

BACK BASICS 23

23RD ANNUAL YOUTH FOR YOUTH CONFERENCE

Held April 12, 13 & 14, 2013
At The Hyatt Regency Guam

About Youth for Youth LIVE! Guam

Youth for Youth LIVE! Guam is an evolution of a youth group originally known as the Dededo Drug Free Organization. Founded in 1988 by “**Mama G**” (Gayle R. Osborn) and “**Auntie Bobbie**” (Barbara S. N. Benavente), Youth for Youth LIVE! Guam continues to focus on youth empowerment in the movement against substance abuse and the promotion of healthy lifestyles.

25 years later, **Youth for Youth LIVE! Guam** remains a youth-centered and youth-driven community-based prevention program, centered on the belief that youth are the leaders of today and have much to contribute towards making positive changes in our island community.

This year, we commemorate our 25th anniversary by getting “**Back 2 Basics**”. Celebrating our many accomplishments and remembering our past by acknowledging the foundation from which we stand—the idea that youth can use their positive and creative energies to promote change and influence their peers. Now, we step back to appreciate and incorporate the very ideals that laid our foundation for 25 exceptional years of youth empowerment and prevention.

We proudly present, the 23rd Annual Youth for Youth Conference, “**Back 2 Basics**”.



BACK 2 BASICS

Message from Conference Youth Chairpersons



Hafa Adai!

As President and Vice-President of Youth for Youth LIVE! Guam, we'd like to welcome you to the 23rd Annual Youth for Youth Conference!

Thank you all for helping make this conference possible. If this is your first time attending the conference, we hope that it will be one that you will never forget. For those who have participated before, be prepared to learn a lot of new things and have just as much fun as you've had in the previous conferences. We'd especially like to thank our sponsors, guest speakers and keynote speakers for helping donate to make this conference worth remembering.

The theme of this year is "Back to Basics". We chose this theme to show that sometimes, all we have to do is stick to the simple things in life to stay happy. Whether it's family, friends, hobbies, or even music! The whole point is that we don't have to resort to drugs, alcohol, tobacco, or other substances to have a "good time." Remember, there's always hope, and we're hoping that this conference will impact your view, to help you live a positive and healthy lifestyle, because you all deserve one.

Fabien Rippel & Caleb Skvaril,
Back 2 Basics Youth Co-Chairpersons



“
Setting a good example for our
kids is living a healthy and clean -
alcohol-free lifestyle.”

- Justin George, Father of 8



**Stay Sober
and in Control**
www.onenationguam.com



This public service announcement was developed under the Strategic Prevention Framework State Incentive Grant # 5U79SP011183-05 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) in partnership with the Office of Juvenile Justice and Delinquency Prevention (OJJDP), Enforcing Underage Drinking Laws, Grant # FY2008-AH-FX-0064. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA, HHS or OJJDP.

Message from Conference Adult Chairpersons

**Hafa Adai and welcome to Youth For Youth's
23rd Annual Conference.**

It's time for us to get Back to Basics!



As your conference co-chairs we would like to thank you for attending, and know that during conference you will learn all kinds of things about yourself, others around you, and useful information.

For the past 23 years Youth for Youth LIVE! Guam, formerly the Dededo Drug Free Organization (DDFO) has worked tirelessly to show youth that it is more than possible to live a healthy and drug-free life. We have decided to make this conference all about taking it back to where it all began—with DDFO—taking it back to the basics, focusing on youth empowerment in the movement against drug abuse.

We would also like to say thank you to all of the conference committee members and youth facilitators whose hard work and dedication made this conference possible. We would also like to say a special thank you to Mama Gayle, who started, and has kept the organization alive. We hope that you enjoy your conference experience and put all you learned to good use in your personal lives, as well as in our community.

Mikayla Legaspi & Sean Rupley,
Back 2 Basics Adult Co-Chairperson



"I advocate for the vision impaired individuals so that they don't find themselves in a dark place, not knowing what to do, as I did 6 years ago."

If you or someone you know needs help
MAKE THE CALL.

24HR Crisis Hotline
(671)647-8833

National Suicide Prevention Lifeline
1(800)273-TALK(8255)

www.peaceguam.org

  FocusonLifeGuam



This poster was developed in part under grant number 1U79SM060450-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

FRIDAY, April 12, 2013

Underage Drinking Prevention

7:30am - 8:30am

Ballroom Foyer

Breakfast/Registration
Workshop Selection

8:30am - 9:30am

Grand Ballroom

Welcoming Remarks

Sean Rupley & Mikayla Legaspi, Adult Chairpersons
Caleb Skvaril & Fabien Rippel, Youth Chairpersons
Proclamation Presentation by Gov. Eddie Calvo
Resolution Presentation by Sen. Dennis Rodriguez
Recognition of Hyatt's 20th Anniversary
Family Groups & Staff Introductions
Recognition of Honored Guests & Sponsors

