

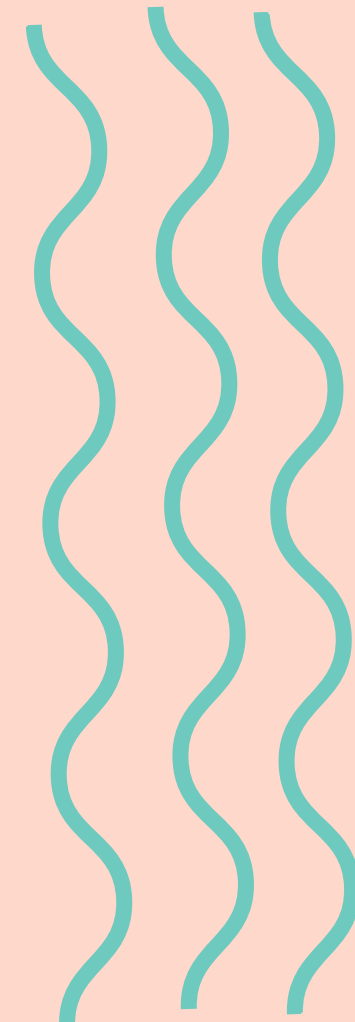
# AMPLIFY FNL



FRIDAY NIGHT *live* 2024  
YOUTH SUMMIT

# AGENDA AT-A-GLANCE

## SATURDAY, OCTOBER 19TH



8:00AM – 9:30AM	Grab & Go Breakfast <i>Pacific Promenade</i>
10:00AM – 11:15AM	Opening Session
11:30AM – 12:30PM	Workshop Session 1
12:30PM – 1:30PM	Lunch
1:30PM – 2:30PM	Workshop Session 2
2:45PM – 3:45PM	Workshop Session 3
4:00PM	General Session

## SUNDAY, OCTOBER 20TH



8:00AM – 9:30AM	Breakfast
9:00AM – 10:30AM	General Session
10:30AM – 12:00PM	AMPLIFY FNL! (Exhibits & Planning)
12:00PM	Lunch & Closing Session

All general sessions and meals will be in the Pacific Ballroom on the second floor.  
All workshops and planning sessions will be on the fourth floor.  
Exhibits will be in the Pacific Promenade on the second floor.



# AMPLIFY FNL

Welcome to the Friday Night Live (FNL) Youth Summit!

This year, we are ready to turn up the volume and make some noise! Over the next two days, you will hear from an inspirational lineup of speakers, create a strong foundation of skills, and make connections that will echo far beyond these walls. As an all-access pass holder, there are practices we expect to be upheld and performed by all:

- (1) Be present and go all in
- (2) Have an open mind
- (3) Act with intention
- (4) Approach everyone and everything with care and respect
- (5) Have fun!

We believe that collective voices create meaningful change. Thanks for joining us to AMPLIFY the voices, actions, and impact of FNL chapters across the state.

In community,

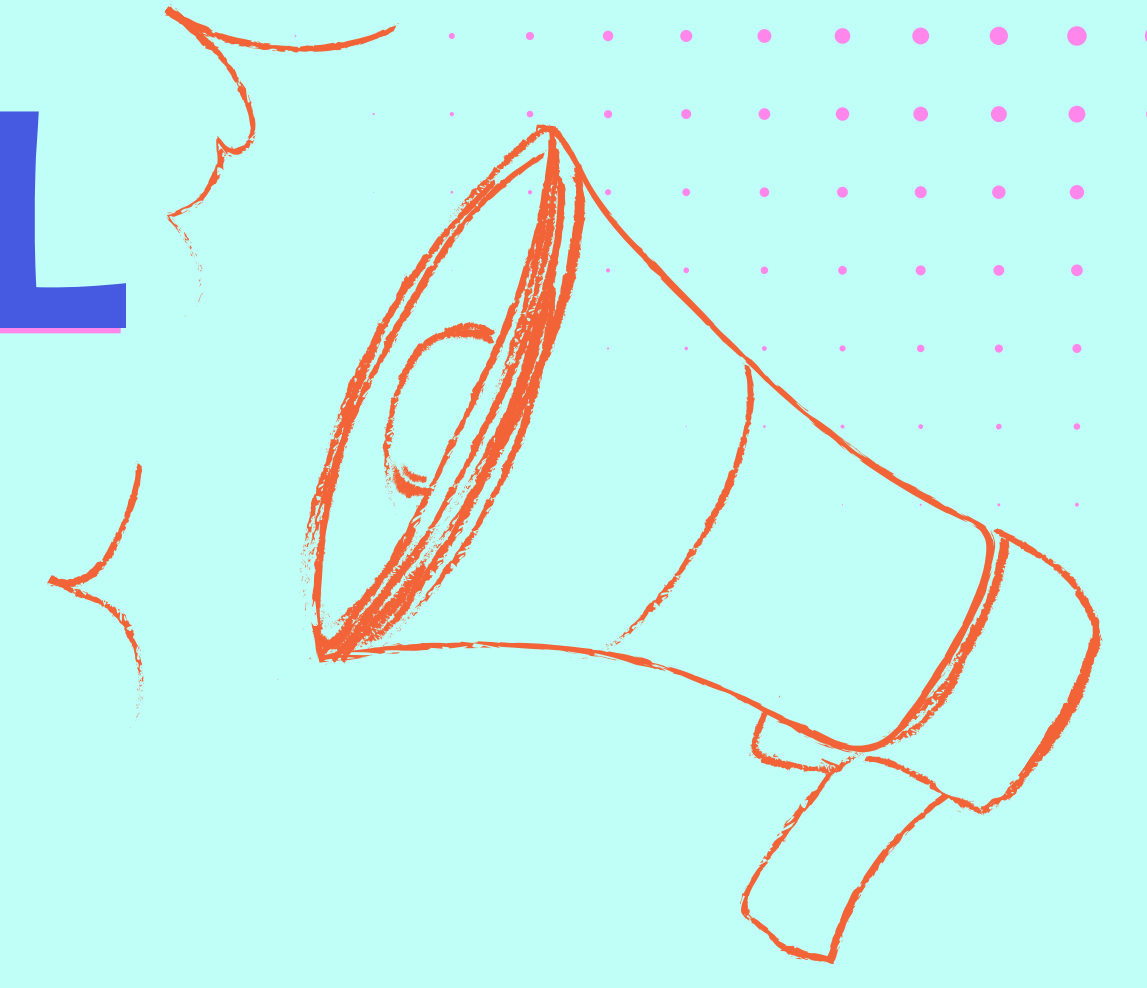
The California Youth Council and California Friday Night Live Partnership

