

Dover, NH

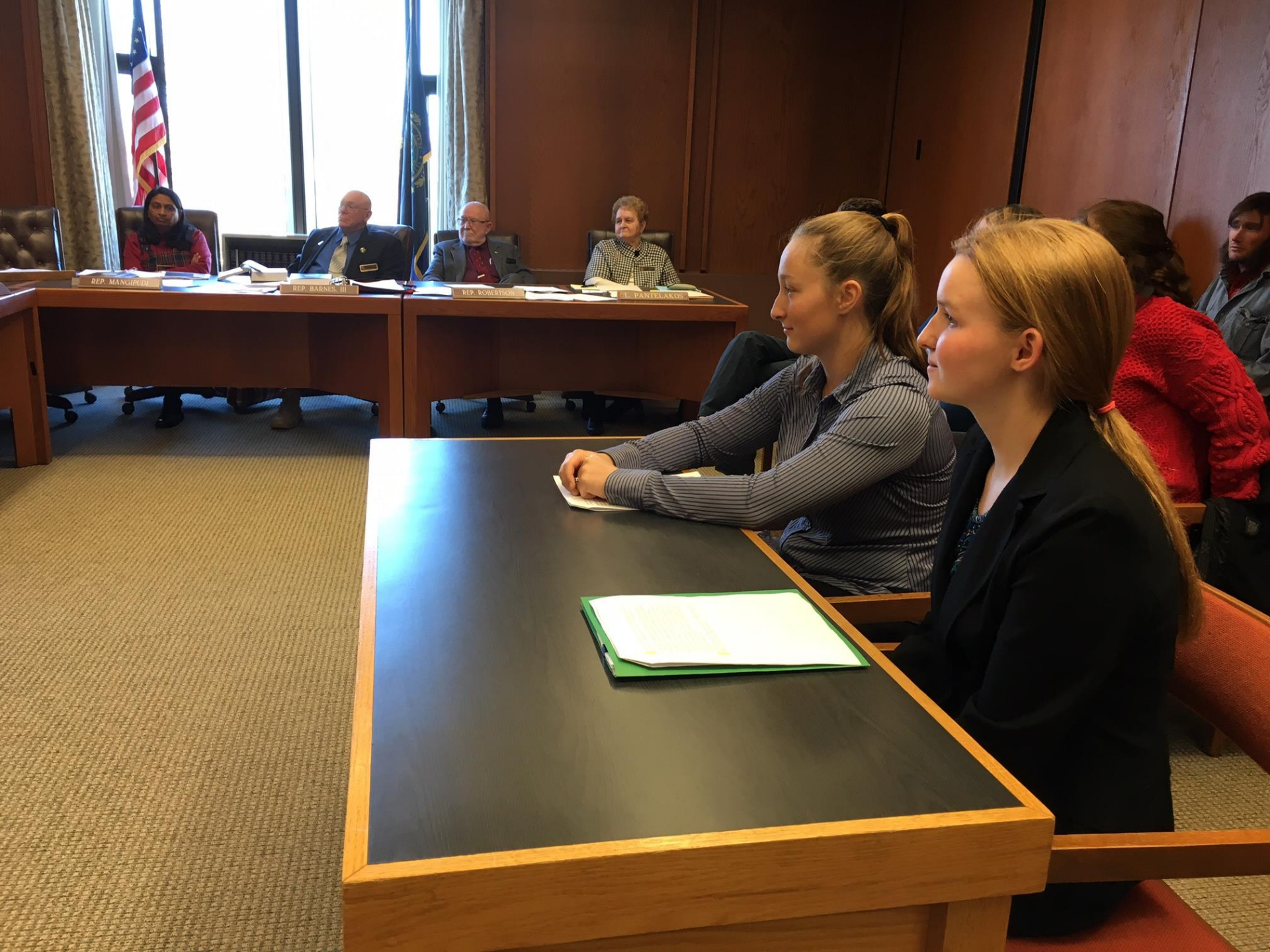
Youth 2 Youth

*Your Voice,
Your Power
Presentation Skills for
Advocates*

Dover Youth to Youth









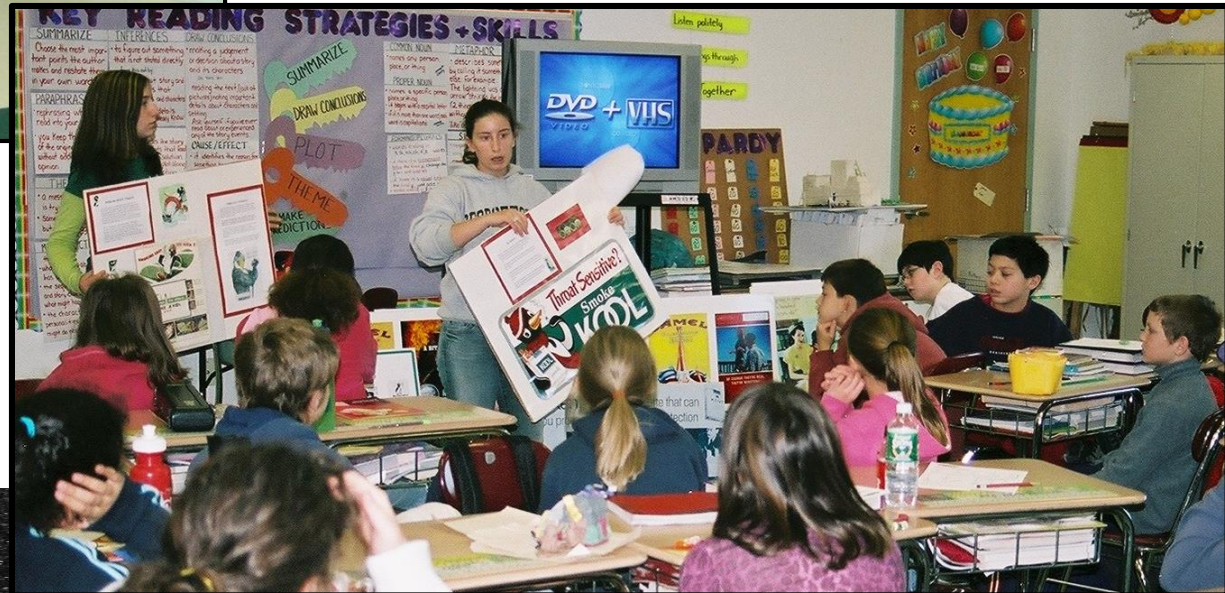
Dover Youth to Youth



Educational



Classroom Presentations



Samantha Skunk: Rx & Medicine Safety



Presentations

Module 3A-6

Samantha Skunk



Large Assemblies

Module 3A-2