9:30am - 10:45am

Grand Ballroom

"To Relax" Skit by YFYLG
One Nation Campaign
HYPE Video Challenge

10:45am - 11:45am

Assigned Breakout Rooms

Youth Family Group Session I
Adult Networking Session I
(GOPI: Belonging)

11:45am - 1:15pm

Grand Ballroom

LUNCH
Fashion Show (by SM Store Guam)

1:15pm - 2:15pm

Assigned Breakout Rooms

Youth Workshop I

1:15pm - 3:30pm

Adult Networking Session II
(GOPI: Mastery)

2:15pm - 3:30pm

Assigned Breakout Room

Youth Family Group Session II

3:30pm - 4:00pm

Grand Ballroom

"The Real Alcoholics" Skit by YFYLG
Announcements

4:00pm

Pick up

SATURDAY, April 13, 2013

Suicide Prevention

7:30am - 8:30am

Ballroom Foyer

Breakfast
Workshop Selection

8:30am - 9:00am

Grand Ballroom

General Assembly
Energizers

"How to Save a Life" Skit by Lisa Pachkoski

9:00am - 10:00am

Grand Ballroom

Keynote Presentation by Tia Sablan
Focus on Life Campaign

10:00am - 11:00am

Assigned Breakout Rooms

Youth Workshop II

10:00am - 12:00pm

Adult Networking Session III
(GOPI: Interdependence)

11:00am - 12:00pm

Assigned Breakout Rooms

Youth Family Group Session III

12:00pm - 1:15pm

Grand Ballroom

LUNCH
YFY Idol Contest

1:15pm - 2:15pm

Assigned Breakout Rooms

Youth Workshop III

1:15pm - 4:00pm

Adult Networking Session IV
(GOPI: Generosity)

2:15pm - 4:00pm

Assigned Breakout Rooms

Youth Family Group Session IV

4:00pm - 4:30pm

Grand Ballroom

General Assembly
"Toy Soldiers" Skit by YFYLG
Announcements

6:00pm - 10:00pm

Grand Ballroom

Underage Drinking Prevention Teen Dance

CONFERENCE AGENDA

SUNDAY, April 14, 2013

Substance Abuse Prevention

8:00am - 8:30am

Ballroom Foyer

Breakfast
Workshop Selection

8:30am - 9:00am

Grand Ballroom

General Assembly
"Turn Around" Skit by YFYL
Energizers

9:00am - 10:00am

Grand Ballroom

Keynote Presentation by Ty Sells

10:00am - 11:00am

Assigned Breakout Room

Youth Workshop IV

10:00am - 12:00pm

Adult Networking Session V
(GOPI: Master Crafters)

11:00am - 12:00pm

Assigned Breakout Room

Youth Family Group Session V

12:00pm - 1:00pm

Grand Ballroom

LUNCH
Fusion Dance Group

1:00pm - 2:30pm

Assigned Breakout Room

Youth Family Group
Session VI

Adult Networking Session IV
(GOPI: Master Crafters)

2:30pm - 4:00pm

Grand Ballroom

No Talent, Talent Show!

4:00pm - 4:30pm

Grand Ballroom

Slideshow
Announcements

4:30pm

End of Conference
Pick up

Notes:

Notes:

Anger Management

Isaac Balajadia // Chrisi Iglesias // Sarah Scott

Everyone gets upset from time-to-time! But when it gets out of control and turns destructive, it can lead to problems. Let's manage it by having a better understanding of the reasons for anger, the consequences of unmanaged anger and personal awareness needed to lead fulfilling lives by applying anger management techniques.

Arts & Crafts

Corey Santos // Kristin Duenas // Bryce Jao

Spark your creativity! Are you feeling creative? Do you feel like making something for someone? Make this your creation station. With this workshop, the sky's the limit!

Bullying

Lorenzo Osborn // Da'net Hattig

Are you being bullied or do you know of someone being bullied? Learn what you can do to prevent bullying. Learn ways to recognize it, the confidence to challenge it and the skills to handle it.

Child Abuse Prevention

Noah Quitugua // Samantha Flores // Mishka Jao

Every day countless numbers of children fall victim to mental, physical, emotional, and sexual abuse. Learn the signs of child abuse and what to do if you or someone you know is being abused. Find out whom you can go to for help and how you can help others.

Cultural Diversity

Marcel Jardeleza // Jeremy Pingul

We are a melting pot of different races, foods, etc. on our beautiful island. Let's explore and respect other ethnic groups by sharing and learning from each other. You will realize we have many things in common. S who's different now ayyy?!

Decision Making

LiaRose Naputi // Storm Rosario

Good decision making skills is the foundation for life and time management. We make decisions daily, some wrong and some right. This workshop will help you learn to make positive decisions that would empower you to achieve academic success in pursuit of your career and life aspirations.