#AMPLIFYFNL #FNLYouthSummit24





# MEET THE CALIFORNIA YOUTH COUNCIL



## KRISTINA ALONSO

Hello everyone! My name is Kristina Alonso and I am from Sacramento County. I am a student at Folsom Lake College pursuing a degree in Public Health with a concentration in Community Education. A song that reminds me of FNL is "Rise Up" by Andra Day.



## MIAH CHAO

Welcome to Summit! My name is Miah Chao and I am from Solano County. I am currently a Public Health student at UCLA, seeking to study the intersection between substance use and health equity. A song that reminds me of FNL is "Adventure of a Lifetime" by Coldplay!



## NOOR KAFALA

Hello everyone, welcome to Summit! I'm Noor Kafala and I am from Riverside County! I am currently a second year at UCLA studying political science with a concentration in international relations, hoping to pursue a career in law. A fun fact about me is that I love to cook, and I've even competed in cooking competitions in the past! A song that reminds me of FNL is "Right Now" by NewJeans.



## MELIA MARTINEZ

Hai FNL'ers! I'm Melia Martinez from Los Angeles County! I am a second year at UCSB as a Film and Media Studies major. I would really love to go into editing and production design in the film world. Fun fact, I make tiktoks and insta posts for a living (part-time) for the City of Whittier social media pages! A song that reminds me of FNL is "Letter To My 13 Year Old Self" by Laufey.



## AMARA BURRIS

Hey everyone! My name is Amara Burriss and I'm from Solano County! I am currently a sophomore and aspire to work in fashion. A song that reminds me of FNL is "After The Storm" by Kali Uchis and Tyler the Creator. A fun fact about me is that I collect vinyls!



## ANNA SCHIFFERLE

Hi! My name is Anna Schifferle and I represent El Dorado County. I am currently a senior at Union Mine High School. I love reading, bowling, and hanging out with my friends in my spare time. A song that reminds me of FNL is "Stay" by Rihanna and Mikky Ekko. I couldn't imagine a life without FNL.



## ASHLEY RAMIREZ

Welcome everyone! I'm Ashley Ramirez from Kings County. I am a Senior at Corcoran High School. After high school I hope to pursue something within the medical field! A fun fact about me is I am obsessed with coffee and reading. Whenever I think of FNL, the song that comes to mind is "Dynamite" by BTS.

