

Attendance:

kdeandrade@cpsd.us

jesse.hahan@gmail.com

simone1@uaspire.org

Jesse Nahan jesse.nahan@gmail.com

Nusrat Lamisa Jahan lamisa15jahan@gmail.com

Emily dexter emilydextersc@gmail.com

Liz Atwood

Kim Goldstein kimberlygreengoldstein@gmail.com

Marie Antoine

Emily Dexter

Trina Abbott

Carmen Blyden cblyden@cambridge-housing.org

Haekyung Chung nkmalloroa@gmail.com

Johann Sadock johannsaddock7@gmail.com

CRLS School Council

Announcements:

Basketball state champs

Hanna Norris won dress design award

Fencing team did well

Speaker 1: Kim DeAndrade: CRLS Student Health

The program leader for health survey (9-12) presented health challenges, including:

- *Alcohol and Pot are top of picks in "lifetime tried"*
- *Usage increases as kids move up through grades*
- *In last 30 days 32% alcohol 26% pot, binge drinking*
- *Girls more alcohol*
- *Boys and girls equal on pot*
- *Slight decreases across all categories of substance abuse since 2010*
- *Cambridge lower in all substances, except pot, just a bit higher*
- *About half talk to parents about drugs*
- *Big drop in neighborhood violence*
- *Sexual harassment ins chool up*
- *Unfair treatment – race/ethnicity up slightly*
- *Unfair due to gender up slightly*
- *Bullying at school 16% up tiny bit*
- *9% cyber bullying static*
- *Weapon carrying, decrease*
- *Use of counselors in health center is down*
- *Anxiety is at a high. 29%*
- *Depression is up too.*

- *Also increasing: hurting self, considering suicide, making a plan, actually attempting 2%*
- *Only 36% of kids have sex. Down from 50% in 2006*

Discussion Topics:

Health Survey

- *How to get the word out about Health Services counseling*

Suggestion:

- *Perhaps we can encourage friends to guide their friends there? Can be difficult for a kid in crises to take action.*

Speaker 2: Simone Lawrence

UAspire

- *Understanding language/definitions of types of awards*
- *Renewable or not, etc.?*
- *Payoff/investment. Helping kids to understand cost and what they will have to pay*
- *Financial safety schools*

Discussion Topics:

UAspire

- *How to get the word out: tables at school events*
- *How to talk to kids: financial reality*
- *How to share with kids that the news you get from college, positive or negative, does not dictate your future.*

Suggestions:

-Drive home that there are many "paths" to success/happiness

-Encourage kids to take a path that does not overburden them

-The group shared ideas and strengthened resolve to communicate that college acceptance or rejection does not cement a good or bad future.