Depression and Mental Health

Kanani Arriola // Ryan Guzman // Earl Lorenzo

Mental Health Matters! Join this interactive workshop and learn about emotional wellness and how to cope with everyday life.

Drama 101

Lisa Pachkoski // Jeanmarie Cruz // Gian Magana

Are you creative? Dramatic? Ready to lead the show? Learn about drama and theatre and improve your act because the world is your stage!

Eating Disorders

Caleb Skvaril // Markisha Lunsch

In the world today, looking your best means upholding a certain image at any cost. We tend to forget that looking your best means respecting your body and loving yourself. Learn the truth about eating disorders and just how miserable they can make your life.

Gathering of Pacific Islanders (GOPI)

For Youth - Mikayla Legaspi // Fabien Rippel

For Adults - Michelle Sasamoto // Barbara Mafnas

Suicide, violence, and bullying among our youth are becoming all too common of an occurrence in our community. Let's take this inspiring journey for an opportunity aimed at community building and to enhance the community's planning and implementation efforts, in order to begin addressing youth violence, bullying and suicide prevention.

I am Me – and I am Okay! (Homosexuality)

Nicole Legaspi // Aaron Pollard

Human sexuality is one fundamental element of personality. This workshop helps you gain an understanding of the normal physical, mental, and emotional needs that our sexuality inspires. You will be able to define a healthy sexuality as well as identify ways that people engage in unhealthy behaviors.

Improv

Nicole Unpingco // Walter Wustig

Go ahead ... Have fun, laugh, be creative, ad-lib, invent, wing it, make it up as you go, and rely on your wits. Learn to think on your toes and have funnnnn!

Take The Lead (Leadership)

Quentin Cruz // Mia Rippel // Raeana Apiag

Take the LEAD by working together in developing your creativity, through good communication, good listening with a positive attitude with a yummy and delicious twist.

Lead Now

Visiting Presenter: Ty Sells

See presenter bio for workshop description

Money Management

Community Group: Coast360 Federal Credit Union

College students are said to have the most debt of any age groups. With school and everything else going on, it's not very hard to believe.

Notes:

Money Management (con't.)

Learn how to manage your money to decrease the amount of debt you have in the future. Learn great tips to save the money you have for the future.

Online Safety

Genavie Palmares // Jesse Camacho

In the last couple of years, online predation has become a very big problem for teens. Many have had bad experiences with online predators, stalkers and bullies. This has caused parents and teens to become scared of using the Internet. Learn what you can do to prevent online predators from approaching you and how to report them to the authorities.

Relationship Intelligence

Community Group: Sanctuary, Incorporated

Learn the value of healthy relationships and making good premarital choices. This workshop will guide you through issues regarding friendship, family, intimacy and love, male and female differences, anger and other emotions, core identity, communication, marriage and Guam's teenage culture.

Safer Sex

Jade Terlaje // Jovon Chiguina // Kailie Lujan

While the possible consequences of "sex" seem very straightforward, many people are confused about the risks involved in all sexual behaviors. This workshop would provide you an opportunity to gain an in-depth understanding of the levels of risk involved in various sexual behaviors and how those risks can be.

Self-Harming Behavior

Jane Kang // Lee Religio

Why do people choose to harm themselves? Some say it takes away their pain while others say its fun. Find out why people harm themselves, some signs of self-harming behavior, and how to get help. Someone you know could be in skin deep.

Sexual Harassment

Justin Dimla // Mark Pachkoski // Rachel Gonzales

This workshop would help you define sexual harassment; know how to avoid perpetrating it, and how to support your peers who experience it.

Spirituality

Aisha Diaz // Trevor Bustos // Phoebe Rae Shmull

Seeing the light! Spirituality is an attitude and a perspective. It is being positive and looking for the beauty and best in everyone and everything. "Keep the faith ... happiness is around the corner"

Don't Sweat the Small Stuff (Stress Management)

Sara Sahagan // Anna Rippel // Bella Sasamoto

Control stress before it controls YOU! Learn simple tech-

niques to help you breathe easy and live longer. Don't sweat the small stuff ... Just BREATHE and RELAX!

Substance Abuse Prevention

Troy Saure // Nichole Teologo // Alani Jack

Changing the way your mind and body works could be a dangerous thing. Learn about several mind-altering substances and find out just how it affects individuals and families. Often times abusing drugs play a serious role in unhealthy choices that can lead to severe consequences. This workshop will help you develop strategies for good health and survival in an environment where drugs are used.

Make Life Happen (Suicide Prevention)

Miranda Garrido // Gary Rojas // Joey Cruz

In this workshop, we will talk about suicide awareness and prevention by addressing your thoughts, feelings, actions and who you could turn to for help before your problems become too unbearable to handle. Remember, suicide is preventable and help is available.

Team Building

Community Group: Guam Army National Guard

There is no "I" in TEAM. Together Everyone Achieves More. Learn the importance of being a team player and how to work better with others.

