

# Tri-Town Youth Take Action!



A youth service like no other has found its way into our very own community. Just a few months ago, Tri-Town Council Youth Programs and Coalition Coordinator Meredith Shaw, embarked on a journey to create a new youth group, Youth Action Advisory Board also known as YAAB. YAAB has a foundation of 9th through 12th graders from Masconomet High School who work toward educating about substance use and other issues that confront youth in the local community. YAAB unites them and teaches how to lead, act, and inspire.

Member Eileen Mullen considers YAAB, "a great place for students of all grades and interests to share their experiences of what they've seen occur among their peers and collaborate to make the youth community a safer place by eliminating substance abuse and acting on the causes of stress. While doing this, forming a camaraderie with the other seven members of the board is just as important."

Currently YAAB members have come together to form small groups dedicated to shining a positive light on Tri-Town youth, exploring the possibility of expanding the DARE program to the middle school, and creating an Instagram page. The main focus of YAAB currently is vaping education, an issue every member agrees needs attention more than ever.

YAAB currently has 8 members. This group of youth make up

YAAB's founding class and will help in shaping it for the future. Meredith Shaw considers YAAB a, "fantastic opportunity for Tri-Town high school youth to learn, actively engage in the work of TTC's substance abuse prevention Coalition, and use their voices to grow the positive, healthy youth norms that already exist. AND work on issues that matter to them and their peers bringing about positive change in the community". This fantastic community service opportunity is expected to have open slots for the next school year.

Interested in learning more about YAAB? Follow on Instagram [@youthactionadvboard](#) or send an email to [yaab@tritowncouncil.org](mailto:yaab@tritowncouncil.org).



*High School YAAB Members (left-right) Katie Bernard, Sarah Aylwin, Justin Crosby, Nate Hubley, Eileen Mullen, Marshall Lastes and Ian Swanson at a recent board meeting.*

# Youth

# Action

# Advisory

# Board

## Youth Action Advisory Board

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## Who are we?

YAAB is a group of Masconomet high school students who are trying to make small changes that will make a big difference in our community. We are the youth voice of Tri-Town Council's Coalition—a group of dedicated community members working to grow positive youth norms and reduce youth substance use.

## What do we do?

We work to educate local youth on the issues that affect them—like substance use. We also work on promoting positive social norms.

## Why do we do it?

As youth living in the tri-town we work on these issues and focus on positive norms because we want to make a difference in the community.

## Want to support us or get involved?

⇒ CONNECT with us on Facebook and Instagram



@YAABTriTownCouncil



Youthactionadvboard

⇒ Sign up for our email list

⇒ And most importantly, PLEASE spread the good news about tri-town youth—most of us are making healthy choices!

## Masco High School NORMS ... lots of good news!

### Did you know...

- **MOST** (95%) Masco high school youth have **trusted adults** in their lives?
- **MOST** Masco high school youth **DON'T USE** alcohol? (7 out of 10)
- **MOST** Masco high school youth **DON'T VAPE?** (7 out of 10)
- **MOST** Masco high school youth **DON'T USE** marijuana? (8 out of 10)

## Why do norms matter?

Behavior choices—especially among teens—are influenced by what we perceive others are doing. These perceptions form the basis of what we consider “typical or normal” behavior. We all tend to behave in ways we think is typical and accepted by our peers. It's important that those perceptions are accurate.

When a community focuses on promoting its healthy, positive, normative behaviors, positive changes in human behavior result.

If we change our perceptions, we change our reality.

Simple. Profound. Positive.

Learn more about positive norms at [tritowncouncil.org](http://tritowncouncil.org)