8 Things the Alcohol Industry Doesn't Want You to Know



Persuasive

Testimony at
State House





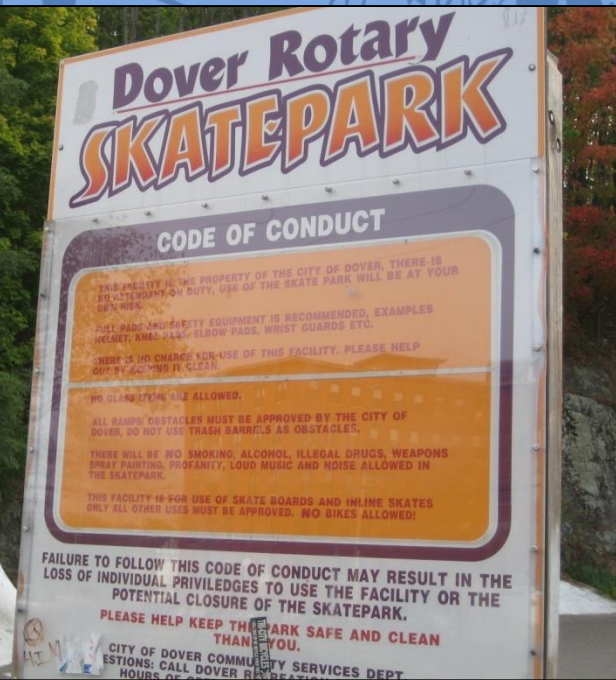
Dover council bans smoking at skate park

By HIROKO SATO
Democrat Staff Writer

DOVER — Smoking in or near the Henry Law Skate Park is illegal now that the council unanimously passed an ordinance prohibiting use of tobacco products at the site to create a healthy atmosphere for youngsters.

