

SAYSO

Volume 11 Issue 16
SPEAKING OUT TODAY

February 2016

Having Our Say

The newsletter of SaySo, Strong Able Youth Speaking Out

The Mission of SaySo, Inc., 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."

Teen Dating Violence Awareness Month

- Teens who suffer dating abuse are subject to long-term consequences like alcoholism, eating disorders, promiscuity, thoughts of suicide, and violent behavior.
- 33% of adolescents in America are victim to sexual, physical, verbal, or emotional dating abuse
- In the U.S., 25% of high school girls have been abused physically or sexually. Teen girls who are abused this way are 6 times more likely to become pregnant or contract a sexually transmitted infection (STI).

**STOP
DATING
VIOLENCE**

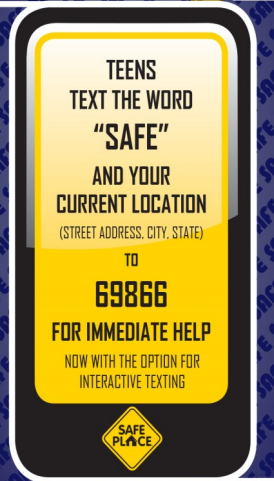
**The Dating
Bill of Rights**

I have the right to:

- ♥ trust myself and my instincts
- ♥ be respected as a person
- ♥ change my mind
- ♥ express my feelings
- ♥ refuse a date
- ♥ not be physically, emotionally, or sexually abused



**TXT4
HELP**



Welcome to the SaySo Family 2016

Jacqces

Kenneth

Tyler

Brandis

Jamunji

Eric

Micah

Symonthia

Angel

Omega

Jashia

Suzanne

Kirkorra

Ta'Haira

people Helping People



You are not alone



SaySo is a statewide youth lead advocacy organization for youth and young adults ages 14-24 who are or have been in substitute care.

Become A Member

If you are interested in joining SaySo, let us know! E-mail us at sayso@ilrinc.com write the following information: your name, birth date, and address, (including e-mail)

Page week

Great opportunity to build your resume and stand out from the crowd for college.



April 24-28, 2016

The North Carolina house page offers a unique and firsthand educational experience to students from across the state. Pages will have the opportunity to observe North Carolina lawmakers, lobbyists, staff and meet your local legislators. The page witness and learn how a bill becomes law, the structure of state government and the legislative.

The duties of the young person:

- Daily sessions
- Committee meeting
- Office assistance
- You get a stipend \$150.00 or 30 hours of community service

SaySo Survivor

April 28-May 1, 2016

SaySo Survivor is a retreat for young people who have been in foster care or substitute care to come and reflect back on their experiences. If you would like to attend please registrations online at SaySo's website.

The young people learn:

- Teamwork
- Leadership
- Horse back riding
- Canoeing



Alumni Spotlight



Chaney Stokes

is a former foster youth who has been involved with SaySo since she was 15 years old. She entered foster care during her freshman year of high school and was in and out of care through her senior year. Chaney graduated from high school in 2004. She served on the SaySo board of directors for several years, representing Region 6. Chaney transitioned into the position of a SaySo Regional Assistant, and became our first Assistant Program Coordinator in August 2010. Chaney hopes to be involved in making positive changes that will help to improve the foster care system. Chaney is a wonderful example of not allowing your past to determine your future. She currently works as a Family Partner Coordinator/Trainer at Center for Child and Family Health.

Congratulations



Marcella Middleton

The SaySo's youth partner trainer Marcella Middleton was awarded WRAL's Living The Legacy of Dr. Martin Luther King Jr. award for 2016.

Watch online

<http://www.wral.com/news/local/video/15393546/>

SaySo's upcoming events



SaySo's 18th Birthday Party

saySo
SATURDAY
REALITY CHECK
18 Years of Advocacy
COME CELEBRATE:
Food, Fun, Panel, Elections & Workshops
for adults and youths!
Saturday MARCH 5 2016
9:30a.m. - 4p.m.
GTCC
Jamestown Campus
Register today at www.saysoinc.org
or call 919-384-1457

SAYSO Address

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Durham, NC 27705**

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Speaking Out Today, While
Making Changes for Tomorrow

Black History Month

"If there is no struggle, there is no progress."

-Frederick Douglass

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

-Harriet Tubman

MARCH

"Social Worker Awareness"

If you have a great social worker please shout them out by calling or emailing us here at SaySo! We would love to recognize them on our SaySo's website!

**March is
Social Worker
Awareness
Month**

CONNECT WITH US THROUGH SOCIAL MEDIA



Scan to go to
our website



#MotivationalMonday

#ThrowbackThursday

#TriviaTuesday

#FunnyFriday

AS WELL AS SHARING VIDEOS, UPCOMING
EVENTS, PICTURES, UPDATES AND MORE!!!