



# Safe Place, Safe Kids, Safe Community



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## National Safe Place Reaches Historic Milestone! 100,000<sup>th</sup> Youth Receives Access to Immediate Help and Safety

In 1983, Safe Place provided immediate help and safety to its first young person. In 24 years, the program has grown immensely, beginning in one city and growing into a nationally recognized outreach program in 40 states and 141 communities. This growth is emphasized by Safe Place's most recent accomplishment – helping its 100,000<sup>th</sup> young person. "We are thrilled to reach this milestone in our history," said Sandy Bowen, executive director of National Safe Place. "We'll serve the next 100,000 youth in crisis with the same care as the first 100,000 – one at a time."

Youth In Need is proud to have partnered in this incredible accomplishment, and would like to thank all eastern Missouri sites for their assistance in this important initiative.

Why Do Youth Use Safe Place:	Age of Safe Place Clients
<b>41%</b> Family Problems	<b>4%</b> 10 and under
<b>21%</b> Runaway	<b>2%</b> 11
<b>14%</b> Homeless	<b>5%</b> 12
<b>9%</b> Other	<b>11%</b> 13
<b>6%</b> School Issues	<b>16%</b> 14
<b>5%</b> Abuse	<b>21%</b> 15
<b>3%</b> Immediate Safety	<b>21%</b> 16
<b>1%</b> Substance Abuse	<b>17%</b> 17
	<b>5%</b> Over 17

**Youth In Need is proud to announce its newest Safe Place sites!**

State Farm Insurance – Dave Schlansker  
 American Family Insurance – Yvonne Stewart  
 St. Andrews Cinema  
 Bogey Hills Baptist Church  
 O'Fallon YMCA  
 Sounty County YMCA  
 St. Charles YMCA  
 Edward Jones YMCA  
 Wildwood YMCA  
 QuikTrip – Wentzville Parkway  
 Barnes-Jewish St. Peters Hospital  
 Emerson Family YMCA  
 St. Charles City-County Library District (12 locations)

**We appreciate your dedication to the young people in our community!**



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# Safe Place Activities at the Summer Youth Rally!



Campers displayed their artistic skills as they created Safe Place "Safe Streets."



Three boys display their finished product and their award-winning smiles!

## Top Five Factors That Contribute to Raising Resilient Teens

Parents cannot shackle themselves to their teenager and oversee every decision he makes throughout his adolescence – and we wouldn't want to. We want our teenagers to know when and how to protect themselves against negative peer pressure, teen drug use, bad grades in school, etc. We want them to learn how to grab their own boot straps and pick themselves up. This is called teaching resiliency.

The five top factors contributing to resilient teens are:

1. **A strong relationship with a parent or caring adult who takes a parenting role in the teen's life.** Teens need a foundation. They need someone who is there for them with guidance and love.
2. **Mastering a skill and feeling the complete success of that mastery.** A sense of accomplishment will make your teen feel capable. Once he has experienced this feeling, he'll want it again.
3. **Good communication and social skills are fundamentals to resiliency.** Teens need to ask for what they need and explain the whys without acting like they are going into battle. For this reason alone, parents should learn not to buy into power struggles.
4. **Problem-solving skills contribute more than we think.** Teaching your teen to make choices is a stepping stone to confidence in himself when problems arise. Therefore, he'll be more able to think through the problem and find all of the choices he has to help solve it.
5. **A supportive environment at school and in the community.** It is always easier to work on a problem if you know there is help down the road should you need it. Communities and schools that provide that for a teen are showing him the way to solving problems for himself.

These factors contribute to helping your teenager become a resilient person. As with all things when it comes to children, it doesn't happen overnight. Stay the course – it's worth the wait.