At its meeting on Wednesday, the council approved the new regulation based on an idea proposed by St. Thomas Aquinas High School students participating in Youth to Youth, a citywide peer outreach group. Students representing Youth to Youth

★ **Smoking**
Please turn to Page 6B



Foster's Daily Democrat

www.fosters.com \$1

Since 1873

Thursday, February 11, 2016

WEATHER

TODAY	FRI	SAT
		
29°/17°	23°/14°	18°/-5°

Complete forecast, A11

LOCAL



DOVER

Council bans e-cigarettes

The electronic devices no longer allowed in city where cigarettes are prohibited

By Nik Beimler
nbeimler@seacoastonline.com

DOVER — The City Council on Wednesday night voted unanimously

to ban the use of electronic cigarettes where regular cigarettes are already banned on city property. This includes on school grounds and on city athletic fields.

Dover Youth to Youth, an alcohol and drug prevention group, brought the resolution to the council. Prior to the vote to approve the measure, Hannah Martuscello,

Haley Demeris and Emma Foss, three Youth to Youth members, spoke on behalf of the organization during citizens' forum.

"It will protect family aspects on public grounds and sports fields," Demeris told Foster's. "... And it will eliminate the negative influence that e-cigs can have on

children." As Demeris noted to the councilors, children who see adults using electronic cigarettes are more likely to think it is okay to use the devices. Violation of the new ban could result in a fine of \$50 for a first offense and \$100

SEE E-CIGS, A2

Proposing a State Law

NH's Party Host Law



Three-person team delivering testimony in front of a NH Senate Committee.



Testimony before a committee of the NH House of Representatives.



Informational

Conducting a
Press Conference



Community Awareness

Module 3C-6

Zombie Project







DIZZYTHMIA



MONITOR YOUR MEDICINE
Rx ABUSE IS ON THE RISE

YOUR MEDICINE CABINET IS REALLY SCARY

ZOMBIES TAKE BACK

YOUR MEDICINE CABINET IS REALLY SCARY

Rx Take Back

ZOMBIES TAKE BACK

TAKE BACK

Monitor your Medicine
Rx ABUSE ON THE RISE

Take Back Day this Saturday

Dover Police Dep
10am—2 pm

Dover, NH
Youth 2 Youth



10-2

SAD DAY
TURN
in You

TAK
SAD DAY

TURN
IN YO
EDIC

TURN
IN

YOU
ME

YOUR
MEDICINE
CABINET IS
SCARIER

TAKE
SAD
ZOMB
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OUR
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CABINET
S SCARIER

Rx 7
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Scarier than zombies

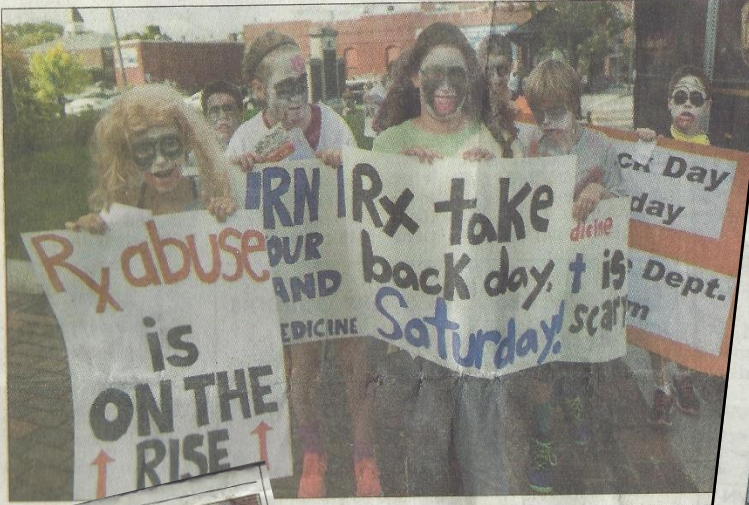
Unused meds can kill; drug takeback event this Saturday

By **KIMBERLEY HAAS**
khaas@fosters.com

DOVER — A group of students dressed as zombies were gathered in front of City Hall Wednesday afternoon, raising awareness about the Police Department's prescription drug takeback event.

