could help your community. Even more than your community, you're environment. You're World.



FOR YOUTH GRADES 6-12

YOUTH VIRTUAL MEETING



YOUTH PERSECTIVE:

"How are you doing?"

*Reducing the Stigma Associated
with Mental Illness*



WE VALUE YOUR FEEDBACK

MAY 24, 2022

Tuesday 7:00 pm via ZOOM

[CLICK HERE TO REGISTER](#)










Facilitated by:
St. Lawrence County Youth Bureau and
SLC Youth Committee Ambassadors

May -2022-

A few National Month observances:

- Military Appreciation Month
- National Get Caught Reading Month
- National Lyme Disease Awareness Month
- Teacher Appreciation Week 1st-7th
- Nurses Week 6th-12th
- EMS Week 15th-21st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Mother Goose Day 1 School Principal Day	2	 National Teacher's Day 3	4	5	6	Strut Your Mutt & Craft Fair 7 HeLa Cells & Microscopes
 Happy Mother's Day 8 Mommy & Me Paint & Sip	9	Clean your room Day 10	11	12	13	 Sandstone Spring Classic 14
15	16	 Charlotte's Web OFA 17	18	19	20	National Armed Forces Day 21 
22	23	24	Bridge to Wellness Spring Fling 25	26	27	28
29	 MEMORIAL DAY 30	31				

St. Lawrence County Calendar of Events for Families

FAMILY & YOUTH CALENDAR OF EVENTS

- 5.7 - Strut Your Mutt Dog Walk
- 5.7 - HeLa Cells & Microscopes
- 5.8 - Mommy & Me Paint & Sip
- 5.14 - Sandstone Spring Classic
- 5.17 - Charlotte's Web OFA
- 5.25 - Spring Fling

SPECIAL INTEREST DATES

- 5.1 - Mother Goose Day
- 5.1 - School Principal Day
- 5.3 - National Teacher's Day
- 5.8 - Mother's Day
- 5.10 - Clean your Room Day
- 5.21 - National Armed Forces Day
- 5.30 - Memorial Day

A LIFELONG LOVE OF THEATRE BEGINS HERE... NOW, MORE THAN EVER, CHILDREN NEED A CHANCE TO LAUGH



2022 YOUTH THEATRE: CLASS ACTS...

Order Right Away! Shows Fill-Up Quickly!

Reservations are processed in the order they are received!

[Performances will be canceled if OFA is closed]



Charlotte's Web

May 17 - OFA - 9:15 & 11

Based on E.B. White's loving story of friendship between a pig named Wilbur and a spider named Charlotte. To help with Wilbur's problem: how to avoid winding up as pork chops, Charlotte will create a "miracle." Spinning the words "Some Pig" in her web, Charlotte weaves a solution which makes Wilbur a prize pig and ensures his place on the farm forever. This treasured tale, featuring madcap and endearing farm animals, explores bravery, selfless love, and the true meaning of friendship.

(Grades 3-6) \$3.50

[Click Here for an order form](#)



Council on
the Arts

This season is made possible with public funds from the New York State Council on the Arts and the New York State Legislature



JOIN US...

July 25 - August 6, 2022

SUNY Potsdam
Performing Arts Center

Saturday August 6th is showcase day!
All campers present the work
they have done the previous two weeks.



For more information & registration go to:

potsdam.edu/cac

Questions? Call (315) 267-2547

LEARN MORE



Please register your child by the year of school
they are going into in the Fall of 2022.

Camp registration includes a t-shirt and
free tickets to the final performances.
Campers must provide their own lunch.

