

Youth Committee Agenda

August

Chairman- Anya Bansal

Vice Chairman-Kaitlyn Holmes

Secretary- Sarvesh Sitaraman

Team Engagement Leaders - Prudence Cutwa & Stanley LaFave

YC Liaison to the Youth Advisory Board- Elif Cetinkaya

NYS Youth Council Chair-TBA

Youth as Solutions Team Leaders-Prudence, Stanley, Sarvesh



Thursday, August 7th, 2025

1:00 pm IN-PERSON

INVITED:

Shared Google Drive

- Please update before meeting starts
- In the 2025-2026 School Year Folder-
 - Monthly agendas, meeting minutes, and flyers

[CLICK HERE](#)

SCAN ME



Welcome

Introduce yourself, your school, and grade you are entering in September.

Please state a teen topic you feel most passionately about this year


Welcome guests! We are excited to have you here!

Welcome:

- Ryder Liscum

Attendance and Call to Order

2025-2026 Planning

- Introduce Board Appointees and Roles
- '25-'26 Calendar of Meetings and Events
- Forms
 - Code of Conduct/Photo Release/Bio Data
- Youth Committee Podcasts 
 - Discussion and feedback
- **Discuss YAS Application and Service Project Ideas**
 - **Teen Safe Driving with YAS**
 - Application deadline September 4th
 - Virtual Q&A 10 am Wednesday, August 13th
 - Must register to attend virtually
 - Review NYS Safety Trends
 - **Community Health Service Project**
 - Independent from Youth as Solutions
 - Suggestions
 - **Peer-to-Peer Mental Health Ambassadors & Stigma Reduction Campaign**
 - Review campaign notes
 - **Civic Engagement Project**
 - Review campaign notes

**Serve. Learn.
Change
the World.®**



SafeTALK Training

- 14-15 Teen Ambassadors to complete SafeTALK training with Alexa
- Must be at least 15 years of age
- Tuesday or Wednesday August 26th or 27th from 1 to 4 pm
- Encouraged for Ambassadors who have completed QPR in the past
- This counts toward an activity and service hours

Anya Bansal-Potsdam

Elif Centinkaya-Clarkson University

Prudence Cutwa- Lisbon

Stanley LaFave-Heuvelton

Kaitlyn Holmes-Canton

~~Sarvesh Sitaraman-Potsdam~~

Ben Weaver- Madrid Waddington

Cayne Trimm-Ogdensburg

Kaitlyn Redfern-Canton

Tyree Hawkins-Madrid Waddington

Annabel Curtis-Ogdensburg

Ziya Lu-Potsdam

~~Olivia Rice-Morristown~~

Easton Willard-Morristown

~~Mairin King-Heuvelton~~

Jeffery Palma-Edwards Knox

Leah Pike-Ogdensburg

Rose Cox- Gouverneur


Phebe Grandy-Madrid Waddington

~~Maddy Young-Madrid Waddington~~

Ryder Liscum-Heuvelton



Chalk the Walk

- September 13th through 20th
 - Chalk messages of hope and resilience
 - Chalk is available
 - Email stlcSAC@stlawco.gov
 - Share photos on Facebook and tag @ St. Lawrence County Suicide Awareness Coalition- automatically entered to contest
 - Use hashtag
 - #stlcyouarenotalone
 - School involvement!!
- 

Team Building Outdoor Activities

- Scavenger Hunt
- Silent Line-Up
- Balloon Toss while "Getting to Know You"

SCHEDULE

September

Sunday, September 14th

4:00 pm

VIRTUAL Meeting

OCTOBER

Sunday, October 19th

2:30-4:00 pm

IN PERSON-QPR Mandatory Training



NYS Roadway Safety Trends

Source: New York State Governor's Traffic Safety Committee

- **Fatalities Have Increased Since COVID**
 - In 2022, 1,162 people died on New York roads – the highest since 2014.
 - 2023 saw a slight drop, but deaths were still 18% higher than in 2019.
- **Serious injuries also hit a record since 2011**
 - 12,794 people seriously hurt in crashes.