"If you think zombies are quite a sight, your medicine cabinet is a really big fright," the students, who are part of Dover Youth to Youth, chanted.

This is the third year in a row Y2Y members have participated in a zombie demonstration. Over the course of the years, Dover



Ryan McBride/Staff photographer

over City Hall during a "zombie walk" of Dover Youth to Youth members, Carmen Anderson, Sarah Albion, Evan Anglace and William Holtz speak during a news conference. The group was present from 10 a.m. to 2 p.m. at the Dover police station.

Medicines are taken out of the home it eliminates the possibility of them getting the hands of curious and naive youth. I don't think these drugs are scary because they are prescribed by a doctor.



Cl... ZOMBIES, ...



Julian Russell/Staff photographer

MEMBERS OF DOVER YOUTH TO YOUTH assemble at Dover City Hall dressed as zombies on Wednesday to promote Dover's Drug Take Back Day this Saturday.

Zombies

From Page A1
teens who abuse drugs get them from family and friends.

On Saturday at 46 Locust St., residents are invited to drop their unwanted prescription medications off anonymously between 10 a.m. and 2 p.m.

Over the last four years, the department has collected about 420 pounds of unwanted, unused drugs and the Youth to Youth members wanted to do what they help increase that number.

medications and the danger they pose from homes. "In a fun way we want people's attention and them to come out on Saturday," Haley Denvers, eight member, said.

Haley said the effort getting their message across is important "so people don't lead to a drug that is really scary."

"When kids get a box of prescription drugs, they get addicted later," she said. Standing with her, sister Katie Paiva said being

Local paper the next day.

DOVER

They want your pills



Kettlewood, 12, and Stone Slattery, 12, from Dover Youth 2 Youth hold a Press conference and rally of Zombies on the steps of City Hall in Dover. Youth 2 Youth is hoping to increase participation in this fall's Drug Take Back Day last year. PHOTO BY SHAWN ST. HILAIRE/FOSTERS.COM

to Youth raises awareness of Drug Take Back Day

Take Back Day scheduled for Saturday.

The Dover Coalition for Youth, the Dover Police Department and the Drug Enforcement Administration (DEA) are sponsoring the take back, which lets people dispose of expired, unused and unwanted prescription drugs at the Dover Police Station from 10 a.m.-2 p.m. The service is free and anonymous.

Three Dover Youth to Youth members — Claire Roy, Audrey Kettlewood

and Stone Slattery, all 12 years old — stood in front of a horde of 21 chanting, poster-wielding zombies and held a press conference on Saturday's event and the importance of disposing prescription drugs safely.

"This initiative is important because medicines in home cabinets are highly susceptible to theft, misuse and abuse,"

Zombies declare war on drugs

Parents warn community to dispose of old medications

By ANDREA BULFINCH
abulfinch@fosters.com

DOVER — "If you think zombies are quite a sight, you're medicine cabinet is quite a fright!"

Members of Youth to Youth decked out as the undead Wednesday afternoon chanted from the steps of City Hall before shambling through the downtown area to raise awareness about Drug Take Back Day to be held this Saturday. For the fifth year, Dover police will be taking part in the national initiative to rid homes of un-

wanted and unused prescription drugs. The effort is in conjunction with the Dover Coalition for Youth and the Drug Enforcement Administration.

About 40 "zombies" shared the dangers of prescription drug abuse with passers-by telling them that according to surveys, one in five New Hampshire high school students have used a prescription drug that is not theirs. They also said the medications found in home medicine cabinets are highly susceptible to abuse and misuse and that 70 percent of

See ZOMBIES, A6



Julian Russell/Staff photographer



Julian Russell/Staff photographer

MAKENNA KIMBALL, 11, of Dover, front and other undead friends dressed as zombies Wednesday as part of a Youth to Youth event at Dover City Hall to promote Dover's Drug Take Back Day on Saturday.

MICHAEL MARONE, 11, of Dover dressed as a zombie on Wednesday as part of a Youth to Youth event at Dover City Hall to promote Dover's participation in Drug Take Back Day on Saturday.

