

# **10<sup>th</sup> Annual** **Rally for** **Awareness**

Shocco Springs Conference Center  
Talladega, Alabama

APRIL 18, 2013



# RALLY General Information

## Pictures

Photographers will be present throughout the day for school group pictures and candid shots. These pictures will be made available to teachers on a CD. A press release, and your school's picture, will be available upon request to April Smith at [asmith@thefocusprogram.com](mailto:asmith@thefocusprogram.com). Please make sure your school doesn't miss this opportunity to provide recognition for your attendance at the 2013 Rally.

## Evaluation Forms

Rally attendees are encouraged to complete a Session Evaluation Form for each session they attend and return these forms to the Adult Monitor/Guide at the conclusion of each session. Also, in each attendee's packet there is an Overall Conference Evaluation Form, which should be completed and returned at the conclusion of the last General Session in the Shocco Springs Cafeteria. This information will be useful to the FOCUS staff in planning future conferences. Thank you for your cooperation in this important aspect of the Rally.

## In Consideration of Others

- Please turn off all cell phones.
- Refrain from entering and/or leaving the meeting room once a session has started.

## Rally Locations

Registration/Sign-in and the first General Session will take place in the Chapel. All Rally sessions will be held in the Bagley Center on the 1st, 2nd, and 3rd floors. Please refrain from using the elevators unless you are unable to walk the stairs.

*The FOCUS Program is a Funded Project of the Alabama Department of Public Health.*

# Participating Schools for the 2013 Rally

- |                                       |  |
|---------------------------------------|--|
| 1. A.H. Parker High School            | 15. Hewitt-Trussville High School        |
| 2. Alabama School for the Deaf        | 16. Hope Academy                         |
| 3. Andalusia High School              | 17. Horseshoe Bend School                |
| 4. Anniston High School               | 18. Huffman High School-Magnet           |
| 5. Central High School of Clay County | 19. Jacksonville High School             |
| 6. Cleburne County High School        | 20. Madison County High School           |
| 7. Dadeville High School              | 21. Munford Middle School                |
| 8. Eden Career Technical Center       | 22. Oxford High School                   |
| 9. Fayette County High School         | 23. P.D. Jackson-Olin High School        |
| 10. Fayette Middle School             | 24. Russellville High School             |
| 11. Florence Middle School            | 25. Sylacauga High School                |
| 12. Foley High School                 | 26. Talladega County Central High School |
| 13. Georgiana High School             | 27. Union Chapel Christian Academy       |
| 14. Handley High School               |  |

- 8:00 - 9:00     **Rally Registration and Networking**
- 9:00 - 10:15   **General Session – Chapel**  
**Opening Ceremony**  
*T.K. Scott, University of Alabama*  
*Nicholas Embry, DaQuendra Elston, and Jayla Gash*  
*Talladega Central High School, Host School*
- Posting of Colors**  
*Talladega High School ROTC*
- Pledge of Allegiance**
- Moment of Silence**
- Keynote Speaker, “The Power of One”**  
*Brian Earley, Think2Change, Nashville, TN*
- “Skyscraper Dramatization”**  
*Sylacauga High School FOCUS Students*
- Conference Announcements**  
*Sue Jones, FOCUS Director*
- 10:15 -10:30   **Break/Move to Bagley Center**
- 10:30 – 1:20   **Break-out Sessions - Bagley Center**
- 1:30 –2:00     **Closing Session - Chapel**

**ADULT BREAK-OUT SESSION  
ROOM 223**

- 10:30 -10:35   **Sign-in/Overview of Sessions**
- 10:35 - 11: 15   **“HIV and the Ten Most Common Sexually Transmitted Diseases in AL”**  
*Rick Meriwether*  
*–University of Alabama Birmingham*
- 11:15- 11:45     **Lunch**
- 11:45 -12: 50   **Continuation of Previous Session**  
*Rick Meriwether*
- 12:50 -1:20     **“Adolescent Health”**  
*Sandy Powell, RN, AL Department of Public Health*
- 1:20 - 1:25     **Move to Chapel**
- 1:30 - 2:00     Closing Session – Chapel

