



Gearing Up for Summer

Happy Spring, Mentors! Spring time is a time of transition for everyone - Spring cleaning, yard work, perhaps a new exercise plan. As you know, youth also experience transition. They might be transitioning out of a facility, ending one school year and preparing to start another, not to mention the normal developmental changes and challenges. With the end of the school year fast approaching, youth will have more free time and less supervision which can then lead to an increased level of risk. Below are some signs to watch out for, and healthy and inexpensive ways to help your youth stay engaged this spring and summer (website links provided).

Behavioral and attitude changes to watch out for:

- Inconsistency in attitude and behavior (i.e. happy/talkative to quiet/withdrawn)
- Missed visits, not returning phone calls
- Certain level of avoidance
- Diminishing compliance to transition plans or household rules
- Negative talk about breaking rules or going back to previous behaviors
- Newly formed pessimistic attitude
- Overt defiant behaviors toward authority and rules
- Not coming home at agreed upon time
- Started to hang out with unhealthy friends more often
- Acting suspicious or hiding things
- Loss of interest in accomplishing goals without reason

Note: If you begin to notice the above changes please call your FFY Match Coordinator for support and guidance. We don't expect you to have all the solutions!

Healthy and Inexpensive Ways to help youth occupy their time:

- Spend time at local parks - <http://www.denver.com/parks-open-spaces>
- Take a day trip to the mountains - <http://www.denver.org/things-to-do/day-trips-around-colorado/mountain-town-adventures/>
- Spend time at local recreation centers - <http://www.denvergov.org/ParksandRecreation/ParksandRecreation/RecreationCentersPools/RecreationCentersSchedules/tabid/444206/Default.aspx>
- Go hiking on different trails each time you get together - <http://www.dayhikesneardenver.com/>
- Monthly Group Mentoring activities with Friends for Youth – <http://www.friendsforyouth.com>
- Attend local free festivals in the Denver Metro area - <http://www.denver.org/events/festivals-events/>
- Go for a bike ride (some bicycle stores have a rental program) - <https://www.velolet.com/bikes/shops/rentals/CO/Aurora> and <https://www.velolet.com/bikes/shops/rentals/CO/Denver>
- Volunteer in the Community - <http://www.examiner.com/article/volunteer-opportunities-for-teens-1>

Thank you for all that you do to better the lives of youth! We appreciate you!

Note from Match Coordinators: The above topics are only suggestions. We would love to hear about any fun and/or meaningful experiences you have with your youth to pass along to other mentors. As always, we are here to support you as you build your mentoring relationship. Please do not hesitate to contact us at 303.756.9285 if you have specific questions or just need additional ideas along the way.