TENspiration: The Attitude to Change your World

Visiting Presenter: Ty Sells

See presenter bio for workshop description

The Truth about Tobacco (Tobacco 101)

Ian Saure // Baron Mafnas // Kalen Duenas

There is nothing glamorous, safe or relaxing about using tobacco products. The truth is tobacco is the leading cause of death in this country. The longer you ignore the real facts, the more harmful risks you take with your health and well-being. Join us and learn what you need to know about tobacco.

Underage Drinking Prevention

Kai Murrel // Brianna Duenas

There are a lot of myths about drinking alcohol. It's not all about just drinking and having a good time. Here you'll learn the consequences that comes with underage drinking.

Youth Perspective on Chronic Diseases

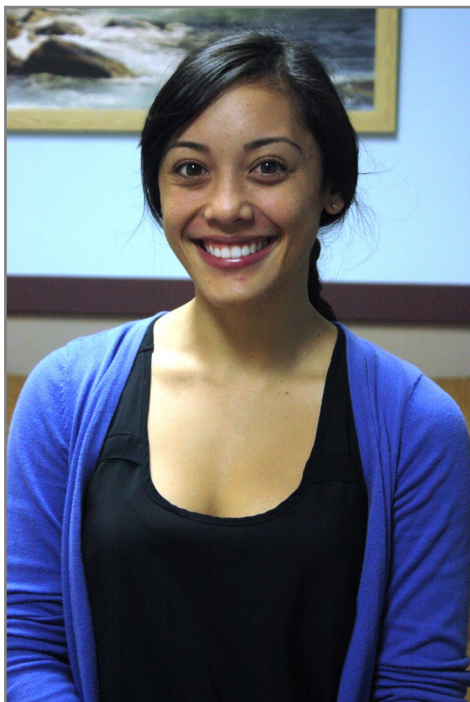
Community Group: NCD Consortium // Christine Camacho

Do you know that 60% of people die from chronic diseases? What are Non-Communicable Diseases and how do they affect YOUth? Share your ideas in communicating chronic disease prevention on Guam and get a free incentive for participating! (12 participants max)

Zumba Fitness®

Visiting Presenter: Tia Sablan

See presenter bio for workshop description



TIA SABLAN

Twenty-two year old Tia Sablan was born and raised on Guam. She attended Harvest Christian Academy from kinder to junior high and graduated from the Academy of our Lady of Guam in 2008. While in high school, Tia was an active member and officer of Youth for Youth LIVE! Guam. In 2008, she was the Youth Chairperson for 18th Annual Youth for Youth Conference “HIP 2B ... Drug Free.” Tia continued her education at Chaminade University of Honolulu in Hawaii and graduated with her Bachelors degree in Criminology and Criminal Justice. While in Hawaii, she also taught Zumba Fitness® full time and actively participated in various community service projects.

Tia has a heart to serve and a real passion for people. Led by her faith, Tia hopes to reach people and touch lives while making God famous.

KEYNOTE PRESENTATION: Suicide Prevention

We're all going through some stuff. Maybe you're sick ... sick of this, sick of that, sick of your situation. Maybe you're tired ... tired of school, tired of work, tired of hardships. Maybe you're drowning ... drowning, struggling to catch your breath. Maybe life has thrown you too many lemons that you can't do anything with them because they've already started to rot. Maybe you feel like you're at the end of your rope and all you want to do is give up and quit.

We're all going through some stuff. Stuff that has you stuck and camped out, that is chaining your potential. But you can get through it. We can get through it!

We're all going through some stuff, but we can move on. If we're doing this, we've got to do it right. It's time we develop an attitude that won't let us quit, that won't let us give up, that will allow us to see every situation as an opportunity to grow. There is hope. Each day is a chance to choose to live.

We're all going through some stuff. It's time we find our life's purpose and make each day count!

WORKSHOP

Zumba

Get up and dance till you feel better! Learn some hot new Latin moves like Merengue and Salsa and learn how to keep active and have fun at the same time!

MEET OUR KEYNOTE SPEAKERS



TY SELLS

Ty Sells is recognized as an individual who cares deeply for the well being of youth. He is known for his charisma and leadership. Not just a speaker, Ty brings over twenty years of experience in drug prevention and community services. Ty is an Ohio Certified Prevention Specialist II. He received his BA in Communication from Ohio State University. Ty is the Director of Training and Development for Youth to Youth International in Columbus, Ohio.

While working closely with the youth, he has gained first hand knowledge of the joys and challenges of being young today. Ty has developed a number of trainings, workshops, and presentations to address the many complex issues that confront today's young people.

KEYNOTE PRESENTATION: The Power of Acceptance

Ty's primary presentation, The Power of Acceptance, is a comical discussion that all students should see and hear. It challenges students to examine the way they treat others who are "different" from them. It also explores the consequences of making decisions based on what is "cool" today. The humorous and familiar stories give those in the audience a chance to laugh as they learn; stories that give meaning to the statement, "It's funny because it's true!"

