



## PACT E-News

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[www.pactvt.com](http://www.pactvt.com)

Questions about PACT? Please e-mail Susie Merrick ([merrick@champlain.edu](mailto:merrick@champlain.edu)) or Steve Loyer ([sloyer@tgvvt.net](mailto:sloyer@tgvvt.net)), or stop by room 220 at SBHS to see Mariah Larkin ([mlarkin@sbschools.net](mailto:mlarkin@sbschools.net)).

## PACT Upcoming Events

### PACT Dessert and Dialogue at Allenwood

Allenwood Senior Living Community, 90 Allen Rd.,  
South Burlington

Thursday, December 6, 6:30-7:30 p.m.

*Please bring a dessert to share!  
The UVM Top Cats will join us!*



## PACT: "Getting Back to Our Roots"

"As I spoke with many people about PACT this year, it seemed as if I kept coming back to a central point: 'What is PACT?' As some of you may know, this is something we focused on greatly last year, and we were able to define ourselves as 'a judgment-free place for teens and adults to come together and talk.' As I thought about this more and more, I realized how important this is to me. With so many things going on, a person to talk to is often just what you need. So, tonight, we are bringing PACT back to its roots and just talking, which corresponds to our topic of the night: 'What's on your mind?'" ~ Courtney Wright, Class of 2014

Attached to this newsletter below, please find two documents that allow PACT to get back to its roots:

- Feedback from our SBHS teenagers from our PACT in the Lobby questionnaire on October 31.
- Feedback from our PACT Community Dinner on November 1.

## PACT Nov. 1 Community Dinner: "Getting Back to Our PACT Roots."

Sincere thanks to the over 40 teenagers, children, and adults who gathered on Thursday, November 1, to share good food and good dialogue. It was a *wonderful evening*. PACT teen leader Courtney Wright hosted the event, and the Rebels With a Cause presented information about their Jan. 22, 2013 Community Blood Drive.



## PACT in the Lobby Questionnaire – 10-31-12

### **1. What are some of the issues you or teens in general are dealing with right now?**

- College apps are stressful (x13)
- Thinking about college (x3) Getting in to college (x6)
- College (x3); College stress (x9)
- Homework (x34);
- Stress (x28); school stress (x17); stress with busy schedules (x2)
- Grades; getting good grades (x14)
- Peer Pressure (x12)
- Pressure with sports (x9)
- Relationships (x9)
- Friends (x6)
- Drugs and alcohol (x5); peer pressure concerning drugs and alcohol
- A rigorous class load (x4); being overworked (x2)
- Too much stuff to do or deal with (x4); after school activities (x3); pressure to participate in a lot of activities
- Bullying (x4); mean peers
- Parents (x4)
- Managing my time properly (x4); not having enough time (x4); having free time
- Future; moving forward; important life decisions (x3)
- Online things/Facebook(x2)/cyber-bullying
- Moving to a new school (x2); new people; fitting in at a new school
- Getting a job (x2); work; stress from work
- Money (x2)
- Texting and driving (x2)
- Drinking and driving (x2)
- Family (x2)
- Depression (x2)
- The need to do everything perfectly
- Class competition
- Video games
- Utilizing personal aspects to discover how we learn best
- Surroundings
- School lunch
- Standardized testing
- Not enough sleep
- Having a social life / social interactions
- PIWA projects

- Chemistry
- Racism
- Death of specific people
- Cell phones/twitter
- Sex
- Pregnancy
- Personal life
- Driving with parents/license/studying for permit
- Insecurities; body issues; worrying about looks; being judged or rumors spread about you

**2. How might the adults in your community support you? What do you need from us?**

- Try to talk with teens/talk to us (x4)/ just to talk
- Help with homework (x4); tutoring; more out of school help
- Being more understanding (x3); understanding of the stressful time; just understanding that it's a hard time and try to help us get through it
- More time (x2); more free time (x3)
- Help us (x3) ;Ask if we need help; assistance
- Encourage us and be there for us (x2)
- Parents ease up (x2)
- Work with us on our schedule (x2); help us balance our schedule and homework
- Just listening to teens helps so much (x2), support by encouragement
- Be easy to talk to and give supportive advice (x2)
- Be available to talk to (x2) listen to us; maybe being there to listen
- Just talking with us to help us vent (x2)
- They could teach us/ give advice on how to deal with stress (x2); opportunities to "de-stress"
- Realize that we are stressed out and not expect us to spend too much time on trivial things we don't enjoy
- Trying to be understanding but NOT saying they understand or belittling "I've been there" type of stuff
- More freedom
- They help me stay organized and guide us
- Talking about texting and driving more
- Less emphasis on grades
- Talking about choices
- Perhaps feed us mint brownies (x2)
- General understanding and help when we need it!