MAY 2022

Horizons Youth Clubhouse

MONDAY- FRIDAY
STAFF: 10AM- 6PM
YOUTH: 2PM- 6PM

56-58 Main Street Massena, NY 13662

SUN	MON	TUE	WED	THU	FRI	SAT
1 CLOSED	2 Origami with Sam 	3 DIY Mason Jar Candle with Jaelin 	4 Creative Day 	5 Get Outside Day	6 Free Day	7 CLOSED
8 Happy Mother's Day  CLOSED	9 DIY Body Scrubs With Jaelin 	10 Make Pet Treats with Jena 	11 Creative Day 	12 Tobacco Jeopardy	13 Free Day	14 CLOSED
15 CLOSED	16 Movie & Popcorn 	17 Jason Presentation	18 Creative Day 	19  Tie Dye	20 Escape Room @ Horizons 	21 CLOSED
22 CLOSED	23 World Turtle Day 	24 Cornell Presentation	25 Creative Day 	26  Window Decoration Day	27 Free Day	28 CLOSED
29 CLOSED	30 Memorial Day  Closed	31 Paige Presentation /Craft				

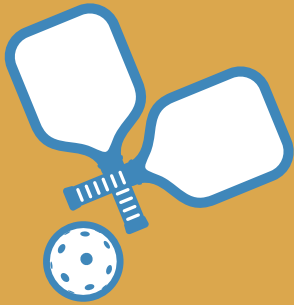
CALL: (315) 705-4203

EMAIL: HORIZONS@SVPC.NET

[Horizon's Clubhouse Monthly Newsletter](#)



THE SANDSTONE SPRING CLASSIC PICKLEBALL TOURNAMENT



Saturday, May 14th
8:00 AM - 3:00 PM

RAFFLE ITEMS

Hosted by The Village of Potsdam Recreation Department

Community members are invited to attend and watch the competitive play unfold
FREE ADMISSION


CONCESSIONS WILL BE AVAILABLE

FREE GIFT CERTIFICATES FOR SUMMER KAYAKING AND PADDLE BOARD RENTALS THROUGH POTSDAM RECREATION

Wednesday - Sunday | 10am - 5pm
10 Raymond Street Potsdam
315-274-9380



**Mother's Day
STEAM
Activities**



HeLa Cells and Microscopes

Saturday, May 7th, 11:00am and 2:00pm

To celebrate Mother's Day, we're zooming in on the Mother of Modern Medicine, Henrietta Lacks, and using microscopes to look at our own cells!



Mommy and Me Sip & Paint

Sunday, May 8th, 11:00 am - 12:00 pm

Mommy and Me Sip n' Paint Mother's Day Event at the Museum! Join our arts educator for a fun guided painting event to celebrate Moms and creativity. The museum will provide sparkling cider to this first of its kind event to honor the mothers in our lives.

No need to preregister

Programs included with membership and admission

Visit <https://northcountrychildrensmuseum.org/events/> for more May Events!



Potsdam Humane Society

13th Annual Strut Your Mutt Dog Walk & Craft Show

Pine Street Arena

Saturday May 7th

WALK REGISTRATION 8:30am-9:30am

Walk begins promptly at 9:30am

Craft Fair 9:00am-2:00pm

Food and Family Activities

The day kicks off with our benefit dog walk- which offers a relaxed event with water stops along the way.


Walk eligibility is by collecting pledge donations from family, friends, and co-workers- OR - making a donation on behalf of yourself. **NO SET MINIMUM!** Every bit helps! All walkers have chances to win many prizes donated by local businesses.

Free Parking

Free Admission







Canton



LGBTQIA+ Youth & Young Adults

A social support group for
LGBTQIA+ folks and allies age 13-21

Mondays, 4:00 - 5:30 pm
Unitarian Universalist Church
3 1/2 E. Main St., Canton

-  The Q Center at ACR Health
-  @theqcenter_at_acrhealth
-  @QCenterAtACRHealth
-  qcenter@acrhealth.org

MAY MEETING DATES

✦ May 9th

✦ May 16th

✦ May 23rd



Spring Fling Into Wellness

WEDNESDAY, MAY 25, 2022

2PM - 6PM

NEW YORK AVE PARK, OGDENSBURG



NARCAN TRAINING



Community Health Center
of the North Country
COVID VACCINE & BOOSTER CLINIC



WALK-THROUGH COLON



Food provided by
Claxton Hepburn Medical Center
and much more!



Interested in tabling the event?

Contact Brigette Conklin at bconklin@stlawco.org

SEX ED FOR ALL MONTH!

**MAY 23-27,
4-5PM**



Monday

23rd

Healthy Relationships and Consent 101

Tuesday

24th

Stopping the STigma: A Conversation About Sexually Transmitted Infections

Wednesday

25th

Birth Control: Pros and Cons of Different Contraceptives

Thursday

26th

Menstrual Hygiene: Everything You Need to Know About Periods. Period.

