

Connecting YOUTH Newsletter



Anchor House June 2017



LGBT Pride Month

“I call upon all Americans to observe this month by fighting prejudice and discrimination in their own lives and everywhere it exists.” – President Barack Obama, May 31, 2011

What You Can Do

1. Learn Your History. Pick up a book. Watch a documentary. Visit a museum. There are so many resources to learn something new about Pride Month and LGBT history overall. Here's a great example: June wasn't chosen as LGBT Pride Month on a whim. The Stonewall Riots, which many consider to be the beginning of the modern LGBT rights movement, occurred in the early morning hours of June 28, 1969 — and is the reason we don our rainbow in June. Keep a few facts like this in mind as a way to remember where we've been, where we are now and where we still need to go.

2. Support local LGBT youth centers.

3. Look beyond marriage equality.

LGBT issues seemingly starts and ends with marriage talk. Issues like LGBT youth homelessness and the alarming murder rates of transgender women of color are major obstacles that deserve a lot more attention. There's a lot more to be fighting for.

4. Support local and national businesses that are LGBT-friendly.

5. Support LGBT art and culture.

Is rap your genre? Try Cakes Da Killa. Is spoken word more your speed? Try Andrea Gibson. Enjoy a cynical sense of humor with your art? Try Deborah Wheeler. And don't be afraid to explore LGBT art and culture in all forms. Find your own personal favorites to adore.

6. Watch films with positive, complex depictions of LGBT life, with a younger and older member of the LGBT community about their experiences .

Want some suggestions? Coming-of-age film *The Way He Looks*, not-so-love story *Weekend* and ball culture documentary *Paris Is Burning* are all must-sees that are currently available on Netflix.

7. Finally, go to your local LGBT Pride event.

GLSEN®



LGBTQI Students: Don't Just Shine.... GLSEN!

Did you know there's a whole national organization dedicated to promoting respect and safety for all students? The Gay Lesbian Straight Education Network (GLSEN) was created to ensure that every student, in every school, is valued and treated with respect, regardless of their sexual orientation, gender identity or gender expression. They work to ensure that all students attend school in a safe and affirming environment where they can learn and grow.

How does that happen? One person at a time! You can make a difference in lots of ways:

- Join or start a GSA (Gay-Straight Alliance) club at your school
- Learn more about your right to safety and respect in school
- Lead or participate in activities that promote respect for all people
- Invite trainers from GLSEN to give a workshop to your teachers and administrators.

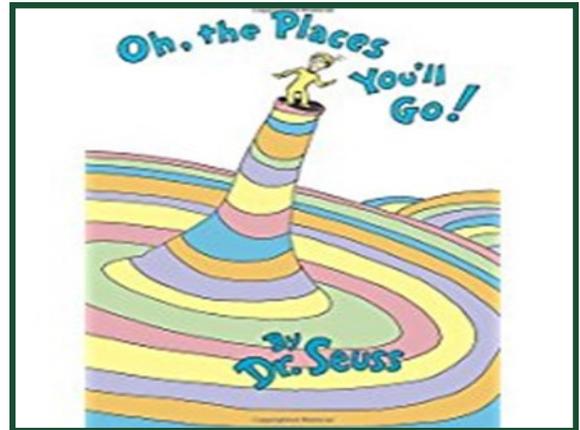
Check out www.GLSEN.org to get started.

- Apply to join GLSEN's National Student Council to develop leadership skills and connect with other students across the country You can do any or all of these things by visiting GLSEN's website! Check out www.GLSEN.org to get started.



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Anchor House Congratulates all of the 2017 Graduates



High School Graduation Requirements

By this time of the school year, most students are ready to look ahead to the future. Take a moment to look back and make sure you have done what you need to do, so you can walk across that stage and collect your diploma with pride! In order to earn a diploma, students are required to earn a minimum of 125 credits, including:

- 4 years of English (20 credits)
- 4 years of Physical Education (3.75 credits/year) and Health (1.25 credits/year)
- 3 years of Mathematics (15 credits) - must include Algebra 1 and Geometry, and a third year of math that builds on the concepts and skills of Algebra and Geometry and prepares students for college and 21st century careers
- 3 years of Science (15 credits) - must include Lab Biology, Lab Chemistry and/or Physics and/or Environmental Science; plus a third laboratory/inquiry-based science
- 3 years of Social Studies (15 credits) - must include World Cultures, US History 1, and US History 2
- 1 year of World Language (5 credits)
- 1 year of Visual or Performing Arts (5 credits)
- 1 year of 21st Century Life and Careers (5 credits)
- 1 semester of Financial Literacy (2.5 credits)

In addition to earning enough credits to graduate, there is an assessment requirement as well. Nobody likes taking standardized tests, but did you know there's more than one way to meet assessment requirements?

