Having Our Say

The newsletter of SaySo, Strong Able Youth Speaking Out

4th SaySo Page Week

Volume 7, Number 3

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.

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Officers

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Cherish C.

Secretary: Julia S.
Treasurer: Britney M.

Sergeant-at-arms: Antwan B.



SaySo Page Week was May 15-19, 2006 at the General Assembly in Raleigh NC. This year we had 11 SaySo members in the Governor, House, and Senate Page Program. The week was kicked off with a dinner hosted at the Youth Advocacy & Involvement office. This was an opportunity for everyone to be able to get to know one another and enjoy a nice meal. During page week there was a Foster Care and Adoption Awareness day. We had several SaySo members speaking to legislators about what permanence meant to them. During this day the Resiliency Banners were hung in the legislative building.



speak to legislators.



Vanesse, and Corey



SaySo Members that were panelist at the legislators: Melinda, Antwan, and Rochelle.



Meet our House Pages: Muhammad, Chris, Brittany & Trenese



Meet our Senate Pages: Brittany, Jalycia, Cierra, and Michael

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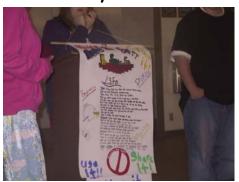
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Everyone SURVIVED the 1st SaySo Survivor Retreat, May 5 - 7, 2006!

The theme of SaySo Survivor was "Exploring Resiliencies: Moving from Surviving to Thriving." The process we took was NAME IT, CLAIM IT, USE IT, SHARE IT. There were about 35 foster youth, alum, and allies in attendance. The guest speaker was Angelina Spencer who spoke about abuse she experienced as a young girl and how she has now moved from surviving to thriving as an adult/mother. She hung around afterwards to talk with other youth who had personal questions or things to share with her. The participants were involved in team building activities, low ropes course, creating life balls, horseback riding, canoeing, and smores. One team building activity involved small groups identifying a resiliency trait they would need to move from surviving to thriving Groups created banners and presented that resiliency to the larger group. The named resiliencies include: DETERMINATION, COURAGE, BREAKING THE CYCLE, and FORGIVENESS. Look for these banners at future SaySo events!!







Top Left:

Angelina, our Keynote Speaker

Top Right:

One of the groups presenting their resiliency banner.

Bottom:

A group picture of the participants.