

## CAFY Mission

The Community Alliance for Youth (CAFY) helps parents learn how to support the healthy behavior of their teens and address the risky behavior of their teens.

CAFY supports and supplements the work of other youth-oriented groups in our community. We believe that collaboration with these groups is essential to address the risky behaviors identified by the biennial Youth Risk Behavior Survey (YRBS).

## SAFE HOMES

CAFY's SAFE HOMES program is a support network for Acton and Boxborough parents who are concerned about alcohol and drug use at pre-teen and teen parties and gatherings.

Families who join SAFE HOMES promise to provide a safe and supervised home for teen parties.



[www.cafy.net](http://www.cafy.net)

**SAFE HOMES**

- Safe from Alcohol
- Safe from Drugs
- Safe from Weapons

Acton-Boxborough Community Alliance For Youth

## Did You Know?

According to the 2008 Acton-Boxborough Youth Risk Behavior Survey (YRBS)

- 24% of 8<sup>th</sup> graders were bullied in school
- 15% of 9-12<sup>th</sup> graders had been threatened, humiliated, or experienced hostile behaviors on the Internet
- 32% of 9-12<sup>th</sup> graders and 55% of 12<sup>th</sup> graders had tried alcohol during the past month
- 27% of 9-12<sup>th</sup> graders and 45% of 12<sup>th</sup> graders had attended parties in homes where parents allowed liquor
- 20% of 9-12<sup>th</sup> graders and 39% of 12<sup>th</sup> graders had engaged in binge drinking
- 19% of 9-12<sup>th</sup> graders and 30% of 12<sup>th</sup> graders had smoked marijuana
- 12% of 9-12<sup>th</sup> graders *injured themselves on purpose (cuts, burns, bruises)*
- Over 40% of 12<sup>th</sup> graders have engaged in sexual behavior
- 17% of 9-12<sup>th</sup> graders and 30% of 12<sup>th</sup> graders rode with an impaired minor driver, who had used alcohol/other drugs during the past month

Parent-Teen communication and supervision can help reduce the risk.

**PROMOTING HEALTHY  
YOUTH AND PARENT-TEEN  
COMMUNICATION**

## ACTON-BOXBOROUGH



**community  
alliance  
for youth**

**[www.cafy.net](http://www.cafy.net)  
PO Box 2063  
Acton, MA 01720**

## 2009-2010 CAFY Event Calendar

<b>September 2009</b>	Sign up for SAFE HOMES and visit CAFY at ABRHS Back-to-School Night
<b>October 2009</b>	Attend Parent Forum on Bullying and support CAFY at the Oktoberfest 5k Run/Walk
<b>November 2009</b>	Attend the CAFY Parent Forum and sign up for AB Advanced Driver Safety Training with your Teen
<b>December 2009</b>	Learn Safe Holidays and Party Tips
<b>January 2010</b>	Fill out the Parent Survey
<b>February 2010</b>	Attend the CAFY Teen Panel
<b>March 2010</b>	Attend CAFY-NAMI Depression Forum, support Project Wellness and support CAFY at the Community Skate Fundraiser
<b>April 2010</b>	Attend the Open Town Hall Meeting Discussion on Underage Drinking and Drugs
<b>May 2010</b>	Visit <a href="http://www.cafy.net">www.cafy.net</a> for Safety Tips surrounding Graduation and Teen Driving
<b>June 2010</b>	Support Project Graduation



## 2007-2009 CAFY Programs and Achievements

**Youth Risk Behavior Survey (YRBS) Panel:** Presented results of the 2006 and 2008 YRBS and participated in the YRBS Consortium.

**SAFE HOMES Program:** Started a community-wide initiative to encourage parents to pledge that teens will not drink or use drugs in their homes or on their property. Over 275 families joined. Sign the pledge at [www.cafy.net](http://www.cafy.net).

**Teen Panel:** Offered a forum for parents and teens on the topic of underage drinking.

**AlcoholEdu:** Collaborated with ABRHS to offer this online alcohol education program to freshmen.

**Open Town Hall Meeting:** Held an open meeting for parents and the community to discuss underage drinking/substance abuse and what our community might do to reduce it.

**Parent Workshops:** Held discussions following speakers Marilyn Belmonte, Sue Blaney and Joani Geltman.

**Parent Discussion Groups:** Facilitated by Clare Harlow, a life and career coach, [www.cafy.net](http://www.cafy.net).

**Communities for Restorative Justice:** Helped bring this program to Acton-Boxborough, [www.c4rj.com](http://www.c4rj.com).

**AB Coalition for Healthy Youth:** Joined this network to foster health and wellness of AB youth, [www.abchy.org](http://www.abchy.org).

**Teen Safe Driving:** Helped sponsor AB Teen Crash Prevention classes. Sign up at [www.driveincontrol.com/ab](http://www.driveincontrol.com/ab).

**Parent Survey:** Asked parents about youth risky behavior and CAFY/community action.

**AB Teen Resource Card:** Collaborated with ABCHY and Danny's Place to create teen resource cards that include health & safety phone numbers for AB teens.

## Collaborating With

- Acton-Boxborough Regional School District (ABRSD)
- AB Coalition for Healthy Youth (ABCHY)
- AB Regional Parent Teacher Student Organization (ABRPTSO)
- AB Parent Involvement Project (PIP)
- AB Project Graduation
- AB Project Wellness
- Acton & Boxborough Police Departments
- Acton & Boxborough Board of Health
- Acton & Boxborough Recreation Department
- Community Health Network Area 15 (CHNA)
- Danny's Place Youth Services
- Community for Restorative Justice
- Emerson Hospital
- National Alliance on Mental Illness (NAMI)

## Learn/Join/Volunteer

- Visit our website, [www.cafy.net](http://www.cafy.net)
- Join our E-mail loop at [www.cafy.net/email.htm](http://www.cafy.net/email.htm)
- Contact Bob McGowan, CAFY Chair at (978) 263-7162 or send E-mail to [info@cafy.net](mailto:info@cafy.net)