Friday

27th

The ABCs of LGBTQ+

Eligible teens will be entered to win several \$25 gift cards in a raffle at the end of the week!

***The more you attend,
the more you could win!***

To register, contact Jamey:
Jamey@gethealthyslc.org

May is Sex Ed For All Month!

Did you know that May, once previously recognized as Teen Pregnancy Prevention Month is now Sex Ed for All Month?

This is an opportunity to raise awareness and call for investment in sex education in our schools and communities.

The shift to Sex Ed for All Month marked a turn away from messaging that could be seen as problematic and stigmatizing. Instead, we want to stand with young people, so they are empowered and have the right to access the sexual health education and healthcare they need to achieve the best outcomes for themselves.

Sexual health education encompasses so much more than just risk reduction and disease prevention. The shift to Sex Ed for All Month allows an opportunity to adjust the lens through which sexual health education is viewed and address the sex education young people deserve in a more holistic way so they can make healthy decisions, have healthy relationships, and have positive health outcomes.

To celebrate Sex Ed for All Month, our CAPP team will be offering virtual workshops for teens every weekday during the week of 5/23 from 4-5pm each day. Topics will range from LGBTQ+ 101, to healthy relationships, to birth control, and more! Email jamey@gethealthyslc.org for more information and to get the Zoom link.

Eligible teens will be entered to win \$25 gift cards in a raffle at the end of the week!

May is Mental Health Awareness Month!

The CAPP Program is taking time this month to focus specifically on youth and adolescent mental health by providing free, 45-minute self-care workshops to middle and high school students in St. Lawrence, Lewis, and Jefferson County. Adolescence is a crucial period for developing life-long habits necessary for physical, mental, social, and emotional health and well-being. Coping skills and self-care strategies play an essential role in positive youth development. Our self-care workshop is designed to help youth explore the concept of self-care and create a self-care plan tailored to their specific needs.

In this workshop participants will:

- Define self-care and what it means to them,
- Discuss the importance of self-care,
- Brainstorm specific activities from multiple dimensions of self-care, and
- Create a personalized self-care plan through a crafting activity.

If you have any questions or would like to schedule this workshop, please contact Kat Manierre, CAPP Health Educator Supervisor at Kat@gethealthyslc.org.

Celebrate Mental Health Awareness Month with a

YOUTH SELF-CARE WORKSHOP



In-person or virtual options available!

Suitable for youth ages 10-18!

Driven by positive youth development best practices!

Interactive and engaging!

Contact Kat Manierre, CAPP Health Educator Supervisor to schedule!

kat@gethealthyslc.org

Gouverneur Recreation Center

8 Trinity Avenue: 315.287.0524



Fun & Festive Youth Enrichment STEAM Activities

May 10th & 11th

Youth Welcome after school until 6:00pm

Advance Sign-Up Limited Seating: First Come, First Serve



Gouverneur Recreation Department

Proudly Presents...

MISSOULA CHILDREN'S THEATRE

Rumpelstiltskin



July 25th - July 30th 2022

(Professional Theater Company with Costumes and Sets)

Save the Date: Registration Begins May 1, 2022

Open to all youth grades K-12.

Advanced Registration Required - Limited Availability!

For more information contact Rec. Director Casey Canell 315.287.0524.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
M			Mr. Casey Canell Recreation Director	Gouverneur Recreation Center 315.287.0524	Mr. Jeff Burt Head Attendant		MISSOULA CHILDREN'S THEATRE Rumpelstiltskin
	1 	2 After School STEAM Studio Grades: 2-4	3 After School STEAM Studio Grades: UPK-1	4 After School STEAM Studio Grades: 2-4	5 After School STEAM Studio Grades: UPK-1	6 Senior Citizen Bingo Social 10am - 12pm 	Register Now! Summer Recreation Performing Arts Grades: K-12 July 25 th - 30 th
	8 	9 After School STEAM Studio Grades: 2-4	10 	11 	12 After School STEAM Studio Grades: UPK-1	13 Senior Citizen Bingo Social 10am - 12pm 	14
A	15 	16 After School STEAM Studio Grades: 2-4	17 After School STEAM Studio Grades: UPK-1	18 After School STEAM Studio Grades: 2-4	19 After School STEAM Studio Grades: UPK-1	20 Senior Citizen Bingo Social 10am - 12pm 	21
	22 	23 After School STEAM Studio Grades: 2-4	24 After School STEAM Studio Grades: UPK-1	25 After School STEAM Studio Grades: 2-4	26 After School STEAM Studio Grades: UPK-1	27 Senior Citizen Bingo Social 10am - 12pm 	28
	29	30 	31 After School STEAM Studio				
2022							

