

AMERICAN FORK HIGH SCHOOL COUNSELING CENTER

510 N. Caveman Blvd.
American Fork, UT 84003
(801) 610-8801



Dear Parent/Guardian,

Congratulations! Your child has been selected to represent the school in our “**Be the Change**” day. This is a powerful, high-energy program in which youth and adult participants are guided through a series of experiential learning processes. The overall goals of the program are to increase personal power and self-esteem, to shift dangerous peer pressure to positive peer support, and to eliminate the acceptability of teasing and other forms of inappropriate and damaging communication. Many student and adult participants tell us that this day has changed forever the way they view themselves and other people.

The program is facilitated by American Fork High School teachers, counselors, and parent volunteers. During the program, youth are given several opportunities to speak out about what’s really going on for them and what they need from one another. Please note that while our program focuses primarily on global and community issues and concerns, individual students can and often do share personal difficulties and experiences with the group. The process of sharing is often both empowering and emotional. For this reason, it is important that your child be aware that while confidentiality is one of the primary norms of program participation, we can never guarantee confidentiality on a large group level following the day. *(We will remind the participants of the importance of confidentiality.)*

At the conclusion of the program, the majority of youth leave feeling bonded, empowered and committed to making a positive difference. At times, youth may need additional support. Students will be informed of additional resources; however, it would be a great gift to your child/student if you can be available to listen to any feelings or responses he/she may have following the program.

This is a voluntary activity that **REQUIRES parent permission**. Students will be school excused for the entire school day and lunch will be provided. **Please sign and return the attached permission form to the Counseling Center no later than Friday, Feb. 12, 2016.** Students will go to their first period class, and we will call them down to the East Gym around 8:00am.

Thank you very much,

Kara Allen (teacher)

Michelle Walker (teacher)

Bree Toone (counselor)

Esther Morales (parent)

Kelly Smith (parent)

kallen@alpinedistrict.org

michellewalker@alpinedistrict.org

btoone@alpinedistrict.org

emorales3@live.com

kellylaysmith@gmail.com

PERMISSION SLIP

Please return this permission slip to the American Fork High Counseling Center no later than Friday, February 12, 2016. Space is limited! *Participants will be signed up on a first come, first served basis.* Return this permission slip as soon as possible.

I give my permission for my child to participate in the “Be the Change” Day at American Fork High. **Students will be school excused for the entire day and lunch will be provided.** I understand that the event is not required and that my child’s participation is voluntary. I further understand that American Fork High School and its officers, employees or agents assume no liability either directly or indirectly for injury or accident resulting from or in any way connected with this event.

I have read the attached letter and have discussed confidentiality with my child and support his/her participation. I further understand that my child may be invited to participate in future “Be the Change” activities at the school, that members of the print and film media may be present at this event and that my child/ward may be photographed, interviewed or quoted as a participant in this program.

I have carefully read this statement and fully understand its contents. I am aware that this is a release of liability of American Fork High School, its officers, employees or agents.

I give permission for my child (name) _____, to
(Please Print Full Name)
participate in AFHS “Be the Change” workshop on (choose one):

_____ **Wednesday, February 17, 2016 (B Day).**

_____ **Thursday, February 18, 2016 (A Day).**

If the day you chose is already full, can your student attend the other day? ____ Yes ____ No

Parent Signature _____ Phone Number _____

*Please indicate any special dietary needs. _____

Your student will report to their first period class that morning, and we will call them down to the East Gym around 8:00am.

For questions, concerns, comments, or suggestions please contact:

Kara Allen, Teacher (kallen@alpinedistrict.org)

Michelle Walker, Teacher (michellewalker@alpinedistrict.org)

Bree Toone, Counselor (btoone@alpinedistrict.org)

Be the Change Day Agenda

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| 8:00-9:00 | Welcome, Ice Breakers |
| 9:00-10:00 | Dancing & games to break down social barriers |
| 10:00-11:00 | Get in small groups & do team-building activities |
| 11:00-11:30 | Lunch (provided by Chick-Fil-A) |
| 11:30-12:30 | Group games & Competitions |
| 12:30-1:00 | Discussion: All participants answer the prompt: “If you really knew me, you would know...” Participants are encouraged to share hopes, dreams, fears, and concerns that they don’t normally share with their peers. |
| 1:00-2:00 | Concluding Group Activity: Whole group is asked a series of questions that help them see similarities amongst their peers. |
| 2:00-2:15 | Reflection & wrap-up |