

GREAT THINGS

A newsletter of Child & Family Resources

Fall 2015

FROM STUDENTS TO STAFF

By supporting Child & Family Resources you are supporting youth growing into socially active young adults, like Gabriella, Kayla, and Adrian

Three new hires at Child & Family Resources' Happy Hours after-school program are rather exceptional hires—they are also students of our YES (Youth Empowered for Success) Program. Within the last few months, Gabriella Garayzar, Kayla Williams, and Adrian Fernandez signed on to become Recreational Leaders, but their journey with Child & Family Resources started years ago.

YES, at high schools and middle schools in Tucson, mobilizes youth to create conditions for success in schools and communities. YES club members create school-wide projects that build connections, fight stereotypes, and otherwise work to build accepting and empowering school experiences, for all students.

As Gabriella can tell you, social activism is powerful. One time, after a

presentation about breaking stereotypes, a young woman approached Gabriella and said, "You inspire me to be myself."

That, it seems, is a fundamental part of youth activism: youth finding the courage to be themselves.

"I was too cool for anything when I started high school," Adrian said. Fortunately, Adrian let down his coolness barriers enough to join YES club. "It had the one of the biggest impacts at solidifying who I am as a person."

It turns out that for many YES students, including Gabriella, Kayla, and Adrian, the people they are becoming are community-minded young adults.

"We're happy to continue to work together," Kayla said. "We're happy to work with young kids."

We are very happy that they are continuing their good work with us.



What is Our Investment in Child Well-Being?



DONATE TODAY!

You make this great work possible. Consider making a donation today! Please see donation envelope enclosed, or call our Development Officer Morgan Matchett at (520) 320-4031.

A child's most important developmental years are those leading up to kindergarten.

Child & Family Resources' (CFR) vision is for Arizona to be a state where children start kindergarten ready to learn and thrive. That is one of the key principles to future success.

Instead, we have to face a reality, as confirmed by the 2015 annual edition of Kids Count (a national report from a child welfare advocacy organization), Arizona ranks 46th among the states on measures of child well-being. Just two of the many heartbreaking, frightening, and infuriating realities in Arizona:

- **One of every four children** lives in poverty, worse than before the great recession of 2008-2009
- **Fewer than one in every three young children** get to go to preschool

CFR's goal is to be part of the solution. CFR is working in partnership with other organizations and coalitions to ultimately reduce childhood poverty and increase economic success.

Why do so few children take part in early childhood education, particularly disadvantaged ones who could most benefit? The simple answer

is they can't afford it. We have to make it a societal priority for all to benefit from well-run early childhood education programs. It pays for itself, and then some, by averting downstream costs.

CFR has recognized how crucial it is for us to be more than a prevention and early intervention organization. **We have to be advocates and involved in policy making.** The agency is, and will continue to be, more involved in voter registration, voter engagement, Get Out the Vote programs, and political coalitions, among other activities aimed at creating the Arizona we deserve. **And we need your support!**

Another key to success is to ensure that children are born to parents emotionally, financially and socially capable of being parents. *Learn more, on page 3, about how CFR's latest federal grant awards will help support our community.*

I thank you for your efforts in supporting CFR and helping build strong children, youth and families through prevention, intervention, and education in Arizona.

You are a champion and we cannot do the good work in our communities without your investment in our future.

Eric Schindler

Program Update

BREAKING NEWS

GROWING GREAT PROGRAMS

Child & Family Resources has secured two federal grants to support teens. One will provide sex education to teens in the Sunnyside Unified School District, and the other will focus on educating boys about healthy sexuality. The key for both programs: effective, evidence-based, medically accurate sexuality education and responsible relationships.

Over 100 studies have shown that high-quality sexuality education helps young people delay the initiation of sex, and use condoms and contraception when they do become sexually active. These are the very behaviors that are necessary to prevent pregnancy. Investments in effective teen pregnancy prevention programs provide young people with the information and skills they need to make healthy decisions about sex.

Now, Child & Family Resources is at the forefront of sexuality education, with two new federal grants. Both are part of large nationwide collective efforts, and data on impact and effectiveness is collected locally and analyzed nationally.

