



# YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter

January 2025

Vol 5 Issue 1



## Inside the Issue

**SAVE THE DATE**

**Second Annual 5k-Ish**  
**02/01/2025**  
**9 AM-10:30 AM**



**See inside for more!**

Winter Wellness for Teens

**Staying**

*Connected & Inspired*



**How Youth Can Show Their Appreciation During National Law Enforcement Day**



ST. LAWRENCE COUNTY PUBLIC HEALTH, IN PARTNERSHIP  
WITH THE YOUTH BUREAU, INVITES THE COMMUNITY FOR

# GROUNDHOG DAY STROLL OR STRIDE

## a 5K(ish) Event

Bring one food  
pantry item on  
2/01 in place of  
paying a  
Registration Fee



**S A T U R D A Y**

**FEB 1 2025**

START **9.00 AM**  
FINISH **10.30 AM**

**JOIN US AT THESE SCHOOLS:**

- HEUVELTON CENTRAL
- MADRID-WADDINGTON CENTRAL
- LISBON CENTRAL

**DOORPRIZES**



**5K BIBS FOR  
PARTICIPANTS**

FOR MORE INFORMATION

EMAIL [SLCYOUTHBUREAU@GMAIL.COM](mailto:SLCYOUTHBUREAU@GMAIL.COM) OR CALL 315-379-9464



**ST. LAWRENCE COUNTY  
OFFICE FOR THE AGING WITH  
THE YOUTH BUREAU INVITE**

students, of all ages, to make cards, notes, or drawings for older adults. Let's spread some love and happiness this Valentine's Day!

Please mail or deliver cards by **Friday, 2/07/25** to:  
**SLC Youth Bureau** 80 SH 310 Suite 4 Canton, NY 13617

For more information, email [AChase@stlawco.gov](mailto:AChase@stlawco.gov)  
or call 315.379.9464



# NEW YEAR *Resolutions*

1

Try a new hobby.

Have you been wanting to learn a new skill and pick up a new hobby? Now is the perfect time!

2

Eat Healthier.

Introduce more fruits and veggies into your diet

3

Start Volunteering.

This is good for your own mental and physical health but you are also helping others.

4

Gratitude Journal.

Write down three things everyday that you are grateful for

5

Save money.

Create a budget and track how much you are saving and spending

# NEW YEARS RESOLUTIONS

2025

## WHEN DID THEY START?

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began not in January but in mid-March, when the crops were planted.

## HOW TO KEEP UP WITH YOUR RESOLUTIONS



Keep Track of Your Progress

Set Reminders

Reward Yourself



# Winter Wellness for Teens: Staying Connected and Inspired

The winter months in St. Lawrence County can be challenging for many, with shorter days, colder temperatures, and the post-holiday lull. For teens, it can also be a time when feelings of isolation or stress creep in, especially as school pressures resume and activities slow down. However, winter doesn't have to be a time of stagnation. With a focus on wellness and connection, teens can embrace the season and thrive.

## Prioritize Mental Health

Mental health is just as important as physical health, and winter can bring unique challenges. Feelings of sadness or anxiety can sometimes be linked to Seasonal Affective Disorder (SAD) or general winter blues. Recognizing these feelings and addressing them is key.

If you or someone you know is struggling, help is just a call or text away. The 988 Suicide & Crisis Lifeline is available 24/7 to provide free and confidential support. Whether you need someone to talk to or are seeking guidance for a friend, 988 is a vital resource to keep in mind.



## Stay Active and Engaged

Physical activity doesn't have to stop when the snow starts falling. Bundle up and embrace outdoor activities like snowshoeing, sledding, or even a brisk walk in the winter wonderland. If you prefer to stay indoors, explore yoga or fitness videos online to keep your body moving.

Staying engaged mentally is just as crucial. Consider picking up a new hobby, reading a book, or participating in a virtual or in-person group activity. The St. Lawrence County Youth Bureau often shares opportunities for community involvement, so check out upcoming events to connect with peers.





### Connect with Friends and Family

Winter is an ideal time to strengthen bonds with the people around you. Plan movie nights, game nights, or casual hangouts to combat feelings of isolation. If physical distance is a barrier, use technology to stay in touch through video calls or group chats.

Encourage open conversations about how you're feeling, and listen to others as they share their experiences. A simple check-in can make a world of difference for someone who might be feeling down.



The St. Lawrence County Youth Bureau offers various ways to get involved, from local service projects to leadership initiatives. Giving back is a wonderful way to start the new year with a meaningful focus.