**STUDENT BREAK-OUT SESSIONS**

- 10:15 - 10:30   **Move to Bagley Center**
- 10:30 - 1:20     **Break-out Sessions/Lunch Bagley Center**  
 (Individual schedules, lunch tickets, and evaluation sheets are in registration folders. All students will attend lunch, the Health/Community Resource Fair and two additional breakout sessions.)  
**PLEASE FOLLOW YOUR ASSIGNED MONITOR AND SCHEDULE!**
- 1:30 – 2:00     **Closing Session – Chapel**  
 Awards and Recognitions  
 FOCUS Schools of the Month Video  
 Presentation of \$500 to the FOCUS School of the Year

**\*T-Shirt Distribution:** Rally T-Shirts are to be picked up by adult chaperone following the Closing Session in the Chapel Lobby at 2:00.

*Save the Date!*



**Join us on  
July 29 - 30, 2013**

**FOCUS  
Facilitator Training**

**Alabama 4-H Center in  
Columbiana**  
*Centrally located between I-65 and  
Hwy 280 on beautiful Lay Lake*

*‘Registration will open on  
May 1, 2013*

# 2013 Student Break-out Sessions

## Room 206

### **Topic:** *Alabama Graduated Driver License Law/Distracted Driving*

#### **Title:** *"Hope in the Midst of Tragedy"*

**Description:** Barbara Hurst, Parent Advocate for the Alabama Graduated Driver License Law, will tell the story of her daughter's tragic and untimely death due to an automobile crash. Jessica Ford and Victoria Sexton, friends of Ms. Hurst daughter - Natalie, will discuss the importance of promoting these laws. Students in this session will also have the opportunity to participate in AT&T's Texting and Driving simulator. Glyn Agnew, from AT&T, will promote the "Texting Can Wait" Campaign.

**Presenters:** Barbara Hurst, Jessica Ford-Pelham High School, Victoria Sexton-Hoover High School, and Glyn Agnew (Regional Director, AT&T Legislative and External Affairs)

## Room 226

### **Topic:** *Teen Pregnancy Prevention*

#### **Title:** *"Live Life Before You Give Life"*

**Description:** Learn the facts about teen pregnancy, and hear a real life account of what it's like to become a parent in high school.

**Presenters:** Will Hurst, Robin Yawn, Julie DiFranco, Jalen Ginn, Kelly Craig, Breanna Smith, Julia Hall, Haleigh Kress, Tamela Kress, Mary Scott Pearson, Emily Fleming: Madison County High School  
Facilitator: Laura Houk

## Room: 300

### **Round Table Discussions/Seven Topics**

#### **Topic 1: Peer Helping and FOCUS**

##### **Title:** *"Connecting Peer Helping and FOCUS"*

**Description:** The connection between FOCUS and Peer Helping is a natural one. In this round table discussion, FHS Peer Helpers will explain the national peer helping philosophy, their code of ethics, the major concepts, and how your FOCUS program can be enhanced by adding peer helping training.

**Presenters:** Peer Helpers/FOCUS Members: Foley High School  
**FOCUS Facilitator:** Julie Champion

#### **Topic 2: FOCUS Overview**

##### **Title:** *"We're MAD (Making A Difference!)"*

**Description:** This round table discussion will

give participants an overview of FOCUS and details of its implementation. FHS students will provide information which will allow students to have an understanding of the need for a FOCUS program, first steps to beginning one, and how to fully progress as a team.

**Presenters:** Isabella Battaglia, Amanda Donald, Felcia Guthrie, Cameron Hale, Kaitlin Fiala, Bobby Kleinschmidt, Miranda Magaha, Noah Parker, Catherine Taylor, and Ontario Windham: Foley High School  
**FOCUS Facilitator:** Julie Champion

#### **Topic 3: Facebook and Twitter**

##### **Title:** *"How to Use Social Media to Promote Your Ideas"*

**Description:** Social media can be a valuable tool to get your message out. Hewitt-Trussville High School shows you how they used Facebook and Twitter to promote a recent sugar awareness nutritional program.