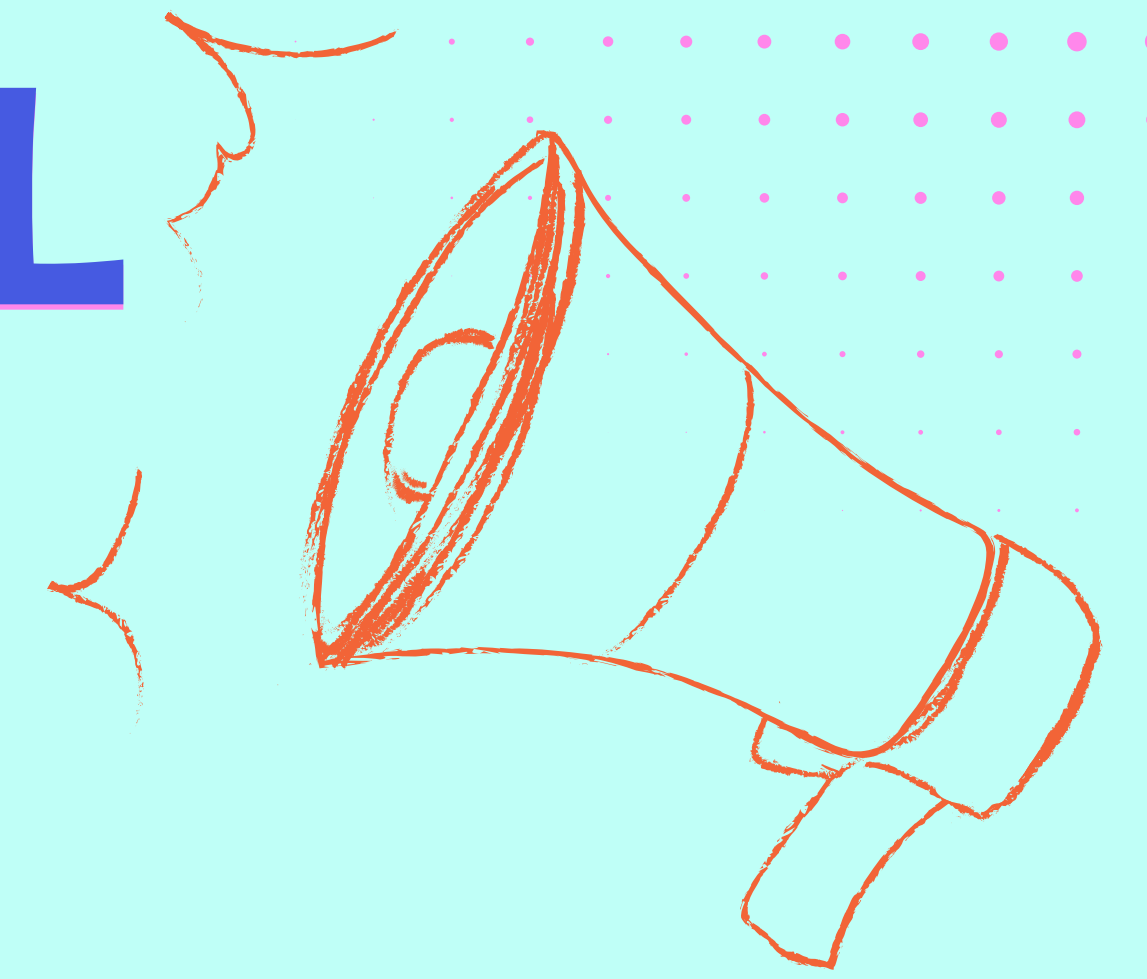


## DARBY DAGENAIS

Hey everyone! My name is Darby Dagenais and I am from Calaveras County. I am currently a Marine Science student at CSU Monterey Bay. A song that reminds me of FNL is "Don't Stop Believin'" by Journey.



# MEET THE CALIFORNIA YOUTH COUNCIL



## ELLA TOWNSEND

Hello! My name is Ella Townsend and I am from Orange County. I am currently a senior high school student attending Fairmont. Whenever I listen to "Unwritten" by Natasha Bedingfield, I think of FNL!



## LINDA JURADO

Hey FNL Members! My name is Linda Colin Jurado and I am grateful and excited to MC tonight and work with you all for this summit! I am a Senior at American Canyon High School in Napa County. I am planning on double majoring in Chicano History and Psychology and see myself becoming a civil rights lawyer in the future. The song that reminds me of FNL is "You Don't Own Me" by SayGrace. It reminds me of the empowerment all FNL chapters are striving for in our community.



## EMME LANDERS

Hi! My name is Emme Landers and I am a Senior at Arroyo Grande High School in San Luis Obispo County. "Mr. Blue Sky" is one of my favorite songs, and reminds me of FNL! I'm hoping to one day have a career in public policy. A fun fact about me is I work at an ice cream shop, and love going to the movie theater.



## MATTHEW CLAVIJO

Hey guys! My name is Matthew and I'm from Los Angeles County. I currently am enrolled in the Applied Technology Center as a junior. A fun fact about me is I am very involved in my local music scene! A song that reminds me of FNL is "Twist and Shout" by the Beatles.



## JOEL RUIZ

Wasup! I'm Joel Ruiz and I'm from Kern County! I'm currently a second year student at Bakersfield College studying Public Health Science, primarily interested in epidemiology. I really enjoy spending time with my friends—hanging out, traveling, attending concerts, etc. A song that reminds me of FNL is "Out of My League" by Fitz and The Tantrums.



## NATHAN ROBASCIOTTI

Hi! My name is Nathan Robasciotti, and I'm from San Luis Obispo County. I am currently a senior at Atascadero High School. I'm planning to start my pre-med path next fall and a fun fact about me is I used to be obsessed with Wizards of Waverly Place. A song that reminds me of FNL is "Float On" by Modest Mouse.



## KADANCE MCCALL

Hello! I'm Kadance McCall and I represent Trinity County. I am currently attending Shasta College as a freshman and am majoring in Humanities and Arts in hopes to travel abroad. A fun fact about me is that I'm in the only Pop Punk band in Trinity County! A song that reminds me of FNL is "Island in the Sun" by Weezer.



## VANESSA LOMBERA

Hi everyone! My name is Vanessa Lombera, and I'm from Riverside County. I'm currently a Senior at Coachella Valley High School. A fun fact about me is that I plan to major in Chemistry and pursuing a career in dermatology. A song that reminds me of FNL is "Perfect Night" by LE SSERAFIM!



# WORKSHOPS

## SESSION 1

11:30AM - 12:30PM

## SESSION 2

1:30PM - 2:30PM

## SESSION 3

2:45PM - 3:45PM

**Monterey**

Anti-Tobacco & Marijuana Challenge Bowl

Let's Talk About Cannabis

Creating Innovative and Engaging Activities

**Carmel**

Do-It-Yourself Testing of Thirdhand Smoke in High School Bathrooms

The Unseen Effects of Nicotine

Do-It-Yourself Testing of Thirdhand Smoke in High School Bathrooms

**San Simeon B**

Escape the Vape

Zyn or Zen?

In The Know: A Youth View On Cannabis

**San Simeon A**

That's Not Love

Putting the "SEL" in SELF-awareness and SELF-management

Screens & Teens

**Avila B**

Colorful Canvas: Painting Your Emotions

If You Drink or Smoke, You Will Lose Hope

This is Me Trying

**Avila A**

Mental Health and Substance Use - What's Sleep Got To Do With It?

Me First

SEL Relationships & Advocacy

**Palisades**

Youth-led Focus Groups to Promote Social and Emotional Learning

Youth-led Focus Groups to Promote Social and Emotional Learning

Mental Mastery: Unleashing Your Potential!