NATIONAL DRUG TAKE BACK

Zombie students promote event

People can drop off unwanted drugs anonymously

By Brian Early
bearly@fosters.com

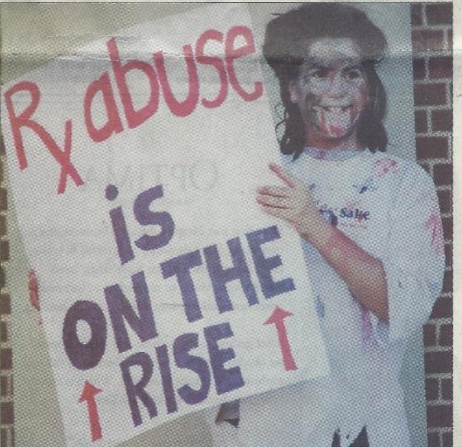
DOVER — Students dressed as zombies stood on the steps of City Hall Wednesday, alerting the public with signs and chants about the National Drug Take Back event taking at various places in the area this Saturday.

"If you think you zombies are scary, just look inside your medicine cabinet," yelled the 26 students in unison. The students were a mix of members from Dover Youth2Youth and Rochester Youth2Youth.

The drug take back is from 10 a.m. to 2 p.m. Saturday. The service is free, anonymous and no questions will be asked.

While the event focuses on prescription drugs, Vicki Hebert, Dover Youth Coalition Coordinator, said any drug will be accepted, from headache medicine to heroin.

"It's amazing the amount of drugs people bring in," Hebert said. According to documentation from Hebert, in the 10 years Dover has participated in the event, they



Youth activists from Dover and Rochester Youth 2 Youth held a rally of Zombies Wednesday afternoon on the steps of City Hall in Dover. Youth 2 Youth is hoping to increase participation in this fall's Drug Take Back Day to even higher levels than last year. PHOTO BY SHAWN ST.ILAIRE/FOSTERS.COM

have collected over 1,465 pounds of drugs.

"We've had people bring a kitchen drawer full of drugs," she said.

The reasons vary. From family members wanting to dispose of medication of a loved one who died to a person who had knee surgery wanting to get rid of the unused drugs.

She said people can black out names on the bottles at the event, or they can dump it loosely into the collection container. She said the Drug Enforcement Agency, who is sponsoring the event nationwide, takes the collected materials and incinerates the drugs. Students held signs like,

"Protect your prescription," "Who are your supplying?" and "Are your kids drug dealers?" They wore makeup, wigs and ripped shirts. Some stood on the corners handing out postcards that said 1 and 5 teens have abused medication and 70 percent of teens who have

SEE ZOMBIES, A2



DIZZYTHMIA

Theatrical

Recording Radio PSAs



Video PSAs

↓ Module 2C



Radio PSAs



Presentation Skills

Public Speaking:

A learned Skill

Presentation Skills

Getting the Right Sound

**Delivery
vs.
Content**

Presentation Skills

Getting the Right Sound

- Volume Control
 - Speed Control
- Animation of Voice
- Animation of Body

Presentation Skills

#1: Volume Control

- ✓ **If the audience can't hear you... they can't receive your message.**
- ✓ **Fill the room – Project your voice!**
- ✓ **Speaking from diaphragm vs. throat**

Try Volume Control

... check your *home*

Try Volume Control

... check your *home*
owners insurance

Try Volume Control

**They are all words
that you have never
seen in a tobacco ad.**

Presentation Skills

#2 Speed Control

- **You can speak faster than your audience can comprehend**
- **If you speak too quickly your audience will tune you out**

Demo Speed Control

Marijuana dependence is a problem for many people. Someone who acts like they are having fun or who seems like the life of the party might be the one in need of the most help. Help your friends before it's too late.

Try Speed Control

Marijuana dependence is a problem for many people. Someone who acts like they are having fun or who seems like the life of the party might be the one in need of the most help. Help your friends before it's too late.

Presentation Skills

#3 Animation of Voice

- ✓ **Communicates Added Info**
- ✓ **More Interesting**
- ✓ **Prevents Rhythmic or Monotone Speaking**

Presentation Skills

#3 Animation of Voice



Demo: Animation

Respecting your privacy is very important to us and we want you to understand how we protect your privacy as we obtain your information. We also want to inform you of the steps we take to safeguard that info.