### Volunteer and Give Back

Helping others is a powerful way to boost your own well-being. Volunteer opportunities, like shoveling snow for neighbors or assisting with community events, not only make a positive impact on others but also instill a sense of purpose and connection.



### Practice Self-Care

Self-care looks different for everyone, but it's essential to make time for activities that recharge you. Whether it's journaling, listening to music, or simply relaxing with a warm drink, prioritize moments that help you feel grounded and calm.

Sleep is another cornerstone of wellness. Aim for 8-10 hours of sleep each night to ensure you're rested and ready to take on the day.

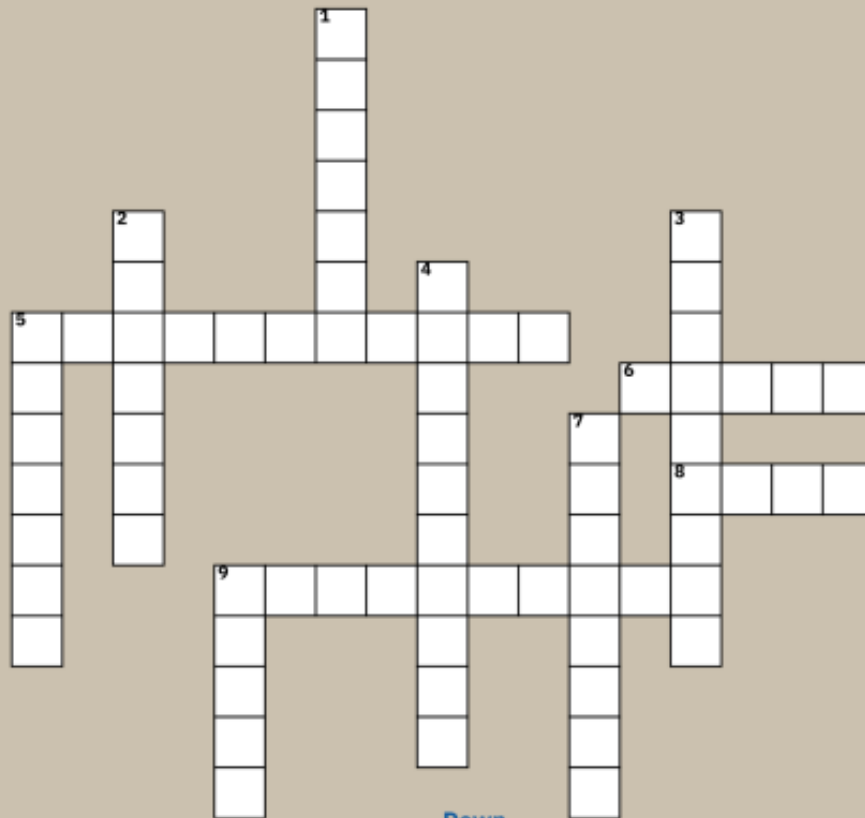


## Stay Inspired This Winter

Winter doesn't have to be a time of waiting for spring. By focusing on wellness, connection, and meaningful activities, teens can make the most of the season. Remember, support is always available. Don't hesitate to reach out to friends, family, or resources like 988 if you need help navigating tough moments.

Let's embrace this winter as an opportunity to grow, connect, and thrive together!

## Self Care Crossword Puzzle



### Across

- [5] A way to be in the present
- [6] Drink 8 glasses of this a day
- [8] It is okay to ask for \_\_\_\_\_
- [9] a coping strategy that can focus, calm, and relax you

### Down

- [1] useful after meditation to record thoughts and feelings
- [2] Focus on what you can \_\_\_\_\_
- [3] Focus on this to help calm you down when meditating
- [4] Deep breathing is a way to promote
- [5] open, accepting, non-judgemental
- [7] Trying to be \_\_\_\_\_ rather than negative
- [9] Listening to this can promote relaxation

**Self-care**  
IS EMPOWERMENT



# FIVE TIPS TO LEARN HOW TO LOVE YOURSELF MORE

## 1 Set boundaries

Know your limits and communicate them to others. This can include saying no to requests that don't align with your priorities, taking breaks, and delegating tasks.

## 2 Stop comparing yourself

Comparing yourself to others can lead to negative self-talk. Your worth doesn't change based on external events.

## 3 Spend time with yourself

Carve out time for things that feed your soul and prioritize your needs.

## 4 Practice gratitude

Being grateful for what you have can help you feel better about yourself and reduce anxiety.