**El Capitan B**

The Power of Influence

Messin' with Stressin'

Brain Dance

**El Capitan A**

Opioid 101: The Facts on Fentanyl

One Pill Can Kill

Each One Teach One

**Santa Barbara**

How to Use Communications to Create Real Change

How to Use Communications to Create Real Change

Creating Invincible YOUTH

**Ventura**

LGBTQ+ 101

LGBTQ+ 101

FriendSHOP

**Malibu**

Imagine a World Without Oppression

Imagine a World Without Oppression

Friday Night Live Mentoring: Building A FNL Mentoring Program in your County and on your Campus

**Santa Monica**

#CommunityChange: Bringing the Message to the People

#CommunityChange: Bringing the Message to the People

#CommunityChange: Bringing the Message to the People



# WORKSHOPS

## SESSION 1

11:30AM - 12:30PM

## SESSION 2

1:30PM - 2:30PM

## SESSION 3

2:45PM - 3:45PM

**Manhattan**

Cultivating Local Champions: Partnering with Merchants to Make Change

Cultivating Local Champions: Partnering with Merchants to Make Change

Cultivating Local Champions: Partnering with Merchants to Make Change

**Redondo**

Youth Gambling 101

[GOT GAME] Going Over-Time Gaming and Media-use Education

Sports Betting and Young People: Impact on Body, Brain and Mind Development

**Palos Verdes B**

Animate Your Awareness Messages

Animate Your Awareness Messages

Animate Your Awareness Messages

**Palo Verdes A**

Creating Invincible YOUTH

Mic Check: Your Community, Your Voice, Your Impact

Mic Check: Your Community, Your Voice, Your Impact

**Huntington C**

Strengthening the Squad: How To Make Connections IRL

Strengthening the Squad: How To Make Connections IRL

Each One Teach One

**Huntington B**

Counting Clocks: Time Management For The Rest of Us

Counting Clocks: Time Management For The Rest of Us

Counting Clocks: Time Management For The Rest of Us

**Huntington A**

Go Growth Mindset: Power of Positive Thinking

Go Growth Mindset: Power of Positive Thinking

Go Growth Mindset: Power of Positive Thinking

**Laguna A**

Finding Focus: How To Set Each Day In the Right Direction

Finding Focus: How To Set Each Day In the Right Direction

Finding Focus: How To Set Each Day In the Right Direction

**Laguna B**

Athlete Committed: Live a Life of Excellence

Finding the Fun in Fundraising

Successful FNL Project Ideas

**Capistrano A**

Take the Lead

Saying Something

Saying Something

**Capistrano B**

Impact Teen Drivers Resources

What Do You Consider Lethal?

Escape Room: Level Up Your Leadership Skills

**San Clemente**

Every 15 Minutes

Every 15 Minutes

Every 15 Minutes

**Oceanside**

Start Smart

Start Smart

Start Smart



# WORKSHOPS

## ANIMATE YOUR AWARENESS MESSAGES

**Bruce Royer, Liz Granite, Scott Cardona**

**ROYER STUDIOS | Sessions 1, 2 & 3**

Are you ready to make a difference, unleash your creativity, and transform your ideas into action? Join us for an immersive animation workshop where you get to express your leadership and advocacy through creative storytelling. Learn the basics of stop-motion animation from industry professionals and get hands-on experience! You and your team will produce one scene for a collaborative stop-motion animated public service announcement (PSA) by: 1) contributing to the final script, 2) creating original artwork, 3) recording voices, and 4) bringing your scene to life at the animation stand. The finished PSA will be screened tomorrow at the closing of the conference!

## ANTI-TOBACCO & MARIJUANA CHALLENGE BOWL

**Brittaney Quinonez, Bob Mayo, Jeff Lynch, Rene Solis**

**TULARE COUNTY FNL, CHOICES PROGRAMS | Session 1**

The Anti-Tobacco & Marijuana Challenge Bowl is a gameshow-themed competition event for young people. In this competition, students are tested on their knowledge of vaping, tobacco products, the history of tobacco, making healthy choices, marijuana, and more. This informative and interactive workshop will review how to plan, prepare, and facilitate this event. It will also include a PowerPoint presentation of questions to utilize during the competition. Those in attendance will participate in a mini Challenge Bowl competition to get a full understanding of the event.

## ATHLETE COMMITTED: LIVE A LIFE OF EXCELLENCE

**Giuseppe Bianchi, Carys Acker, Ryan Heym**

**BUTTE COUNTY BEHAVIORAL HEALTH PREVENTION | Session 1**

This workshop will include an overview of the Athlete Committed Program model, including the 6 areas of focus: character, training & recovery, nutrition, chemical health, sleep, and stress. Workshop participants will engage in conversation and activities related to each of these areas, as well as specific strategies to increase positive school culture related to athletics. This workshop will include a variety of visual aids such as handouts, sample toolkits, videos, and participant discussion/participation. Overviews and ideas for large school events will also be shared.

## BRAIN DANCE

**Michelle Han, Kaleb Bautista**

**BENICIA FRIDAY NIGHT LIVE | Session 3**

This interactive workshop will explore the types of stress everyone faces and the effects of stress, and will teach participants a series of brain and body exercises called the Brain Dance. Participants will gain essential skills to relieve stress and learn why reducing stress through healthy methods is important. Brain Dance is a tool that can be used to help lead a healthier life. These tools and skills are vital to have, especially for students who are more often stressed than not. We will be asking attendees to participate in physical movements and share their own experiences with stress and stress management, making the workshop fun and engaging!

## COLORFUL CANVAS: PAINTING YOUR EMOTIONS

**Desiree Asamoah, Nathan Robasciotti**

**SAN LUIS OBISPO COUNTY FRIDAY NIGHT LIVE - AHS CHAPTER | Session 1**

Dive into a world of creativity and self-expression with Colorful Canvas! In this interactive workshop, participants will explore the intersection of art and emotions through painting. Through guided activities and reflection, teens will learn to harness the power of self-expression as a tool for understanding and managing their emotions in a supportive and engaging environment.