WALK FOR A VOICE

SUICIDE AWARENESS



This is the fourth year the non profit organization "**Ride For a Voice**" has raised money for **Suicide Awareness** for St. Lawrence County and The New Beginnings food pantry

In light of the increased suicide rate due to the national pandemic, we invite all to take part in our fundraising efforts

Madrid-Waddington Central School Track
Sunday, May 22, 2022

Registration will begin at 11:00am
11am-2pm

Ask friends and family to sponsor you and invite them to join you

Checks can be made out to Ride for a Voice, money can be handed in on the day of the event

[To Print a Pledge Sheet Click Here](#)

Raise over \$50 to receive a free t-shirt

**Money this year will be
donated to Citizen
Advocates for their
new crisis center in
Ogdensburg, NY and
Madrid New Beginnings**

**BASKET RAFFLES
& 50/50
REFRESHMENTS
AVAILABLE**



SLC Youth Committee Ambassadors



BE A LEADER

HAVE A VOICE

MAKE A DIFFERENCE

Now Recruiting from the following schools:

- Clifton Fine
- Edwards Knox
- Madrid-Waddington
- Hammond
- Hermon DeKalb
- Morristown
- Norwood-Norfolk
- Ogdensburg
- St. Lawrence Central

Contact
Alexa Backus
ABackus@stlawco.org
315.379.9464



GOALS

The St. Lawrence County Youth Committee has openings so that every high school has a teen ambassador to support initiatives, programs, and peers. Contact Alexa Backus at **ABackus@stlawco.org** if your high school doesn't have a teen ambassador.





These magnets can be placed inside your locker



YAY!

Coming to your St. Lawrence County school, Teen Take Charge cards are magnets this year and are available for students!

Magnets will be delivered to area schools throughout April.
 Call the Youth Bureau at **315.379.9464** with any questions.

TEENS TAKE CHARGE ST. LAWRENCE COUNTY, NEW YORK	
COUNSELING RESOURCES	
SLC Mental Health Clinic Services	315.386.2167
SLC Addiction Clinic Services	315.386.2189
St. Lawrence Psychiatric Center	315.541.2041
SVPC- Alcohol/Substance Abuse Prevention	315.713.4861
Adolescent Residential Treatment, Rose Hill, Massena	1.800.776.7344
COMMUNITY RESOURCES	
SLC Public Health Department	315.386.2325
SLC Social Services Adolescent Department	315.379.2348
SLC One Stop Career Center	315.386.3276
Catholic Charities	315.393.2660
Church/Community Program	315.386.3534
Salvation Army - Ogdensburg	315.393.3351
Massena	315.769.5154
CRISIS, HELP, AND EMOTIONAL SUPPORT	
Reachout of St. Lawrence County	315.265.2422
St. Lawrence Valley Renewal House	315.379.9845
Planned Parenthood - Canton	315.386.8821
Ogdensburg	315.393.6544
Suicide Prevention Hotline	1.800.273.8255
Child Abuse Hotline	1.800.342.3720
Domestic Violence Hotline	1.800.942.6906
Stop Smoking Hotline	1.866.697.8487
Runaway Switchboard	1.800.786.2929
SLC Sheriff's Office	315.379.2222
24 HOUR CRISIS HOTLINE ST. LAWRENCE COUNTY REACHOUT 315.265.2422	
	
ST. LAWRENCE COUNTY YOUTH BUREAU 315.379.9464 STLAWCO.ORG/DEPARTMENTS/YOUTHBUROU	