## 5 Accept your body

Listen to what your body needs, such as rest, exercise, and a healthy diet.

# Hot Chocolate

## Ingredients

- 3/4 cup white sugar
- 1/3 cup unsweetened cocoa powder
- 1 pinch salt
- 1/3 cup boiling water
- 3 1/2 cups milk
- 3/4 teaspoon vanilla extract
- 1/2 cup half and half cream

## Preparations

1. Put the dry ingredients in a pan, then whisk in the boiling water.
2. Bring to a simmer and cook, stirring constantly, for two minutes.
3. Stir in the milk, remove from the heat, and stir in the vanilla.
4. Pour the hot cocoa into mugs and finish with half-and-half, whip cream and marshmallows



CLICK HERE 

# SNOWMEN AND WINTER WEAR



## Frozen Friends

### History and Tradition of Snow People

The classic snowman dates back to the early Renaissance period. The first major documentation of them was during the Miracle of 1511. Europe was going through a terrible blizzard and period of death. People built hundreds of snowmen lining the streets to entertain themselves. The classic characters built out of snow has transferred around the globe and is used in multiple cultures. For example, in Switzerland they hold a festival on April 1st where they explode a cotton snowman to signify the start of spring. Japan also holds a snowman festival where they create thousands of small two-ball men. Today it is a kids dream for the packy snow to fall for them to create a snow friend.



## No Frozen Fingers

### How to Bundle Up for the Cold

Winter in the North Country is always so much fun... until your hands start to go numb. This winter to build those snowmen, make sure that you wear the proper clothes to go outside. That means wearing extra layers. Try a second pair of socks or an extra hoodie under your jacket. With the winters becoming more extreme, its important to bundle up to prevent frostbite. Not only can you get frostbite on your fingers, but you can also get it on your toes, nose and ears. You should head back inside when these symptoms start to appear:


- cold and numb skin (the pins and needles feeling)
- burning or stinging sensation
- skin changing colors
- muscle and joint stiffness

In order to have fun and build those snowmen, you first must bundle up with good boots, snow pants, jacket, gloves, hat, and scarf to protect your body!



# ***Paper Snowflake Tutorial***

What you'll need:

 12" x 12" paper

 Scissors

[For directions with pictures, click here!](#)

**Instructions:**

**Start by folding your piece of paper in half, fold it in half again. Fold it into thirds, overlap the pointed corners, cut the paper ends. Cut shapes into your folded paper, and unfold your paper to reveal your snowflake.**

# Recognizing National Law Enforcement Day: How Youth Can Show Appreciation



This Thursday, January 9th, marks National Law Enforcement Day (NLED), a time to recognize and honor the dedication, courage, and sacrifice of the men and women who serve in law enforcement. Established in 2015, this day encourages communities to reflect on the essential role law enforcement officers play in keeping our neighborhoods safe and secure.

In St. Lawrence County, our law enforcement officers not only protect and serve but also engage with youth through community programs, school resource initiatives, and safety awareness campaigns. Their work contributes to fostering a safer and more supportive environment for everyone, including our young residents.

*"A hero is someone who  
has given his or her life  
to something bigger  
than oneself."*

– Joseph Campbell

## Why It's Important to Acknowledge Law Enforcement

Law enforcement officers often face challenging situations to ensure the safety and well-being of their communities. By recognizing their efforts, we can build stronger relationships and trust between youth and law enforcement, paving the way for collaboration and mutual understanding.





# Ways Youth Can Thank Local Law Enforcement



Here are some meaningful ways youth can express their appreciation for law enforcement officers on this day:

## Write Thank-You Cards or Letters

A simple handwritten note can brighten an officer's day. Youth can express gratitude for their service, share positive experiences, or just say "thank you" for keeping our community safe.

## Create Artwork or Posters

Students or youth groups can design creative posters or drawings showing appreciation. These can be displayed at local police departments or shared on social media to spread positivity.

## Host a Snack Drop-Off

Organize a small event where youth deliver pre-packaged snacks or refreshments to local police departments. Be sure to coordinate with the department in advance for approval.

## Promote Awareness Online

Youth who are active on social media can use platforms to post thank-you messages, create videos, or share stories of positive interactions with local officers. Use hashtags like #NationalLawEnforcementDay, #ThankYouLEA, or #SLCLawEnforcement to join the national conversation.

## Encouraging Positive Relationships

Engaging youth in activities that support and thank law enforcement is an excellent way to foster positive relationships. Officers who feel appreciated are more likely to continue community-oriented policing efforts, creating a stronger, safer environment for our youth.