## #COMMUNITYCHANGE: BRINGING THE MESSAGE TO THE PEOPLE

**Gabe Teran**

**NEXT GEN COMMUNITY CONSULTING | Sessions 1, 2 & 3**

This session will show you the power of using Town Hall Meetings (THM) to bring your message and your project directly to the community. In this fully interactive workshop, we will go over the basics of a THM, best practices in planning them, and how they can level up your work to move your chapter even closer to the goal of positive community change.

## COUNTING CLOCKS: TIME MANAGEMENT FOR THE REST OF US

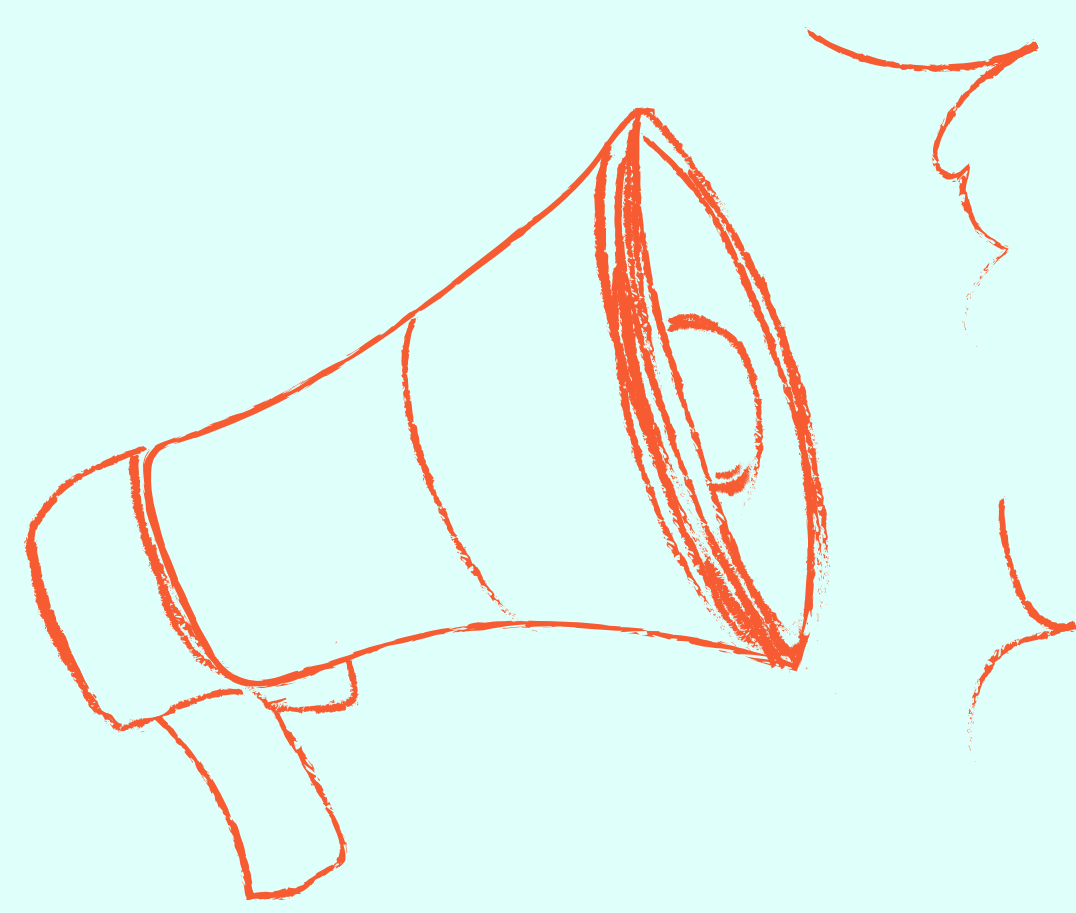
**Susan Thomas**

**LEADING TO CHANGE | Sessions 1, 2 & 3**

Tick Tock. Nope, not that one. But rather - time - and the seconds that you are using right now to read this description. How do you make your minutes matter throughout your busy day? How do you crush the clock catastrophes that can happen to us all? Make your minutes count and honor your hours by joining us in this technique-filled time management workshop. The clock is ticking ...

**#AMPLIFYFNL #FNLYouthSummit24**





# WORKSHOPS

## CRAFTING COMPELLING RADIO PSAS: A WORKSHOP FOR EFFECTIVE MESSAGING

**Valeria Salazar, Lykamae Alacar, Lydia Zuniga**

**FRESNO COUNTY FRIDAY NIGHT LIVE | Session 3**

Are you passionate about creating positive change in your community? Do you want to learn how to craft powerful messages that resonate with your audience and inspire action? Join us for a hands-on workshop on writing radio Public Service Announcements (PSAs) that make a lasting impact. In this interactive workshop, participants will learn the essential elements of crafting effective radio PSAs, from identifying target audiences to creating memorable hooks and calls to action. Led by experienced Youth Leaders, this workshop will provide practical tips, real examples, and constructive feedback to help participants hone their writing skills and develop compelling PSA campaigns.

## CREATING INNOVATIVE AND ENGAGING ACTIVITIES

**Kai Riffle, Estrella Torres, Hannah Washington, Tiffany Rizzo-Weaver**

**FNL TUOLUMNE COUNTY | Session 3**

Do you want to play a game? Escape Vape Escape Room isn't your typical classroom. It's an immersive escape room experience designed to educate young people about the dangers of tobacco and vaping. Through pop culture elements and three themed rooms focusing on acquisition, distribution, and intervention, Escape Vape makes learning fun and engaging. But this isn't a one-trick pony. The entire Escape Vape model can be adapted to other topics! Whether you want to address the dangers of alcohol, fentanyl, or SEL, Escape Vape's adaptable format can be customized to fit the needs and interests of your students. So, ditch the papers and assemblies and step into interactive tools. We just need to know... "Can you Escape Vape?"

