



# YOUTH TO YOUTH WILTON

Youth to Youth (Y2Y) is an international, community-based, drug use prevention and youth leadership program designed to encourage young people to make positive choices and to live free of tobacco, alcohol and other drugs. Youth to Youth's mission is to engage young people through meaningful discussions, activities, and experiences to develop and implement their own ideas to create positive change. Bringing youth together with a common bond of living substance-free allows them to serve as role models to their peers and younger students.

## WHAT HAPPENS AT MIDDLEBROOK Y2Y MEETINGS?

- Students set the agenda
- Students plan community service & afterschool activities
- Fun team building exercises (the kids say so themselves!)
- May join the student-run Y2Y Board of Directors for further leadership opportunities

## WHAT CORE BELIEFS DRIVE Y2Y?

### Personal Growth

- Empowering students as they lead peer mentorship & trainings
- Building relationships based on open communication & mutual respect
- Creating a community of open-minded, confident, positive role models

### Positive Experiences

- Students create a judgement-free environment filled with substance-free fun
- Team building creates a space where students feel safe taking risks surrounded by unconditional acceptance

### Community Service

- Give back to their community
- Work directly with peers through large group projects
- Direct youth-led trainings and group mentoring

### Drug and Alcohol Education

- Y2Y members create peer-accepted opportunities to reach out to other students
- Offer straightforward conversation about the negative effects of substance use
- Share personal experiences to focus on the rewards of living a life based on positive choices

For more details and how to join, see [Wilton Youth Council's website \(www.wiltonyouth.org\)](http://www.wiltonyouth.org) or email Tanya Leonard at [leonardt@wiltonps.org](mailto:leonardt@wiltonps.org). Middlebrook students can also visit room 133A.

Youth to Youth works in tandem with the Warrior Council club at WHS. This continuation is seamless since both clubs share the same mission, philosophy, goals and partner together when possible.

Thank you to our sponsor: **ELIZABETH RAYMOND AMBLER TRUST**