\$4.3 MILLION AWARDED TO PREVENT TEEN PREGNANCY

Child & Family Resources joined forces with Teen Outreach Pregnancy Services, Planned Parenthood Arizona, and Sunnyside Unified School District,

"We are thrilled to be able to work with our partners at the TTPPC to finally be able to bring much needed sex education resources to the Sunnyside community."

Daniel Hernandez
President
Sunnyside School District
Governing Board

as the Tucson Teen Pregnancy Prevention Coalition (TTPPC) to implement effective, evidence-based, sexuality education in middle and high schools in the Sunnyside district.

This July, the U.S. Department of Health and Human Services (US DHHS), Office of Adolescent Health awarded the coalition \$4.3 million, over five years, to train Sunnyside staff, primarily health and science teachers.

The middle school *Making a Difference* and high school *Reducing the Risk* curricula are both evidence-based and

age-appropriate curricula that encourage abstinence as a first choice while also providing information about methods of protection. Pregnant or parenting teens will be able to participate in a teen-parent focused program. By 2020, all programs will be self-sustaining within the district.

RESEARCHING NEW WAYS TO PREVENT TEEN PREGNANCY

The US DHHS, Office of Adolescent Health is investing \$2.7 million for a five-year research project to prevent teen pregnancy by working with boys.

The new program, Guy Talk, modeled after Child & Family Resources' girl-focused program The Grrrl's Project, will focus on confidence-building, empowerment, and comprehensive sexuality education for high-school freshman boys in after-school settings. The pilot program has a year-long planning phase and will launch in 2016.



Child & Family
RESOURCES INC.

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to the 2015

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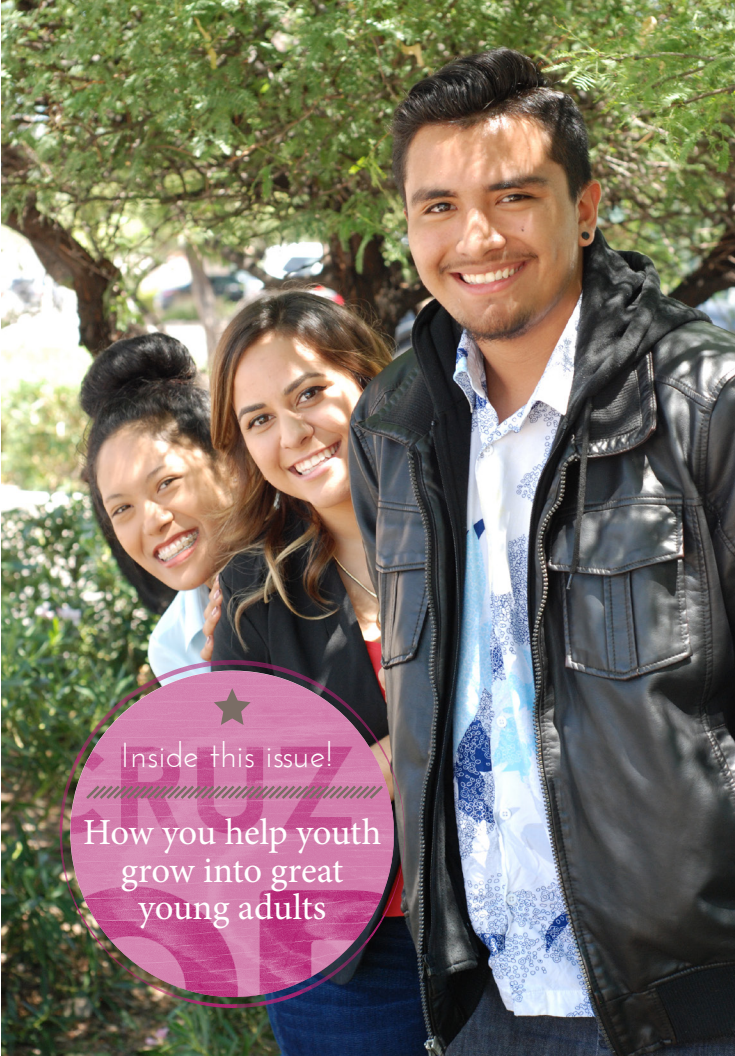


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 Inside this issue!
 How you help youth
 grow into great
 young adults

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GREAT THINGS welcomes your story ideas, comments, and any letters you would like to share about our programs. Send correspondence to cfr@cfraz.org.

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 drug use and suicide

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 so children excel in school

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