On this National Law Enforcement Day, let's take a moment to recognize and thank the officers who serve St. Lawrence County. Together, we can show our appreciation and inspire a spirit of community support that benefits everyone.

For more information on National Law Enforcement Day, visit the National Law Enforcement Officers Memorial Fund website.



# MARTIN LUTHER KING JR.

January 15, 1929-April 4th, 1968

MARTIN LUTHER KING JR DIED DOING WHAT HE LOVED TO DO. HE WAS MAKING OUR COUNTRY A BETTER PLACE. HONOR HIM ON JANUARY 20 FOR NATIONAL MARTIN LUTHER KING JR DAY



## TIMELINE OF HISTORIC SPEECHES

1963



Dr. King delivered his famous "I have a Dream" speech on the steps of the Lincoln memorial.

1965



After marching from Selma to Montgomery, he orates a speech entitled "Our God is Marching On."

1967



In what is known to be his most controversial speech, "Beyond Vietnam, a time to break the Silence," he condemns the Vietnam War.

1968



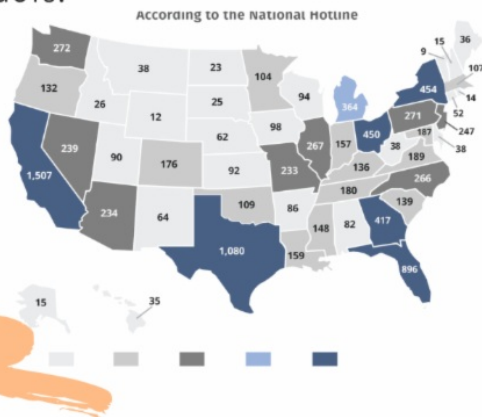
In his last speech, "I've Been to the Mountaintop," he addresses sanitation workers on strike in Memphis, Tennessee.

# Human Trafficking Awareness

SLC YOUTH BUREAU NEWSLETTER

## WHAT IS HUMAN TRAFFICKING?

Human trafficking, also known as trafficking in persons, is a crime that involves compelling or coercing a person to provide labor or services, or to engage in commercial sex acts.



## STATISTICS

15,000-50,000 people are victims of human trafficking per year

## FACTS

- Children account for half the victims of human trafficking
- California is the number one US state for human trafficking





# January 11th

NATIONAL HUMAN TRAFFICKING AWARENESS DAY

12

IS THE AVERAGE AGE SOMEONE ENTERS TRAFFICKING



48

HOURS

IS THE TIME IT TAKES FOR A RUNAWAY YOUTH TO BE APPROACHED BY A TRAFFICKER



HUMAN TRAFFICKING IS NOTABLY UNDERREPORTED



89% of women wanted a way out but didn't know where to turn for help

## TOP 5 RISK FACTORS:

SUBSTANCE USE CONCERN

## How to Bring Awareness to This Subject

SUPPORT ORGANIZATIONS VOLUNTEER WITH OR SUPPORT LOCAL ANTI-TRAFFICKING ORGANIZATIONS. YOU CAN ALSO CONNECT WITH PROFESSIONALS AND INSTITUTIONS THAT MAY BE SERVING PEOPLE WHO ARE EXPERIENCING HUMAN TRAFFICKING.

- EDUCATE
- KEEP UP WITH CURRENT NEWS AND RESEARCH, AND EDUCATE YOURSELF AND YOUR COMMUNITY ON WHAT HUMAN TRAFFICKING IS AND HOW TO RECOGNIZE SIGNS OF EXPLOITATION. YOU CAN ORGANIZE OR PARTICIPATE IN AWARENESS CAMPAIGNS, WORKSHOPS, OR ONLINE EVENTS. YOU CAN ALSO SHARE RESOURCES WITH YOUR COMMUNITY AT LOCAL EVENTS AND PUBLIC GATHERINGS.

# NATIONAL *Hugging Day*



**A hug a day,  
keep the sadness away**

**The day was created by Christian pastor Kevin Zaborney and was first celebrated in Clio, Michigan in 1986. The day's purpose is to encourage people to hug their friends and family more often and to show more emotion in public.**

# UPCOMING EVENTS

## ***Student Involvement in the Individualized Education Plan (IEP) for Families***

January 27th, 10am -1pm on Zoom

The purpose of this training package is to promote and encourage student and family involvement in the IEP development process and Committee on Special Education (CSE) meetings. Tools, resources, and research-based content are embedded throughout the training to give grounding to the concepts that enhance student and parent involvement in the IEP process.