WORKSHOP

TENspiration: The Attitude to Change Your World

An autistic student in New York scores 20 points in a varsity basketball game on senior night. A Chinese man stands in front of three tanks in Tiananmen because he believes he is right and his government is wrong. A teacher in a tough school district motivates her students to achieve beyond their wildest dreams. These are all true stories, all memorable, all inspirational. None were an accident. Inspirational moments aren't some fluke that happen every now and again. They are the result of many people making anonymous choices, just because they are the right things to do. No one in this world gets anywhere without being challenged and inspired by someone else, and we all inspire others without even knowing it. The dictionary gives 5 definitions of inspiration, but each of them calls for an action. As leaders, if we truly want to inspire others, we must stimulate thought and provoke action.

Lead Now

Leadership is a talent that is valued in all aspects of life. Sports teams, companies, governments and religions all are in search of people with an ability to lead. We are all waiting and clamoring for the next "Great Leader." Stop waiting! This workshop will help you to enhance the qualities present in each of us that can help us to be our own "Great Leader." It will also advance the understanding that leadership is more about service, than credit. As Ledru-Rollins once said "I've got to follow them; I am their Leader."



4th Annual HYPE IT UP! 5K



Getting Back 2 Basics





Setting Our Foundation



Facilitator Bonding Retreat



Join Youth for Youth LIVE! Guam

Youth for Youth LIVE! Guam

Join us today!

Meetings are held every Friday, 4:00pm - 6:00pm
at the PEACE office in Hagåtña,
2nd Floor Building F
J&G Commercial & Professional Center
(Next to Paradise Fitness Center).

For more information:
477-8861 / 477-9079 through 9083
www.peaceguam.org
yfyhype@gmail.com

LIKE US ON FACEBOOK:
www.facebook.com/y4yliveguam

Youth for Youth LIVE! Guam (YFYLG) is designed to involve the youth in developing, implementing, and evaluating a drug prevention program for themselves. Youth who wish to share project ideas to help plan and organize community activities are encouraged to join the YFY Organization.

Youth Members will **EMPOWER** their peers with knowledge and skills to promote healthy, drug-free lifestyles through:

- ♦ Community Educational Activities on Drug Abuse Prevention
- ♦ Youth trained as trainers in prevention
- ♦ Locally developed Prevention Resources for Youth
- ♦ Skill Development (Leadership) Training for Youth
- ♦ Networking with other Youth locally, regionally, and nationally
- ♦ Strengthening Youth and Adult Partnerships
- ♦ Empowering Youth with Positive Alternatives
- ♦ Fostering Community Collaboration



MEMBERSHIP FORM

Name: _____ Gender: ☐ Male ☐ Female

Ethnicity: _____ Date of Birth: _____ Age: _____

Village: _____ School: _____ Grade: _____

Mailing Address: _____

Home Phone: _____ Parents Work Phone: _____

Cell: _____ Other Contact #: _____

Member's Signature _____ Date _____ Parent/Guardian's Signature _____ Date _____

The **Youth For Youth Pledge** was written and accepted by the Dededo Drug-Free Organization (DDFO) in the early summer of 1988 and was adopted by Youth For Youth LIVE! Guam (YFYLG). It is a written commitment for youth to abstain from using tobacco, alcohol and other drugs while actively involved in the Youth For Youth Program. This statement is reinforced on the organization's paraphernalia such as t-shirts, bags, and other promotional items, however, the following pledge is a further statement of each member's personal commitment to our program and it's philosophy.

Personal Youth For Youth Pledge

I, _____, as an active member of the Youth for Youth LIVE! Guam (YFYLG) organization do genuinely and wholeheartedly swear to maintain and uphold the ideals of the Youth For Youth LIVE! Guam organization. Not only do I believe in the program and its worth, but I also believe in myself and my worth as a person. I, therefore, now formally state my commitment to stay free of alcohol, tobacco and other drugs throughout my involvement with the program. (This excludes any use for religious purposes.) I recognize the fact that, as a member of Youth For Youth, my peers will be looking to me to set an example by making healthy choices. I also realize this will not be an easy state to maintain, but I have a support network of friends in the program who will always be there for me in my times of need and DRUG FREE HAPPINESS!

Member's Signature _____ Date _____ YFYLG Advisor's Signature _____ Date _____

Congratulations YFY!

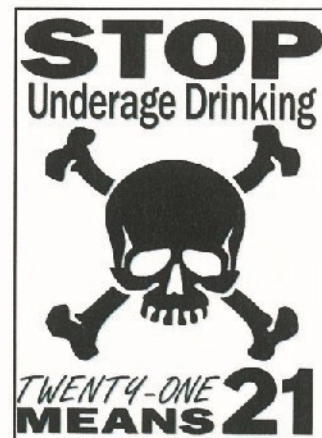
FROM THE DEPARTMENT OF YOUTH AFFAIRS

WHEN YOU TURN **18**, YOU CAN....