Presentation Skills

#3 Animation of Voice

Five Techniques:

- Spacing/Pauses
- Emphasize Words
- Vary Speed
- Stretch Words
- Vary Pitch

Presentation Skills

Pauses / Spacing

- **Helps with speed control**
- **The length of a pause can vary**

Demo & Try: Pausing

Addiction is a problem for many people. *[full beat]* Someone who acts like they are having fun *[1/2]* or who seems like the life of the party *[1/2]* just might be *[dramatic pause]* the one in need of the most *[1/2]* help. *[full beat]* Help your friends *[full beat]* before it's too late.

Try this with pauses:

Hey mom, dad, with
graduation coming up, I
wanted to ask you what you
thought about my friends
having a party in the back
yard.

Presentation Skills

Emphasizing Words

- Helps to *convey the meaning* of what you are trying to say
- Makes what you say *more interesting* to listen to

Demo & Try:

Emphasis on red words

*I'm taking **all** their phones away to make sure they **don't** text during class.*

*I'm taking all their phones away to make sure **they** don't text during class.*

Try Using Emphasis

Don't BE A SUCKER...
keep the tobacco industry
out of your pocket.

Presentation Skills

Vary Speed

- **Start slow and speed up...**
- **Or, start faster and slow down at the end for emphasis.**

Demo: **Varying Speed**

(note: slow on red words)

**The marijuana
industry wants you!**
**They want you to
open your wallet!**

Try: Varying Speed

(note: slow on red words)

**The marijuana
industry wants you!**

**They want you to
open your wallet...**

Try Varying speed: Slow down on red words

(note: slow on red words)

**Alcohol doesn't just make
you tipsy... it affects the
parts of the brain
associated with memory,
heartbeat, judgment, and
restraint.**

Presentation Skills

Stretching Words:

- ✓ slows you down,
- ✓ changes the pace,
- ✓ makes what you say more interesting – or theatrical

Demonstrate: Stretching

Dooonnn't be a
sucker... keep the
tobacco industry
out of your pocket.

Try Stretching

**DON'T BE A
SUCKER... keep the
tobacco industry
out of *yourrrrr*
pocket.**

Try Stretching

Host 1: Hello folks! Your listening to radio station WY2Y.

Host 2: And now it's time for our question of the day...

Presentation Skills

Varying Pitch:

- Gives the speech a theatrical flavor
 - Prevents monotone

Demo Varying Pitch

Raising the Pitch

*Oh my gosh,
today is my birthday and
I'm having a party!*

Demo Varying Pitch

Lowering Pitch

*My cat ran in the street and
got hit by a car.*

Try: Vary Pitch

Tobacco use by teens has gone down in the **past decade**, but the tobacco industry keeps trying to sell us their products.

Putting it all Together

#1: Every dream, every memory. Fear, hope, love.

#2: To read, add, speak or think. The power of judgement...

#3: And the wisdom of decision. It's all in there. It's your brain.

#4: It may only be 3 pounds of gray mush; But without marijuana, it can take you anywhere.

Presentation Skills

#4: Animating Your Body:

- Use balance and smoothness
- Keep your feet under you – shoulder width
 - Avoid distracting or repetitive nervous movements or actions
- Movements should reinforce your point – pointing to a visual for example

Demo Animation of Body

**I Just
discovered
buried
treasure.**

Try:
Animation of Body

**Mom, it wasn't
my fault I
flunked the
history test!**

Applied Skills

Boring Material

Department of the Treasury
Internal Revenue Service

2002

Returns for Organizations Exempt From Income Tax

Under Section 501(c)(3) of the Internal Revenue Code (Other Than Private Foundations as Defined in Section 509(a) or Section 4947(a)(1) Nonexempt Charitable Trusts

This package contains the following forms and related instructions:

Form 990-EZ	Form 990-T	Form 8868
Form 990	Form 990-W	

Schedule A (Form 990 or 990-EZ)
Schedule B (Form 990, 990-EZ, or 990-PF)

All forms are placed in the center of this package for easy removal. Also enclosed is a completed sample Form 990 and Schedule A (Form 990 or 990-EZ) with supplemental instructions.

Form 990-EZ is enclosed for use by organizations with gross receipts less than \$100,000 for the year and total assets less than \$250,000 at the end of the year. These smaller organizations will find this form easier to complete than Form 990.