**Presenters:** Abby Osborne, Dakota Harwell, Marissa Lee, Veronica Lyle, Haley Rosetta, and Nathan Stotser: Hewitt-Trussville High School  
**Wellness Club Sponsor:** Dana DePew

#### **Topic 4: Alcohol Awareness**

##### **Title:** *"Fact or Fake?"*

**Description:** How much do you know about Alcohol? Let's talk about it and determine what is Fact or Fake.

**Presenters:** Alex Skelton and Alexis Mogil: Oxford High School  
**FOCUS Facilitators:** Lindsey Webb and Amy McCorkle

#### **Topic 5: Postponing Sex**

##### **Title:** *"Why Wait? Reasons They Didn't Tell You!"*

**Description:** This session will engage students in a discussion about postponing sex until they are ready- mentally, monetarily, and emotionally. Students will discuss questions and hear rhetoric about why they should wait. These reasons will be rational, realistic, and applicable and will not include the textbook answers they would get from school or their parents.

**Presenters:** TK Scott and Juliana Wright; Independent- The University of Alabama

**Topic 6: Nutrition: The Importance of Exercise**

**Title: “Everything is Hard, Until It’s Easy”**

**Description:** We strive to be life-long learners with our mind; we should work toward this goal with our bodies. Be diligent, be committed, be victorious—victory is reserved for those willing to pay the price. We do not quit playing because we grow old; we grow old because we quit playing!!

**Presenters:** Mary Kelly Cantrell and Hunter Youngblood: Sylacauga High School

**FOCUS Facilitator:** Carol Sprayberry and Tyler Laye

**Topic 7: FOCUSED and Featured School of the Month**

**Title: “Prepare and Share”**

**Description:** Prepare and Share your events each month. The result of the “FOCUSED and Featured School of the Month” is two-fold. Your FOCUS Program will provide other schools new ideas, and you could be selected as the school of the month. The winning school for the year receives \$500.

**Presenters:** Denee Jackson, Alex Dodson, and Levi Stone-Sylacauga High School

**FOCUS Facilitator:** Carol Sprayberry and Tyler Laye

**Room: 306**

**Topic: Deaf Culture, Bullying, and AIDS related to the Deaf Community**

**Title: “Me, bully, AIDS.....not me, I’m deaf!”**

**Description:** A brief look into deaf culture, ASL poetry, bullying related to disabilities and how AIDS affects the deaf community.

**Presenters:** Raven Sutton, Soledad Valdares, Debbie Wheatley, Tuesdae Dunklin, Sharnesha Cole, and Kelly Ciganek: Alabama School for the Deaf

**FOCUS Facilitator:** Tamera Hardaway and Apryl McCurdy

**Room: 323**

**Topic: Teen Depression**

**Title: “I Am”**

**Description:** A program to raise student awareness concerning teen depression; called “I AM.” Student body is encouraged to identify themselves through the statement I AM \_\_\_\_\_ and fill in the blank with a self-describing

adjective. Students will be given opportunities to express their self-pride. Self esteem is a direct component of fighting depression.

**Presenters:** Sydney Brunson, Kat Dean, Autumn Grimes, Steffanie French, Jennifer Botta, and Savannah Ricks: Andalusia High School

**FOCUS Facilitator:** Charlotte Spurlin

**Room: 324**

**Topic: HIV and Testing**

**Title: “The Test You Can’t Afford to Fail”**

**Description:** Schools have standardized tests to determine how much you have learned. There are test taking tips and guides to help with the process. The key to passing any test is preparation. Fail this test and it could affect your life forever.