JOIN THE MILITARY, GET A JOB, GET MARRIED, BUY A CAR, MOVE OUT OF YOUR HOUSE, GO TO COLLEGE, TRAVEL AROUND THE WORLD, GET A CREDIT CARD, START A FAMILY, MAKE GOOD CHOICES, MAKE MISTAKES, START A CAREER, LEARN FROM EXAMPLE, LEAD BY EXAMPLE, TEACH OTHERS, DREAM BIG, and SO MUCH MORE.....

BUT YOU CAN'T LEGALLY CONSUME OR POSSESS ALCOHOL UNTIL YOU ARE **21.**

Guam has
ZERO  **TOLERANCE**
for Underage Drinking
Department of Youth Affairs is Enforcing Underage Drinking Laws



Did You Know?

Public Law 30-156

- Prohibits the sale or serving of alcoholic beverages to anyone under age **21**. Those who violate this law can be found guilty of a petty misdemeanor.
- Anyone under **21** who buys or consumes alcohol, or who exhibits a false identification card to buy alcohol, also faces a petty misdemeanor charge.
- Those ages 18 to 20 who work at licensed establishments may serve alcohol to customers.

Public Law 30-154

- This measure prohibits the sale or serving of alcohol between the hours of 2am and 8am daily.
- Bars and clubs must close their premises at 3am.

Public Law 30-155

- **HARSHER PENALTIES & INCREASED FINES** for violators.



Underage Drinking is Against the Law.



“

We're all on the same sheet of music...*by being alcohol-free*, our lives keep jammin' to the sweet rhythms of life: in-tune, on-beat, and with full harmony!

”

- Local Musicians



Become a Fan



Stay Sober
and in Control

www.onenationguam.com



This public service announcement was developed under the Strategic Prevention Framework State Incentive Grant # 5U79SP011183-05 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) in partnership with the Office of Juvenile Justice and Delinquency Prevention (OJJDP), Enforcing Underage Drinking Laws, Grant # FY2008-AH-FX-0064. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA, HHS or OJJDP.

CONFERENCE PLANNING COMMITTEE

OVERALL YOUTH CHAIR

Caleb Skvaril
Fabien Rippel

OVERALL ADULT CHAIR

Sean Rupley
Mikayla Legaspi

FACILITATOR

Aisha Diaz
Lee Religio
Devin Frazier (adult)
Allyson Iseke (adult)

FUNDRAISING

Jane Kang

ACTIVITY

Jeremy Pingul

REGISTRATION

Kanani Arriola
Grace Rosadino (adult)

PROGRAM

Jeanmarie Cruz
Audrey Topasna (adult)

LOGISTICS

Nichole Teologo
Peter Cruz (adult)
Tillie Blas (adult)

FINANCE

Genavie Palmares
Gayle Osborn (adult)
Barbara S.N. Benavente (adult)

WORKSHOP

Nicole Unpingco
April Aguon (adult)
Tia Sablan (adult)

PUBLICITY

Sara Dimla (adult)

YOUTH STAFF TRAINING VOLUNTEERS

Sean Rupley
Allyson Iseke
Cabrini Rivera
Devin Frazier
John Roberto
Peter Cruz
Gayle Osborn
Tillie Blas
Tami Grecia
Debbie Duenas
Audrey Topasna
Sara Dimla
Wes Tomokane
Isabella Fagota
Joseph Lujan



PREVENTION & TRAINING STAFF

Barbara S.N. Benavente
Helene Paulino
Deborah Duenas
Remedios Malig
Gayle Osborn
Peter Cruz
Geraldo Lunod
April Aguon

Audrey Topasna
Michelle Sasamoto
Maria Teresa Lozada
Sara Dimla
Mary Grace Lapid Rosadino
Tom Iglesias
Isabella Fagota (intern)
Wes Tomokane (intern)

ACKNOWLEDGEMENTS

HYPE IT 4TH ANNUAL UP 5K RUN WALK

PLATINUM



GOLD



SILVER



SPECIAL THANKS TO:

MBI • Payless Supermarkets • Vitacoco • Advance Management • AON Insurance • Dial Rent-to-Own • DNA Evolution • Holiday Resort and Spa • Kontenda's Gym
Market Wholesale Dist. Inc. • McDonald's of Guam • National Office Supply • Outrigger Guam • Pacific Islands Club • Paradise Fitness Center • Tango Theaters • American Printing Co.

