

Having Our Say

The newsletter of SaySo, Strong Able Youth Speaking Out

Volume 6, Number 4

About SaySo, Inc.

SaySo is a statewide association of youth aged 14 to 24 who are or have been in North Carolina's out-of-home care system. This includes all types of substitute care, including foster care, group homes, and mental health placements.

Our mission is to work to improve the substitute care system by educating the community, speaking out about needed changes, and providing support to youth who are or have been in substitute care.

Become a Member!

If you are interested in joining **SaySo**, let us know! E-mail or write us with the following information: your name, age, and address (including e-mail), region and the kind of out-of-home placement you are or have been in.

Contact Information

SaySo, Inc.
c/o ILR, Inc.
411 Andrews Rd., Ste. 230
Durham NC 27705
Phone: 800/820-0001
Fax: 919/384-0338
Web Site: www.saysoinc.org
Email: sayso@ilrinc.com

Officers

Co-chairs: Curtina K. and
Cherish C.
Secretary: Julia S.
Treasurer: Britney M.
Sergeant-at-arms: Antwan B.



Taking It To The Ropes Better Than Ever!!!!

As part of **SaySo's** Orientation Weekend, the new 2005-2006 Board of Directors took to the ropes for another awesome year!

The Board of Directors attended the Sandhills High Adventure course. There are 4 course activities; The Climbing Tower, High Y, Trust Fall, and The Pole. By participating in each of these activities each of the members learned to leave their "comfort zones" and take risk in a supportive, team environment. The activities challenged each of the members both physically and mentally. The basic premise of the course lies in its challenge for participants to succeed in... **TEAM BUILDING, SELF MOTIVATION, PROBLEM SOLVING, DECISION MAKING, AND COMMUNICATION.**



Make a Difference Day Project



The 15th Make a Difference Day is Saturday, Oct. 22, 2005.

Make a Difference Day, is the largest national day of helping others, it is sponsored by USA WEEKEND Magazine and its nearly 600 carrier newspapers. Make a Difference Day is held in partnership with the Points of Light Foundation.

Suitcases for youth- Did you know that many children coming into foster care often have to place their treasured possessions into TRASH BAGS because social services can not provide a suitcase for every child? Imagine what it feels like to put all your things closest to you into a trash bag while leaving the only home you have ever known. Well, it has happened to plenty of us, and we can tell you, **IT DOES NOT FEEL GOOD!** However, you can change all of this by donating a new suitcase or duffel bag for these children, or donate money for us to purchase new bags for them.

Packets to establish a collection site are now available at SaySo Inc. Call 800-820-0001

Visit our website: www.saysoinc.org

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Board Member Contact:

Region 1

Cherish- Co-Chair

fairylove8426@hotmail.com

Britney- Treasurer

brit691@hotmail.com

Julia

juliascronce@hotmail.com

Region 2

Melissa

fattygirl6913@yahoo.com

Region 3

Shannon

loveshayshay@yahoo.com

Laura

No e-mail

Region 4

Peaches

peaches_sanders@yahoo.com

Vivian

feelmein2004@yahoo.com

Curtina- Co-Chair

Tinabell12@hotmail.com

Region 5

Dionna

dlh1016@mail.ecu.edu

Antwan- Sgt. At Arms

antwan27801@yahoo.com

Ashley

No e-mail

Region 6

Daniel

gonavyseal@excite.com

Kandus

mariahcareysbiggestfan@yahoo.com

Lakisha

lelove87@yahoo.com

LINK-Up Youth Conference

It's Link-UP time for all foster youths ages 13-15 in the East. Mark your calendars for FOOD, FUN, and GAMES...OH YEAH great workshops.

What is LINK-UP? LINK-UP is a conference that will prepare you for the real world as well as build your communication skills. It also teaches you information about how to take care of yourself, work with others, and interact with your community in a fun way that won't put you to sleep.

SaySo members lead the workshops and games.

When? August 3, 2005 @ 9:30 AM - 3:30 PM

Where? Charlotte, NC

If you are interested in attending, contact your social worker about a registration form ASAP or download a form from our website



WHAT'S NEW?

Are you (or a friend) 17 or younger, living in North Carolina, and pregnant or a parent? If so, there's a new, FREE legal guide for you in English or Spanish.

WHAT'S IN IT?

140 questions and answers, such as: What should you do if you are or might be pregnant? Are you legally old enough to be a mother or father? Can you have an abortion if you are 17 or younger? What does having custody of a child mean? Do you have to live at home to get cash assistance? How can you lose parental rights? Can you get married? Get a job? Rent an apartment? Get health care for yourself and your baby? Get child support? What rights do fathers have? Must grandparents support their child or grandchild? Can you quit school if you have a baby? What if your partner's five years older? What if he hurts you or the baby? Does having a baby in the US make you a citizen? What government help can immigrants get?

HOW DO YOU GET IT?

In August this guide will go on-line at <http://www.teenpregnancy.unc.edu> and also at <http://www.teenmother.unc.edu>. You can read and print it from there—no charge, no need to register. SAYSO will have paper copies by the end of September. Call or email SAYSO if you want one.