**Presenter:** Shakina Wheeler, HIV Prevention Coordinator, Alabama Department of Public Health, Area 3, Tuscaloosa

**Room: 325**

**Topic: Prescription Drug Abuse**

**Title: “Generation Rx: Do You Know the Truth About Drug Abuse?”**

**Description:** This interactive session will discuss the negative effects and consequences of prescription drugs abuse. The presenters will also discuss the effects of prescription drugs when they are combined, or mixed, with alcohol. They will also explore ways students can become a voice and raise awareness among their peers and community.

**Presenters:** Ashley Core and Brooke Devore: Samford University, McWhorter School of Pharmacy

**Room: 326**

**Topic: Personal Values**

**Title: “What Do You Think?”**

**Description:** Have you determined what is important to you? Think about it! In this interactive session, participants will be presented with value statements and have an opportunity to respond and share their thoughts.

**Presenters:** Ashley Smith, Deja Bryant, Ebony Green, and Zanita Williams: Anniston High School

**FOCUS Facilitators:** Gussie Stallworth and KaSandra Smith

## FOCUSED & Featured Schools

The FOCUSED & Featured section of FOCUS was created to acknowledge schools that have implemented FOCUS within their school and, as a result, have created a successful prevention (of HIV/AIDS and other adolescent risk behaviors) activity or project that they would like to share with others.

Each month a school is selected out of the entries and is highlighted in the upcoming month's FOCUS eNewsletter. In order to submit your school's successful prevention activity or project simply fill out the FOCUSED & Featured Form, which can be found at [www.thefocusprogram.com](http://www.thefocusprogram.com) and follow the instructions. In order to be considered for the upcoming month's eNewsletter all FOCUSED & Featured Forms must be submitted by the 7th of each month. In early April the top prevention activity or project will be selected and that school will be awarded \$500 at the Rally for Awareness!

### NOVEMBER 2012

#### **Walker High School Facilitated by Vicki Lyle**

The Walker High School FOCUS group celebrated Red Ribbon Week by making a bulletin board. FOCUS members dressed up each day of the week during Red Ribbon Week to make a statement against drugs and alcohol. The members wore red t-shirts that stated "Plant a Promise" on the front and "The Best Me is Drug Free" on the back. FOCUS Members also gave out bracelets during the lunch periods and had the students sign a banner declaring to be "DRUG FREE." The students were then entered in a drawing with prizes awarded on Friday. Everyday a statement was read about drug awareness during the morning announcements. On Saturday, the FOCUS members and Anchor members met in front of the school to participate in "Planting a Promise" – this was held on Make A Difference Day and concluded Red Ribbon Week. Fifty students cleaned out the flower beds in front of the school and planted 100 tulip bulbs in front of the school. A picture was put in the local newspaper with a short article. Walker High School's FOCUS group will meet again in the spring when the tulips bloom to renew their promise.



### DECEMBER 2012

#### **Alabama School for the Deaf Facilitated by Apryl McCurdy & Tamara Hardaway**

The Alabama School for the Deaf FOCUS group participated in National Bullying Awareness Month by having a "Unity" day to remind others to say no to bullying. The event started in the Elementary Department where FOCUS members talked with the students about being a "Buddy not a Bully." The students were given a worksheet to either draw a picture or write a paragraph about being a friend and stop bullying behavior. In the high school, students were greeted with colorful posters reminding them that bullying is not appropriate and they need to speak up and not be a bystander. In the cafeteria, students spoke about bullying and handed out orange ribbons to students and staff in observance of National Bullying Awareness Month.



### JANUARY 2013

#### **Handley High School Facilitated by Kelli Hendon & Jamie Watts**

In conjunction with World AIDS Day, Handley High School had FOCUS member's pair up to teach an informative lesson to all homerooms. The lesson was modeled for all FOCUS student-teachers by the guidance counselor before the students had to teach it themselves. In the lesson, students presented an assessment of prior knowledge, followed by a lesson with the information about AIDS and performed a role activity that simulated the different lifestyles students may choose. The FOCUS members then cleared up any myths or misconceptions about HIV/AIDS and answered questions. The assessments that students were given during the beginning of the lesson were corrected, thus ensuring all students had the correct answers and knew how HIV/AIDS was transmitted and other information concerning the virus.