ALUMNI AND ADULT VOLUNTEERS

Coast360 FCU
DPHSS, NCD Consortium
GNG Counterdrug Program,
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Office of the Governor
of Guam
Office of Sen. Dennis
Rodriguez
Pacific Daily News—Vibe,
Duane George
Sanctuary, Inc.
SM Store Guam
US Naval Hospital
Youth to Youth International
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Mikayla Legaspi
Sean Rupley
Tammy Grecia
Tia Sablan
Tillie Blas
Ty Sells



THE leading causes of death on Guam are Non Communicable Diseases (NCD) such as heart disease, stroke, diabetes and cancer, all of which cause heavy physical and financial burdens on our families and community. NCDs are preventable through modifiable lifestyle changes such as quitting smoking, reducing alcohol consumption, becoming more physically active and eating healthier.

A group of representatives from government and business sector as well as not-for-profit organizations heeding the call to action, came together to form the NCD Consortium and develop a strategic plan to address Guam's NCD burden. The NCD Consortium continues to grow and promote prevention & education.

Live Healthy Guam!

the Non-Communicable Disease Consortium



LiveHealthyGuam



Tobacco Prevention & Control Action Team

Physical Activity Action Team

Nutrition Action Team

Alcohol Prevention & Control Action Team

For more information and how to join please contact the NCD Consortium at 735.0673 or like us on facebook facebook.com/livehealthyguam

Stop Suicide on Guam

With Help, there's Hope

*In our culture, it's not easy to talk
about losing someone to suicide.*

BRANDON

Survivor, father died by suicide

"I lost my dad at a young age, but did not find out until I was an adult that it was from suicide. I had a positive picture of him from other people who told me the kind of person he was. My idea of him hasn't changed. I don't resent him for the lost opportunity to create a special father-son relationship. I'm sad that at one point he must have felt like no one was there for him."

If you or someone you know needs help

MAKE THE CALL.

24HR Crisis Hotline

(671)647-8833

National Suicide Prevention Lifeline

1(800)273-TALK(8255)

FOCUS ON
LIFE

(671)477-9079 ~ 83

www.peaceguam.org



www.facebook.com/FocusonLifeGuam

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QUICK REMINDERS

In the first family group at the conference, you will exchange names with your family group members. Keep the person's name a secret, this person is your **SECRET WARM FUZZY PAL!**

Each day you should write at least one note or message (folded with the person's first and last name **on** the outside) and place it on the **Warm Fuzzy Board**.



The notes should include **WARM FUZZY** (or things you like about the person) comments on smiles, personality, etc. Be sure to write positive notes daily. On the last day during the final family group, you will be given a chance to identify yourself to your **WARM FUZZY PAL**.

Everyone loves Warm Fuzzies! So write not only to your secret Warm Fuzzy Pal, but also to your friends and to any new friends you have met!

REMEMBER:

KEEP YOUR WARM FUZZY A SECRET UNTIL THE LAST FAMILY GROUP SESSION!



IF YOU'RE ON INSTAGRAM:

#YFYB2B

#YOUTHFORYOUTHLIVEGUAM

#YFYBACKTOBASICS



YFYLG Supports the Troops!

Getting BACK 2 BASICS... 23 Years of HYPE!

1990: If It Is To Be-It's Up to Me... Drug-Free!

Evelyn Untalan — Jennifer Leon Guerrero & Tessie Lanada (Youth)

1992: Back To Life-Back To Reality... Drug-Free!

Mary Bais — Michelle San Nicolas (Youth)

1993: Right Here - Right Now... Drug-Free!

Sally Quichocho — Alicia Cruz (Youth)

1994: Live and Learn ... Drug-Free!

Judy Fernandez — Rebecca Respicio (Youth)

1995: Pure and Simple ... Drug-Free!

Jude Suggang — Monique Hudgens (Youth)

1996: These Are the Days ... Drug-Free!

Fedinita Quinones — Benecia Sablan (Youth)

1997: Staying Alive ... Drug-Free!

Frank Blas, Jr. — Corine Benavente (Youth)

1998: A Decade of Choices!

Luckie San Nicolas — Faye Varias (Youth)

1999: No More ... Drug-Free!

John Roberto — Christine Losbanes (Youth)

2000: Reach Out ... Drug Free!

Athena M. Ramos — Paul Toves (Youth)

2001: Choose To Live... Drug Free!

Patrick San Nicolas — Daisy Merto (Youth)

2002: What Matters To You... Drug-Free!

Sammi Sharruf II — Jaimee Ranola (Youth)

2003: Keeping It Real ... Drug-Free!

Mireille Ellsworth — Justin Benavente (Youth)

2004: What's On Youth Mind? Kick It!

Zachary Dungca — Wilamina Duenas (Youth)

2005: Totally Healthy ... Totally Drug-Free!!!

Allyson Iseke — Cabrini Rivera (Youth)

2006: Youth for Youth Wants You...

To Be Drug-Free!

