

# Youth SUMMIT Newsletter

**SUMMIT: Students United to Make Meaningful Influences Together**



## Mission Statement

To create a coalition with schools to inform and prevent substance and alcohol use and violence within our communities.

Youth SUMMIT will be held on Wednesday, January 12, at Indiana Avenue Baptist Church, 9507 Indiana Avenue, Lubbock. Check out the last page for registration, as well as our website at [www.youthsummitinc.org](http://www.youthsummitinc.org)

## MARK YOUR CALENDARS!

Youth SUMMIT Early Bird Registration: December 10

Youth SUMMIT Late Registration: December 15

Youth Summit: January 12

## KEYNOTE SPEAKERS



Tamara Spencer



Pete Christy



3rd Keynote Speaker TBA

## Breakout Sessions

### Andrews High School

#### Addiction 101 ~ It's a Brain Disease.

Tonya Soto will discuss how drugs change the structure of the brain and how it works.

#### Impaired Driving

Seconds that change the lives of many.

### Denver City High School

#### The Dangers of Procrastination

We will discuss the negative effects procrastination has on students. We will then share organizational tips and techniques to help students build better habits that will ultimately help them succeed in life.

#### The Signs Behind Depression

We will teach students how to identify signs of depression in themselves and their peers and provide coping mechanisms to battle the negative effects depression can have on an individual.

### Happy High School

#### Unexcused Absences

The Unexcused Absences breakout session will cover the effects of having an absent parent. We will have our own stories to tell, and how it affected us and the steps you can take to grow from the absences.

We will also talk about how it has affected our friends, and how they saw the side effects and how they can help you.

#### Made Perfect

In this breakout session we will equip students with the tools necessary to recognize and resist the

pressure of their peers. This will add to the quality of their lives by allowing them to think and act for themselves. In thinking for themselves, they will be able to better follow their own, internal moral compass. The problem for many is not in deciding right and wrong; it's holding themselves accountable to that which they believe. We recognize that bad company easily corrupts good character and want to give fellow students the knowledge and skills they need to make better decisions.

### Lazbuddie High School

#### Judge Carruth - Laws for Teens

Talking about how many laws surrounding your everyday lives can be changed in a second with one decision. Every age comes with more responsibility than you think.

#### Kendra Callahan

Smoking/vaping and leadership

#### When Jokes Are Not Funny Anymore

Bullying tying into social media and everyday life. In this breakout session we will go over how it feels after a "joke" has been said, how it can affect different types of people. We will also discuss how social media has had a tremendous impact on these jokes and making them "okay" to say. In our session, we will start a discussion on how negative jokes on social media can be turned into something more positive and uplifting.

### Lubbock-Cooper High School

#### Suicide Awareness

Our mission this year is to cover suicide and talk about how it affects everyone's life's everyday in many ways. Suicide is a permanent solution for a temporary crisis. It affects families, communities

and entire countries and has long lasting effects on the people left behind. For every suicide, there are many more people who have attempted to take their life. A prior suicide attempt is the single most important risk factor for suicide in the general population. We will have a special guest come speak over the topic who has had experience with suicide from his own son taking his own life, Nick Watts.

### Sex Trafficking

Our mission is to bring awareness to the dangers of sex trafficking and how it affects our local community. Many people have no idea how common sex trafficking is and who is being affected by it. We will be covering topics such as, signs of trafficking, common locations, and people groups most at risk. A guest speaker from a Lubbock organization Voice of Hope is joining us to speak over the topic as well.

## **Petersburg High School**

### Healthy Relationships

Red flags in relationships, how to get out of an unhealthy relationship, and what a healthy relationship should look like.

### Healthy Mental Lifestyles

Different ways that being involved and staying active can benefit your mental health. We will explore the connection between physical and mental health, as well as discussing how to surround yourself with a healthy environment.

## **Plains High School**

### Police Perception

How do you view the police? Are they a source of fear and anxiety, or do you see them as a source of help and safety? In this session, a DPS officer will provide training on what the public should do when approached by a police officer and help you to understand their role within the community.

### Healthy Habits 101

Today's world is hectic and busy. Too often, we allow ourselves to eat what is easy, not what is healthy. We grab a soft drink, not water. We don't get enough sleep, and we push ourselves to the limits. On this session, a medical professional will discuss easy steps to achieving health and happiness.

## **Seminole High School**

### Weight of Peer Pressure

In this breakout session we will equip students with the tools necessary to recognize and resist the pressure of their peers. This will add to the quality of their lives by allowing them to think and act for themselves. In thinking for themselves, they will be able to better follow their own, internal moral compass. The problem for many is not in deciding right and wrong; it's holding themselves accountable to that which they believe. We recognize that bad company easily corrupts good character and want to give fellow students the knowledge and skills they need to make better decisions.