The organization is not required to file Form 990, or Form 990-EZ, with the IRS if its gross receipts normally are not more than \$25,000. State filing requirements may differ; therefore, the organization may still be required to file Form 990, or Form 990-EZ, with one or more states even though it is not required to file with the IRS.

Organizations in this category should consult appropriate state officials to determine their specific filing requirements.

Organizations that are eligible to receive tax deductible contributions are listed in Publication 78, Cumulative List of Organizations described in Section 170(c) of the Internal Revenue Code of 1986. An organization may be removed from the listing if our records show that it is required to file Form 990, or Form 990-EZ, but it does not file a return or advise us that it is no longer required to file. However, contributions by the general public to such an organization may continue to be deductible until the IRS publishes a notice to the contrary in the Internal Revenue Bulletin.

The IRS will assess penalties for an incomplete or incorrect return. Organizations that do not file a complete return will receive a letter requesting the missing information. If missing or correct information is not furnished or reasonable cause is not established, the organization will be assessed the \$20 per day penalty under section 6652(c)(1). Accordingly, we caution you to make certain that the return is complete and correct and urge you to respond promptly to any letter requests for missing information.

An organization must:

- Make its Form 990, or Form 990-EZ, and its exemption application, available for public inspection, including all attachments and schedules, but note the public inspection requirements for Schedule B (Form 990, 990-EZ, or 990-PF), Schedule of Contributors.
- Provide a copy without charge, other than a reasonable fee for reproduction and actual postage costs, of all or any part of any application or return required to be made available for public inspection, to any individual who makes a request for such copy in person or in writing. See General Instruction M.
- Fulfill the requirements for a properly completed return. See General Instruction W.

Payments to Victims of Terrorism. If your organization made payments to victims of terrorism under the terms of section 104 of the Victims of Terrorism Tax Relief Act of 2001, you must specifically describe these payments in your narrative of Program Service Accomplishments on Part III of Form 990 or 990-EZ. If the IRS needs more information concerning these payments we will issue further guidance.

Internal Revenue Service
WADC-9999
Rancho Cordova, CA 95743-9999

Official Business
Penalty for Private Use, \$300

Peel off the label and place it in the address area of the Form 990, or Form 990-EZ, you file. If someone else prepares the return, please give the preparer the preaddressed label and the envelope and ask the preparer to use them. Make necessary corrections on the label.

PRSRST STD
Postage and Fees Paid
Internal Revenue Service
Permit No. G-48

Prevention Material

GUESSING GAME

TITLE: Guessing Game
CREATED BY: Madness Productions of Dover Youth to Youth
DATE: March 2000
RECORDED: May 16, 2000
TARGET MESSAGE: Alcohol Use
TARGET AUDIENCE: Adult-Parent
FORMAT: radio PSA - 60 seconds

[Opening sound effect: Car starting/doors closing]

MOM: OK kids here we go...

DAD: it's going to be a long trip.

KID#2: I'm bored!

KID#1: let's play a guessing game!

DAD: OK... I'm thinking of something that we have at every cookout.

KID#2: Beer?

DAD: No... I was thinking of hamburgers. [quizzical]

KID#1: Let mom try one...

MOM: OK... I'm thinking of some thing that's a part of every family celebration!

ALL KIDS: ~~Beeee!!!~~

DAD: Nooo!! ... Of course not!

MOM: Let's try again... ~~name~~ something that makes Dad really mad?

KID#1: Running out of beee... [answer tails off]

MOM: No... Stop saying that! You kids aren't getting any of these right!

DAD: OK one more... I'm thinking of one thing that mom really likes to order when she goes out to dinner... and it's not beer.

ALL KIDS: Margaritas!

MOM: Nooo,, I don't know where you kids come up with this stuff.

KID#1: I do. [solemnly]

Applied Skills

Technique ID Exercise



Select The Technique Used in the Video Clips:

- **Speed Control**
- **Use of Spacing and Pauses**
- **Emphasis on selected words**
- **Stretching Words**
- **Changing the speed of talking**
- **Changing the pitch up or down**
- **Body movement to assist point**

Dover, NH

Youth 2 Youth

*Presentation Skills
for Advocates*