- I need help and advice. You guys have been there and done that, therefore, you know the answers. We need you to show us the right path.
- Teachers can help; parents too
- I'd just like them to know to give us a bit of a break since we're so stressed out
- I think just being supportive is enough; friendly support; show support; just give me support
- Provide a support system that can advocate on behalf of students
- I think just providing support through teams through groups like PACT is a great help
- Supporting and asking our opinions and decisions
- Stand behind our decisions, support our success, understand why we are the way we are
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- Support groups; community groups; more group meetings
- They might get me involved in stuff; I need to meet people
- Drug and alcohol awareness; teach us about the effects
- By doing the same as you have
- More guide to where we are going; sometimes feel lost and overwhelmed
- Openness and acceptance
- Let us know we're special. Look up HOBY!
- Talk and communicate well!
- Advise; give us advice; help and answers
- Time management help; an easier way to manage time; balancing homework and time for everything else
- Be understanding when we don't get the BEST grades on everything. Help us allow ourselves to get everything done.
- They can help you with dealing with these problems/ Help with managing these problems
- Support, proofread our essays, verify that we have everything filled out – stay calm and don't yell!
- Help with school
- Getting rid of racism
- Monetary support
- Tell us good news; Be positive
- Support; comfort
- Hugs
- Talk it out, also, hug it out
- Respecting the issues of being a teen

- My parents don't know about it so don't really help me. Less homework during this time would be helpful.
- Feed us, don't tell us what we should be doing

### **College Specific**

- Help me get organized and ready for college
- The college essay workshops are great! SAT prep open to public?
- Help with essays, supplemental essays; offer as many resources as possible to help with essays, etc. (x2)
- Having a workshop or something like that; workshops to help support college interest and give advice

### **Teacher Specific**

- By creating EDU and a learning system
- Communication between teens and adults within the school
- More time for homework in class
- Hopefully teachers will understand all the work we have to do. Perhaps not put more pressure on us on how we act etc., because we don't need more people not understanding we have to cope with stress.
- I don't know; I just know SBHS faculty is very supportive
- Teachers can help; parents too
- Teachers could give less work near deadlines
- Teacher collaboration
- Give us less work/homework (x8)
- Give information for preparation; give more information
- I think you all do a good job (x2). There are a lot of workshops (x2) for college apps, and adults seem to be aware of how busy we are
- More guided studies/study sessions (x2)
- Better school lunches (x2)
- Better communication with teachers to understand what we are doing
- Laptops that work
- Work with us on our schedule (x2); help us balance our schedule and homework
- Discuss how the brain works and explore alternative education strategies often

## PACT Community Dinner Feedback -- November 1, 2012

### **1. What worked for you about this event?**

- I loved talking with my table.
- Got to sit and eat dinner with some great people. Great conversation.
- Talking and focusing on what people are doing.
- The food was delicious!
- Interacting with teenagers and talking about their world.
- I enjoyed talking with a few people from the community about how school is going this year.
- Great discussion at our table. Great food. Saw someone here I haven't seen in a while – nice opportunity to connect.

### **2. What didn't work as well for you about this event?**

- Nothing! I felt very welcome, and I was very comfortable, and the food was amazing.
- It was a perfect event!
- Nothing.
- Would have been nicer to have a few more kids and adults at the table to have a more lively conversation.
- Everything worked well.
- ☹ Conflict with health event at same time.

### **3. Feedback we received at our September Community Dinner noted not enough time for small-group discussion on the questions. How did we do with that tonight?**

- I think we had a lot of time. We didn't do ALL of the questions, but the conversations that we had were very interesting and fun.
- Good.
- Good amount of time.
- Pretty well.
- It was enough time.
- The timing was good.
- Seemed to work well tonight!

### **4. Additional thoughts?**

- I loved getting away from the normal stress of homework, school, etc. It was an amazing night.
- Keep on keeping on.
- I enjoyed the “going back to our roots” topic.
- I didn't feel like we resolved any (major) issue at all but mainly talked. Was this the goal? Not sure??
- Great food, great conversations as always!
- Thank you for all that PACT does.