Students from the Classes of 2017, 2018 and 2019 can meet graduation assessment requirements through any of these three pathways*:

- (1) Achieving passing scores on high-level PARCC assessments;
- (2) Achieving certain scores on alternative assessments such as the SAT, ACT, or Accuplacer; or
- (3) The submission by the district of a student portfolio through the Department's portfolio appeals process.

IMPORTANT TO KNOW:

Special Education students whose Individualized Education Plans (IEPs) specify an alternative way to demonstrate proficiencies will continue to follow the graduation requirements as described in their IEPs.

Students have always been able to meet graduation requirements through an alternative assessment or pathway to graduation.

Ask your school counselor or CST case manager for more information.

*For details about graduation assessment requirements, visit: <http://www.nj.gov/education/assessment/parents/GradReq.pdf>

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What is A Connecting YOUTH Mentor?

A mentor is someone who can help you develop skills for success and provide long-range career and educational planning. This planning can include activities such as job shadowing or creating action steps towards your career and educational goals.

Why Mentors Are Important?

Having a mentor can contribute to a successful and satisfying life. Without a mentor, learning occurs mostly through trial and error. With a mentor, you can improve your resilience and increase your chances of maintaining a positive independent life!

Life Skills for Living On Your Own

Here are a few areas in your life that you may want to pay attention to as you are asking about life skill instruction. Everyone wants to learn to drive and achieve employment to pay for the things they want. I have listed a few additional areas you may want to think about and explore to increase your ability to take care of yourself.

1. Basic cooking skills - Make sure you can prepare a few simple, healthy, economical dishes and understands how the high cost of dining out can destroy a budget and a waistline.
2. Budgeting and money management skills- Make sure you know how to live within a budget, and understand the pitfalls of using credit irresponsibly.
3. Personal healthcare knowledge- Ensure that you know how to self-diagnose simple illnesses, knows how to check his or her own temperature, and knows which over-the-counter medications to take for which symptoms.
4. Essential domestic skills- You should know how to do your own laundry, clean her own dorm room or apartment, and handle small household emergencies like a clogged toilet.
5. Being a good judge of character. -Friends influence us more than we care to admit. Learn to assess whether someone is a good friend who will help you to be the best you can be as a person.
6. Work skills and basic responsibility- To have success in college or on the job, one has to know how to be punctual, stay on task until the job is done, and pay attention to the details.
7. The ability to admit fault and start over- We all make mistakes. It is important to learn how to say, "I'm sorry, I was wrong," and take responsibility for those mistakes. If you can do that you will be able to regroup and try again in work, in the classroom, and in relationships.

Getting Connected:

Shelter: 609-396-8329

Anchorage: 609-989-1625

Connecting Youth: 609-439-4215

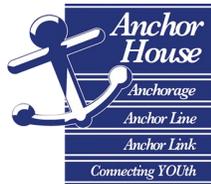
Outreach: 609-218-5630

School Outreach: 609-396-8329

DCPP: 1-877-652-2873



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Group Calendar



June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Horizon NJ Health 4:30-6pm Thomas Edison College Call Lindsay @ 609 396-8329	2	3 Golis Scholarship Picnic @ 11:30 am Rosedale Park 422 Federal City Rd. Pennington
4	5	6	7 Etiquette Work- shop 4-5:30 pm @Greenwood Ave.	8 Beautiful Me Workshop 4—5:30pm @ Shelter RSVP- Lindsay/ Alaisha 609 396-8329	9	10 YPD Event Day of Healing 9-2 pm @ 1400 Greenwood Ave. RSVP- Rosa DeJesus 609 396-0800
11	12 Etiquette Work- shop 4-5:30 pm @Greenwood Ave.	13	14 Financial Work- shop 5-7 pm @Children's Home Society	15 Beautiful Me Workshop 4—5:30pm @ Shelter RSVP- Lindsay/ Alaisha 609 396-8329	16	17
18 Happy Fathers Day!	19 YAC Mtg. 4:30 pm @Outreach	20 Community Services @TASK 3-5 pm	21	22 Beautiful Me Workshop 4—5:30pm @ Shelter RSVP: Lindsay/Alaisha 609 396-8329	23	24
25	26	27 YAC Mtg. 4 pm @Outreach	28 Financial Work- shop 5-7 pm @Children's Home Society	29 Beautiful Me Workshop 4— 5:30pm @ Shel- ter RSVP: Lind- say/Alaisha 609 396-8329	30	<u>Notes:</u>

**** All groups will meet at 740 Greenwood Ave. Trenton, NJ from 3:30-4:30 unless otherwise noted****