**FEBRUARY 2013****Oxford High School**  
*Facilitated by Lindsey Webb & Amy McCorkle*

Oxford High School developed several activities for their students to participate in during the observance of AIDS Awareness Week (week of December 10, 2012). To start it off, three of their officers took part in a meeting with Tom Robertson and Sue Jones at the Calhoun County Health Department. Next, several members of their program attended the Rally for AIDS awareness at the Anniston City Meeting Center. They participated in a walk to show support for those suffering with HIV/AIDS. During school that week, they scheduled a day for everyone to wear the color red. They also gave each student and faculty member a red ribbon to pin to their clothes. On Wednesday, the FOCUS members handed out "dum dum" suckers with messages about the disease attached to them. They also decorated the halls of the school with informational posters.

**MARCH 2013****Hewitt-Trussville High School**  
*Facilitated by Dana DePew*

In October, during Mix It Up Day, Hewitt-Trussville High School FOCUS group encouraged students to get out of their clicks and meet new people. They rearranged the lunchroom tables so no one could sit in their usual place. Each table had a brightly colored piece of paper on it (seven colors in all were randomly assigned to each table). As students entered the lunchroom, the FOCUS club members stamped their hand with a color that matched a table color. If the students sat at the table that matched their hand stamp color, they were rewarded with a blow pop sucker. In November, Hewitt-Trussville walked as a group for a total of 5 miles (round trip). They had a sack lunch in the park with the choice of a Chick-fil-A sandwich, chips, fruit, cookies and water. Students then calculated their calories burned from walking and calories consumed at lunch to make them aware of the impact exercise and food choices can have. In January, fifteen students attended the Make A Change workshop at the Birmingham YWCA and gained insight to the LGBTQ issues facing many students. In March, Hewitt-Trussville had a school wide health fair with forty vendors from organizations that promote health, safety and positive choices. Their FOCUS club had a booth with a push up contest that was very popular. They also partnered with their biomedical students to do vision and blood pressure screening.

**APRIL 2013****Sylacauga High School**  
*Facilitated by Carol Sprayberry*

Sylacauga High School's major emphasis this year was on sexual risk behaviors resulting in teen pregnancy and HIV/AIDS. The educational and prevention efforts involved awareness activities, announcements, exhibits, peer helping, assembly programs, and dramatizations.

Each month throughout the year students focused on different aspects of teen pregnancy and presented information in the school cafeteria by providing general statistics about teen pregnancy, information regarding teens moms and dads, and the financial impact of parenting a child. The FOCUS members used red, pink, or blue tablecloths for emphasis on various awareness activities. On World AIDS Day an assembly with a presentation by Kamaria Laffrey was held. Living with HIV, Ms. Laffrey had an amazing testimony and delivery of her life's struggles. FOCUS members also led assemblies at Nicholas Lawson Middle School where dramatizations and peer helping activities were held.



**The FOCUSED & Featured School of the Year will be announced during the closing General Session and will be awarded \$500.00 to be used in their FOCUS Program prevention efforts.**

**CONGRATULATIONS TO ALL 2012-13 WINNERS!**

# Special Thanks

## Rally Monitors

### Jacksonville State University Peer Educators

Skyler Bass  
Randy James  
Stephanie Jones  
Jade Scott

Karen Green, Hope Academy  
Tyler Laye, Sylacauga High School  
Jason Williams, Healthy You, Inc., Dothan  
Tessa Yates, Central High School of Clay County

## HOST SCHOOL

Talladega Central High School  
Ms. Suzanne Dickinson, FOCUS Facilitator

501-c-3 sponsoring agency

**FAMILY LINKS**  
*of Calhoun County*



[www.thefocusprogram.com](http://www.thefocusprogram.com)



[www.adph.org](http://www.adph.org)



### **Rally Planning Committee**

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### **AND**

Matthew Wilson  
Pete Key  
Bill Jones  
Felicia Boland