[Click Here or Scan the QR Code to Register](#)



## ***Family Guide to Transition Planning: Preparing Students with Disabilities for Life after High School***

February 12th, 10am -12pm on Zoom

[Click Here or Scan the QR Code to Register](#)



Do you want to learn more about how to prepare your child in special education for their life after high school? It's never too early to start the transition planning process. This training will guide you through that process with checklists and real-life examples. When families are knowledgeable about the transition process students exiting school experience improved outcomes in the areas of employment, continuing education, and independent living. Article Heading

## ***What is an Individualized Education Program (IEP)? for Families of Preschool Students***

February 4th, 10am -12pm on Zoom

[Click Here or Scan the  
QR Code to Register](#)



Not sure what an IEP is or how it will help your preschooler? Don't worry—we're here to walk you through it! In this easy-to-follow virtual session, we will explain what an Individualized Education Program (IEP) is, how it supports your child's learning and development, and how you can play an important role in shaping it. Plus, we'll share handy tools, tips, and resources to help you navigate the CPSE process like a pro.

## ***Specially Designed Instruction: A Guide for Families and Caregivers***

February 10th, 10am -11:30am on Zoom

If you have a child in special education then you know that each student learns differently. This training will provide you with basic information about the teaching strategies and methods that can be "designed specially" for your child by taking into account their individual strengths and needs. This valuable information will assist parents and family members to be engaged meaningful partners in the special education process and education of their child.



[Click Here or Scan the QR Code to Register](#)

# Nurturing Potential



## Planning for Emergencies



**First aid kits & planning card included!**

### When?

Wednesday, January 22nd  
12:00 pm - 1:00 pm

### Where?

Human Services Building // 2nd floor conference room  
80 State Highway 310, Canton

Join Jenesse Watson, Emergency Preparedness Coordinator, for a FREE in-person presentation on emergency preparedness for children with special health care needs and families. She will provide planning strategies and answer questions. This event is hosted by the St. Lawrence County Children and Youth with Special Health Care Needs Program.



Funded by the New York State Department of Health using federal Health resources and Service Administration Title V funding. The opinions, results, findings and/or interpretations of content contained therein are the responsibility of the Contractor and do not necessarily represent the opinions, interpretations or policy of the State or Federal funding agency.

# Nurturing Potential



## Thriving Families



### When?

Thursday, January 29th  
4:00 pm - 5:00 pm

### Where?

Lions Diabetes Conference Room  
2nd floor of Claxton-Hepburn Medical Center  
214 King Street, Ogdensburg

**Updated Date  
& Location!**

Join Michele Catlin, DCCC, Diabetes Program Specialist and Sarah Dupree, BSN, RN, for a FREE in-person presentation on helping your kids eat healthy with a focus on picky eaters and youth with diabetes. They will provide tips and tricks to get your kiddos eating healthy, well-balanced meals and answer questions. This event is hosted by the St. Lawrence County Children and Youth with Special Health Care Needs Program.



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# Let's Talk!

It's FREE!

**A two day, 1 hour training to help parents, grandparents, caregivers, and foster parents talk to their young children about their bodies!**

Presented by Ann Butcher, LMHC



**February 13th & 14th  
from 4-5pm**

Location: 4 Stillman Drive,  
Canton, NY 13676

**Space is limited, Please call  
315-261-4228**



Presented by the Child Advocacy Center of  
Northern NY, a program under the Victims  
Assistance Center of Jefferson County

- Body Language
- Body Boundaries
- Consent
- Safe/Unsafe touches
- Secrets vs. Surprises
- Prevention



# ADOLESCENT SUPPORT GROUP



**FEB  
26**

**FREE TO ATTEND  
AGES- 10 -15 YEARS  
SPACE IS LIMITED**

**TIME: 4-5PM**

**LOCATION: 4 STILLMAN DRIVE,  
CANTON, NY 13617**

**IF YOU STRUGGLE WITH MENTAL  
HEALTH, COME FIND SUPPORT  
AMONG YOUR PEERS!**

**A CAREGIVER MUST CALL TO SIGN  
THE YOUTH UP.**

**CONTACT: ANN BUTCHER, LMHC**

**PHONE: (315) 379-8043**

**PROVIDED BY THE CHLD ADVOCACY CENTER OF  
NORTHERN NY. A PROGRAM OF THE VICTIMS  
ASSISTANCE CENTER**







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