Why This Matters

- These numbers show the urgent need to stop dangerous driving behaviors.
- It's not just about drivers – **all road users** (passengers, pedestrians, cyclists) are affected.
- We can save lives by engaging our schools, communities, and even unexpected partners (sports teams, local businesses, other youth groups etc.).

Biggest Problem Areas in New York

- **Speeding:** Fatalities and serious injuries have gone up every year since 2018, hitting a decade-high in 2023 – 30% higher than in 2014.
- **Impaired Driving:**
 - Alcohol-related deaths are up 11% since 2019.
 - Drug-related deaths are up 32% since 2019.
- **Motorcycle Safety:** Fatalities jumped during the pandemic and are still 42% higher than before COVID.

Our Role as Teen Ambassadors

- Use our voices to spread awareness in ways that connect with other teens.
- Focus on speeding, impaired driving, and protecting vulnerable road users.
- Partner with schools, local events, and social media to share facts and real stories.
- Show that safe driving is a choice that saves lives and it starts with us.

Peer-to-Peer Mental Health Ambassadors & Stigma Reduction Campaign

- Ambassadors create a peer-led mental health support and awareness network within local high schools. Ambassadors will be trained in mental health resilience, active listening, suicide awareness, and referral strategies using the evidence-based programs **safeTALK** (a three-hour suicide alertness training offered by LivingWorks, provided to youth ages 15+). (Alexa can provide the training.)
- Additionally, the campaign focuses on reducing stigma around mental health, promoting early help-seeking behaviors, and building a culture of peer support.

YC Ambassador Roles:

- **Recruit & Train Mental Health Ambassadors**
 - Identify youth leaders in schools and community organizations to serve as Mental Health Ambassadors.
 - After training, teens would be their school's "Mental Health Ambassador"
 - Certificate and Mental Health Ambassador shirt?
- **Participate in Training:** Complete safeTALK (for those 15 and older.)
- **Lead Awareness Campaigns:** Organize school-wide and community events, a mental health week-May?, and peer-to-peer discussions that normalize conversations about mental health.
- **Create Localized Resources:** Develop posters, social media content, and printed guides tailored to St. Lawrence County youth needs, covering stress management, coping skills, and local support services.
- **Host Classroom Presentations:** Share personal stories, strategies, and facts about anxiety, depression, and suicide prevention to foster open dialogue. **QPR** in the classrooms?

Impact:

- Reduces stigma surrounding mental health and suicide in St. Lawrence County schools.
- Empowers youth to recognize signs of distress and connect peers to help early.
- Strengthens community safety nets by building stronger connections between teens, trusted adults, and mental health resources.
- Increases suicide alertness among youth through safeTALK, giving them tools to identify and connect someone at risk to appropriate support.

Civic Engagement Project

The Youth Civic Leadership Academy will be a teen-led program offering monthly workshops on leadership, civic engagement, public speaking, and advocacy. Ambassadors will coordinate guest speakers (local government officials, community leaders, youth advocates) and facilitate activities that show how democracy works in real life.

Field trips to local government offices, courtrooms, and Board of Legislators builds the understanding of civic processes.

The program will culminate in a **Youth Action Day**, where participants present their own policy ideas or community improvement proposals to elected officials.

Impact:

- **Builds Future Readiness:** Develops skills—communication, leadership, advocacy—that align with students' top career interests and prepare them for both college and trades.
- **Increases Local Connection:** By engaging with county leaders and presenting actionable ideas, students can envision themselves as change-makers in St. Lawrence County, potentially increasing the percentage of youth who want to work and live locally.
- **Fosters Belonging & Value:** Creates consistent opportunities for youth to have their voices heard, addressing the finding that many youth are unsure if they are valued by their community.
- **Strengthens Support Systems:** Connects students with trusted adults, mentors, and positive role models in leadership roles.

Measurable Outcomes:

At least 20 youth leaders trained annually in civic engagement skills.

4-6 civic site visits completed (local and state).

1 **Youth Action Day** where participants present proposals to local officials.

Pre- and post-program surveys showing increases in:

Understanding of civic processes.

Confidence in public speaking and advocacy.

Connection to community and local leaders.

Other Ideas/Notes: