

# SPEAK ON IT!

## VIRTUAL TEEN HEALTH AWARENESS FAIR



## 2021 Virtual Guide

Tuesday, May 11, 2021

6:00 pm



## WELCOME!

SPEAK ON IT! Teen Health Awareness Fair is an excellent opportunity to acquire tools to help navigate a pathway to a healthy and productive life where you will be empowered to make responsible decisions about your future. The event will begin at 6:00 pm and end at 8:09 pm.

## SESSION SCHEDULE

<u>Opening Session</u>	<u>6:00 – 6:10 pm</u>
<u>Session 1</u>	<u>6:12 – 6:27 pm</u>
<u>Session 2</u>	<u>6:29 – 6:44 pm</u>
<u>Session 3</u>	<u>6:46 – 7:01 pm</u>
<u>Session 4</u>	<u>7:03 – 7:18 pm</u>
<u>Session 5</u>	<u>7:20 – 7:35 pm</u>
<u>Session 6</u>	<u>7:37 – 7:52 pm</u>
<u>Session 7</u>	<u>7:54 – 8:09 pm</u>

## INSTRUCTIONS

1. Click on the hyperlinks below to join the virtual meeting rooms OR join by dialing the phone number and using the Access Code for each session.
2. You will be muted during the informational sessions, so you will need to post your questions in the chat box for the session speaker to respond.
3. At the conclusion of each session, click on the link in the Chat Box to provide your contact information for follow-up after the Choice Fair:
  - Student First and Last Name
  - Parent First and Last Name
  - School Name, PE Teacher Name and Grade Level
  - Parent Phone Number
4. All student attendees be eligible for giveaways and also will be entered into a raffle to win Wrapsody Wireless Headphones.

## SESSIONS AT GLANCE

### **The State of Teen Pregnancy**

**Vapes: All Trick, No Treat** - This session will set clear the air on tricky messages about vaping. Flavored vapes and tobacco products may sound or smell like a treat, but they are not! The tobacco industry uses flavors to spark curiosity and mask the harshness and harm of vapes and tobacco products. Treat yourself and tune into this session to understand the truth on vaping to make an informed decision for your health.

**Fayetteville State University A College Mindset: The Journey Ahead** - This session will take you on a journey to explore the college-going process beginning with a growth mindset to obtaining a college degree.

**NC Works** - This session will provide an orientation of the Educational, Career Readiness and Employment Services available to Cumberland County youth and young adults between the ages of 14-24 years.

**Spilling the Tea on All Things COVID** - This session will be a discussion about understanding COVID 19 and the symptoms, myths and facts, how COVID 19 affects teens, and prevention in school and out of school.

**Swipe Right! Dating Safety 101** - Its Cuffing Season! How do you connect with a partner? Dating helps with learning about friendships and romantic relationships so you can be a pro at communication and setting boundaries. Join this session to learn more about signs of healthy relationships, how to handle unhealthy dating situations, and your rights and responsibilities in relationships as a young adult. Dating can be rewarding and fun! Learn the right way to spend time with BAE!

**Youth Mental Health 101** - This session will be an overview of mental health conditions that affect our youth.

**“The Power of Mentoring!”** - Students will explore the value mentoring relationships add to their academic pursuits, while supporting an overall healthy lifestyle. This presentation will also give a closer look at Fayetteville Technical Community College campus mentoring opportunities.

**Is It Safe Yet?** - How to safely socially distance during COVID-19.



**Methodist University** - Every Monarch has a journey. Engage. Enrich. Empower.

Methodist University students participate in an active, engaged classroom environment. Students have the opportunity to pursue internships, workplace and community-based learning experiences, and student-faculty collaborative projects and undergraduate research. Enriched by a community that values leadership, ethics and character development, MU students are exposed to diverse global and cultural perspectives. This journey empowers our graduates, preparing them for success in the workplace and graduate school.

**“What are the True Facts?”** - This session will cover myths about asthma and the issue among many teens that face peer pressure to smoke cigarettes or vape.

**Preventing “Prescriptions” for Disaster: Simple Solutions to Big Problems** - Why young people are misusing prescription drugs and how they are gaining access to them, is of great concern. This session will discuss some of those reasons, as well as introduce simple and easy solutions, anyone can do to help prevent access and protect loved ones against the early stages of substance misuse. The focus will be on safely storing, monitoring, and disposing of medications, as well as understanding the risks associated with misuse and opening lines of communication.

**Healthy Homes Asthma & Allergies** - Our Healthy Homes program provides intervention strategies to reduce allergy and asthma triggers among adults and children. We will explore what a Healthy Home is, asthma triggers, and resources that we provide.

**Intro to Yoga** - Overview of what yoga actually is and how to use it for your own mental and physical benefits.