## **Attorney General**

### Child Pornography

## **The Bridge**

### Child Abuse

## **Dismas Charities**

### Panel Discussion

## **M.A.D.D**

### Mothers Against Drunk Driving

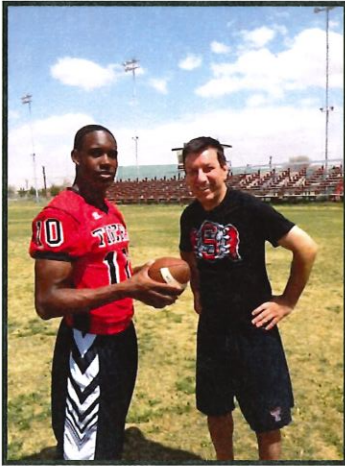
## **Iva Beck**

### Fetal Alcohol Syndromes

# Keynote Speakers

## Tamara Spencer

## Pete Christy



Pete Christy is located in Lubbock, Texas and he is KCBD's Sports Director. Even though many people would think he is from around here, he was born in Maryland and has been doing what he loves his whole life. He doesn't just talk sports, for he had a crash on his motorcycle, and it is a story that is very popular among viewers. He spends his days fueling his passion for broadcasting a variety of things: sports, non-traditional sports, and stories you wouldn't typically hear on the news. Pete plans to speak about using his gifts and talents to help others and "do good." He will encourage the kids to do the same.



One of our Keynote Speakers for this year will be Tamara Spencer. She has dedicated over 20 years to serving and protecting in law enforcement. She has served in a variety of positions at League City and beyond. Tamara is now the full-time Staff Instructor for the FRIDAY ( Focus on Reducing Impaired Driving Among Youth ) and ADAPT ( Alcohol and Drug Abuse Prevention Training ) Programs . She continues to teach Critical Incident and Suicide Prevention courses as well. Her commission is currently being held by the Galveston County Pct 2 Constable's office , She was recently appointed to the Board of Directors of BACODA- Bay Area Council on Drugs and Alcohol, and is now the Vice President of the organization.

FOOD WILL BE PROVIDED BY  
RIVER SMITHS



# SUMMIT

*Student Uniting to Make Meaningful Influences Together*  
Indiana Avenue Baptist Church - Lubbock – January 12, 2022  
**Registration Form (Due by December 10, 2021)**

School \_\_\_\_\_

Advisor Attending \_\_\_\_\_

School Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Number of Planning Committee Members \_\_\_\_\_ @\$25.00 ea. Total \_\_\_\_\_

Number of Students (9-12 grades only) \_\_\_\_\_ @\$25.00ea. Total \_\_\_\_\_

Number of Advisors \_\_\_\_\_ @\$25.00ea. Total \_\_\_\_\_

Number of Administrators \_\_\_\_\_ @\$25.00ea. Total \_\_\_\_\_

Number of Drivers eating lunch \_\_\_\_\_ @\$25.00 ea. Total \_\_\_\_\_

Total registration fees submitted \$ \_\_\_\_\_

## Late Registration (Due by December 17, 2021)

Number of Planning Committee Members \_\_\_\_\_ @\$30.00 ea. Total \_\_\_\_\_

Number of Students (9-12 grades only) \_\_\_\_\_ @\$30.00ea. Total \_\_\_\_\_

Number of Advisors \_\_\_\_\_ @\$30.00ea. Total \_\_\_\_\_

Number of Administrators \_\_\_\_\_ @\$30.00ea. Total \_\_\_\_\_

Number of Drivers eating lunch \_\_\_\_\_ @\$30.00 ea. Total \_\_\_\_\_

Total registration fees submitted \$ \_\_\_\_\_

## On-Site Registration (Meal NOT Included)

Number of Students (9-12 grades only) \_\_\_\_\_ @\$35.00ea. Total \_\_\_\_\_

Number of Advisors, Administrators \_\_\_\_\_ @\$35.00ea. Total \_\_\_\_\_

Total registration fees submitted \$ \_\_\_\_\_

**Meal tickets will be issued for anyone registered by December 17, 2021. Please plan accordingly so that all funds are received by Lazbuddie ISD by Friday, January 7, 2022.**

Register & pick up packets beginning at 8:00 a.m. SUMMIT will begin at 8:30 a.m.

**\*\*\*Make checks payable to SUMMIT, Inc.**

Please mail forms & checks to: SUMMIT Registration  
c/o Kathy Lostroh  
PO Box 9  
Lazbuddie, TX 79053

Email: [Kathy.lostroh@lazbuddieisd.org](mailto:Kathy.lostroh@lazbuddieisd.org)