## CREATING INVINCIBLE YOUTH

**Jen O'Brien-Rojo**

**CALIFORNIA INSTITUTE FOR INVINCIBLE YOUTH | Sessions 1 & 3**

In this fun and interactive workshop, participants will examine the 7 factors of Integrative Youth Development. You'll walk away with tools to intentionally engage peers by developing the personal and community capacity to create and sustain vibrant webs of support.

## CULTIVATING LOCAL CHAMPIONS: PARTNERING WITH MERCHANTS TO MAKE CHANGE

**Patty Barahona**

**YOUTH LEADERSHIP INSTITUTE | Sessions 1 & 2**

Merchants are key stakeholders in your neighborhoods and communities. When it comes to your FNL chapter's prevention work, merchants can be powerful allies in creating changes in their stores that can lead to better health in your local communities. With your partnership and support, they can be a force for good by reducing access to harmful activities and substances, enforcing policies that keep youth safe, displaying more health-centered messaging, and limiting harmful advertisements. In this fun and interactive workshop, you will learn how to build productive relationships with merchants, explore tools & techniques that support effective merchant education, and learn strategies for celebrating and acknowledging merchant contributions.

## DO-IT-YOURSELF TESTING OF THIRDHAND SMOKE IN HIGH SCHOOL BATHROOMS

**Sarah Lavallee, Jacie Foster**

**CENTER FOR TOBACCO AND THE ENVIRONMENT | Sessions 1 & 3**

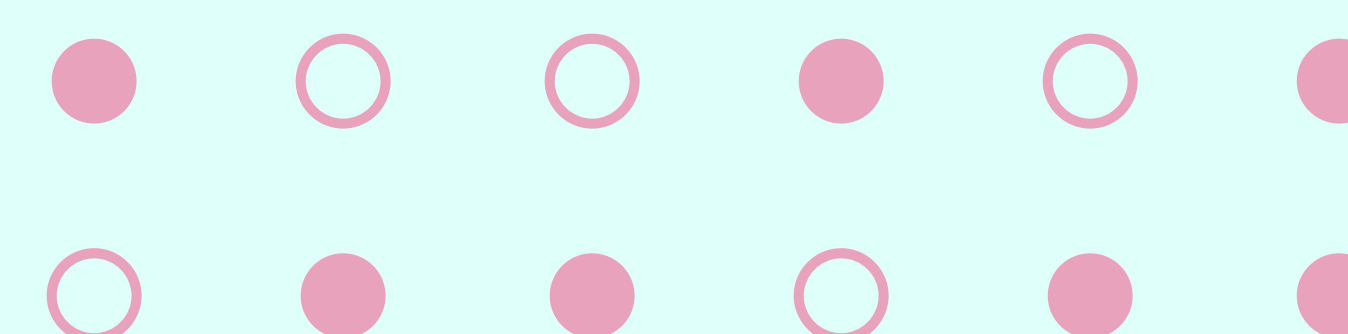
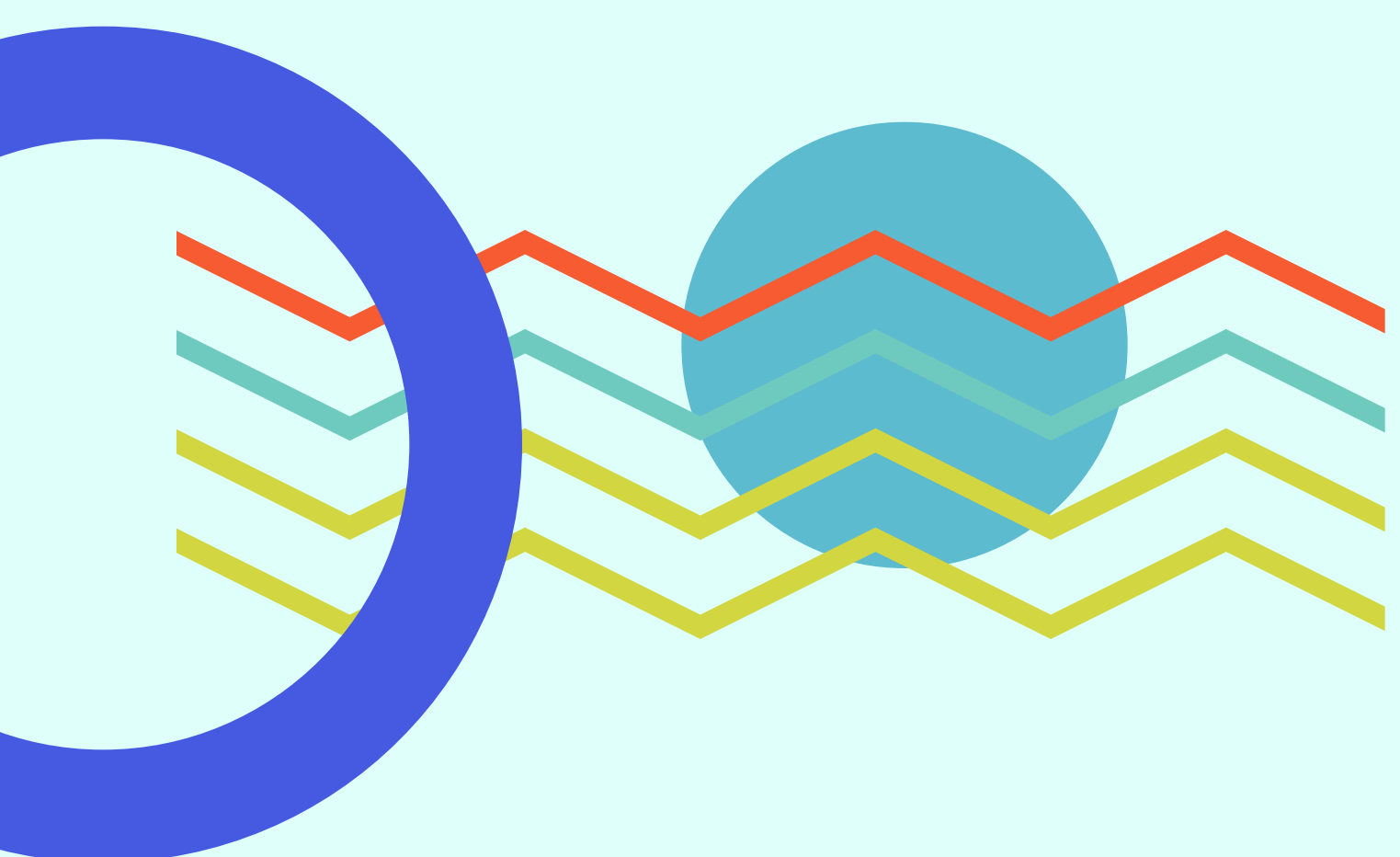
This interactive workshop will equip youth leaders with the tools and knowledge to combat tobacco use in their schools and communities. You will learn about the prevalence of tobacco residue and thirdhand smoke in school restrooms and how it impacts students' health. There will be a hands-on demonstration of thirdhand smoke test kits and training on impactful advocacy strategies to engage school administrators and community stakeholders in tobacco use prevention efforts. Don't miss this opportunity to become a champion for tobacco prevention and make a positive impact in your school and beyond!