Michelle Sasamoto — Christina Cartaciano (Youth)

2007: Youth Xtreme - Straight Edge

Monique Portusach-Cepeda — RD Gibson (Youth)

2008: HIP 2B... Drug-Free

Audrey Topasna — Tia Sablan (Youth)

2009: Th!nk

Logan Reyes — Daniel Osborn (Youth)

2010: Celebrating 20 Years of HYPE!

(Helping Young People Empower)

Barbara S.N. Benavente & Gayle R. Osborn — Sean Rupley (Youth)

2011: 21LIVE!

Devin K.S. Frazier & Joseph V. Lujan — Baron Mafnas (Youth)

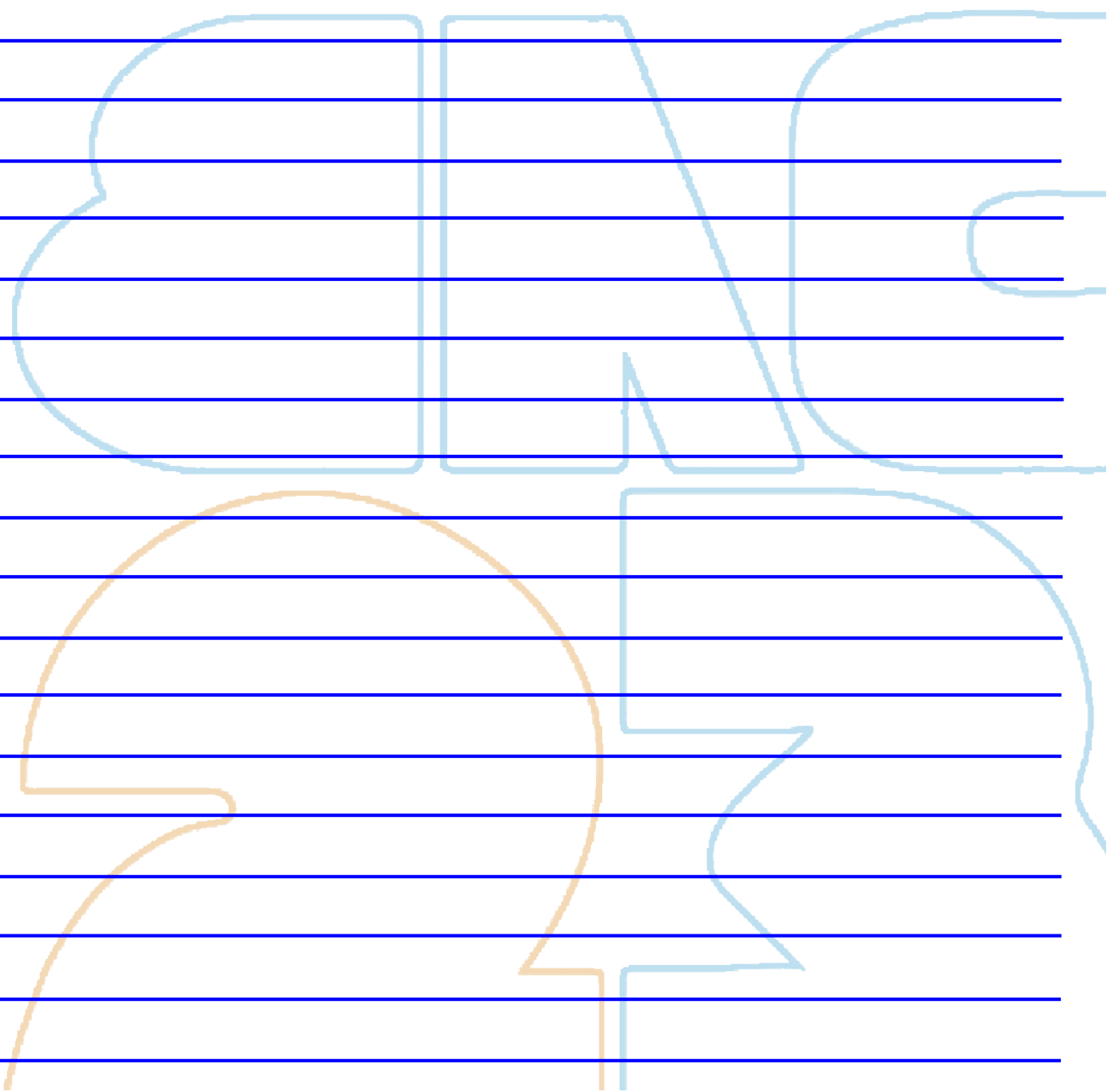
2012: 20:12 Time For Change

Cabrini Rivera — Marlijo Serineo & Jerrick Cruz (Youth)

2013: Back 2 Basics

Mikayla Legaspi & Sean Rupley — Fabien Rippel & Caleb Skavril (Youth)

Notes:



Congratulations Hyatt Regency Guam!

20th

Year of Business

20 Years of Partnership

♥ Youth For Youth LIVE! Guam