## EACH ONE TEACH ONE

**Kai Posey, Itzel Martinez**

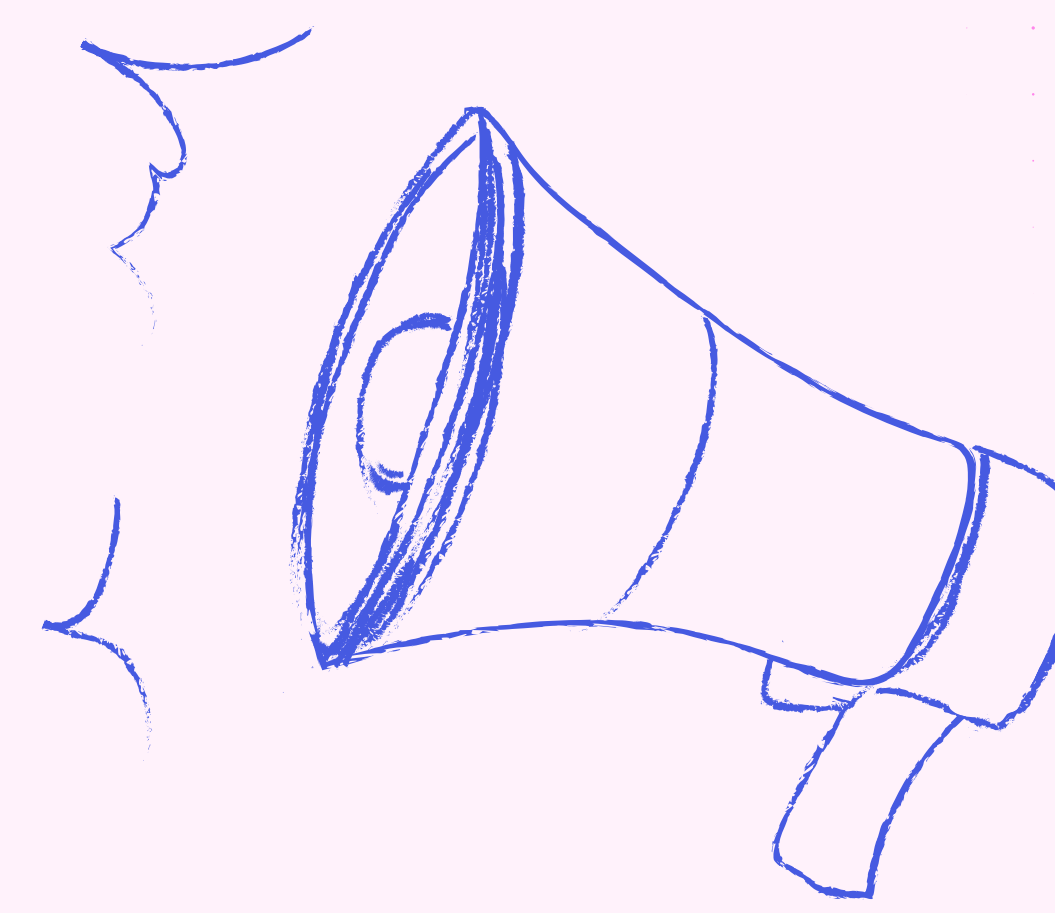
**SOLANO YOUTH COALITION | Session 3**

Welcome to "Each One Teach One," an interactive youth-led workshop designed to empower high school students to become leaders and allies through teaching and learning. In this dynamic session, participants will engage in collaborative activities and discussions aimed at fostering a culture of knowledge sharing and exploration of diversity, inclusion, privilege, and oppression. Through hands-on exercises, students will have the opportunity to explore intersectionality and have time for self-reflection on how their own identity relates to the intersections they belong to. Unlock your potential, inspire others, and make a difference—because when each one teaches one, we all rise together.





# WORKSHOPS



## ESCAPE ROOM: LEVEL UP YOUR LEADERSHIP SKILLS

**Noemy Serrato, Julieta Garcia, Renata Ramirez, Matthew Clavijo**

**APPLIED TECHNOLOGY CENTER | Session 3**

Do you have what it takes to beat the clock? Face a few challenges that test your knowledge, skills, and senses to escape the influences of engaging in substance use. Use your leadership skills to get out. Look beyond what you can see to find hidden gems and make the discoveries needed to advance. Do you have it in you to take on the task?

## ESCAPE ROOM: LEVEL UP YOUR LEADERSHIP SKILLS

**Noemy Serrato, Julieta Garcia, Renata Ramirez, Matthew Clavijo**

**APPLIED TECHNOLOGY CENTER | Session 3**

Do you have what it takes to beat the clock? Face a few challenges that test your knowledge, skills, and senses to escape the influences of engaging in substance use. Use your leadership skills to get out. Look beyond what you can see to find hidden gems and make the discoveries needed to advance. Do you have it in you to take on the task?

## ESCAPE THE VAPE

**Ariya Camacho, Adam El Charr**

**SOLANO YOUTH COALITION | Session 1**

Ready to break free from the grip of Big Tobacco? Join us for "Escape the Vape," an eye-opening workshop where you will dive into the world of tobacco beyond just cigarettes. From vapes to puff pens, hookahs to e-juice, explore the wide array of products designed to hook young users. Discover the staggering tactics of Big Tobacco, which spends a mind-boggling \$1,000,000 every hour on advertising, targeting specific populations with precision. Uncover the latest trends and strategies employed by the industry to lure in new customers. Engage in interactive activities and brainstorming sessions as we unite to fight back against Big Tobacco's influence in our communities. Let's band together to reclaim our health and well-being from the clutches of addiction.

## EVERY 15 MINUTES

**Elizabeth Humphers, Sergeant Mitch Smith, Officer Sergio Rivera**

**CALIFORNIA HIGHWAY PATROL | Sessions 1, 2 & 3**

Every 15 Minutes is a two-day program designed to raise teenagers' awareness of the dangers of drinking and drugged driving; it has impacted over 1,500,000 students. The program focuses on high school juniors and seniors, challenging them to experience first-hand what the consequences of impaired driving can be from a different perspective - through the eyes of their family and friends. Come to this workshop to hear more about the program and gain important information on how to bring Every 15 Minutes to your campus!

## FINDING FOCUS: HOW TO SET EACH DAY IN THE RIGHT DIRECTION

**Courtney Tidwell**

**LEADING TO CHANGE | Sessions 1, 2 & 3**

There is a saying that "You can't pour from an empty bucket." This is true not only in the garden, but also in life. Before we give to others, we must first learn how to take care of ourselves. This reflective workshop will show you how to start your morning with essential affirmations and tools that you can use to stay centered throughout your day.

## FINDING THE FUN IN FUNDRAISING

**Dangel Omar-Garcia, Dianet Ramos, Brenda Armento, Angelica DelRio**

**PACIFIC HIGH SCHOOL BIOMED CLUB | Session 2**

This workshop will outline a five-step approach to implementing a successful fundraiser that uses a hands-on approach to design and creates positive outcomes. You will learn how to manage a fundraiser in a creative and professional way to better establish relationships within your student body.

## FRIDAY NIGHT LIVE MENTORING: BUILDING A FNL MENTORING PROGRAM IN YOUR COUNTY AND ON YOUR CAMPUS

**Young People of FNL Mentoring**

**FNL MENTORING | Session 3**

FNL Mentoring is a peer mentoring program. During this workshop, you will learn how to bring a program to your county and to your campus. We will go over the steps to building a successful program that can build connections between Club Live and Friday Night Live. FNL Mentoring can help build chapter membership, increase school connectedness and attendance, provide leadership opportunities, and develop skills that look great on job and college applications.

## FRIENDSHOP

**Yvette Florez, Yarely Pacheco, Aireanna Romo, Alexa Vazquez-Diaz**

**COLTON HIGH SCHOOL HEAL CLUB | Session 3**

Are you tired of fighting with your best bud or feeling stuck in a toxic friendship? The "FriendSHOP" is the place for you. This workshop covers the characteristics of healthy and positive friendships. Learn how to identify the difference between healthy and unhealthy friendships. Discover ways to deepen and cultivate healthy relationships as well as set boundaries for unhealthy friendships. We will also give helpful hints for conflict resolution in ways that build friendship rather than tear it down.





# WORKSHOPS

## GO GROWTH MINDSET: POWER OF POSITIVE THINKING

**Cory Bennett**

**LEADING TO CHANGE | Sessions 1, 2 & 3**

Did you know that your brain is the most complex organ in your entire body... and you have the ability to make it work for you? Come to this fast and illuminating workshop to learn how you can instantly set your mind into the mode you want it to! Ready, set... Think!!!!

## [GOT GAME] GOING OVER-TIME GAMING AND MEDIA-USE EDUCATION

**Johnny Fung, Cyrus Vance Milan**

**NICOS CHINESE HEALTH COALITION | Session 2**

If you really think you GOT GAME, then join our workshop to learn about what gaming is, how it could impact our wellness, and focus on reducing screen use/gaming-related harms to prevent addiction. Learn to "level up" by knowing the warning signs of behavioral addiction and strategies on how to utilize these activities safely and responsibly.

## HOW TO USE COMMUNICATIONS TO CREATE REAL CHANGE

**Samantha Rising, Heather Vega**

**LARSON COMMUNICATIONS | Sessions 1 & 2**

We are living in unprecedented times, and young people are demonstrating unprecedented levels of activism and passion for creating positive change in their communities. This work is most effective when it is widely and strategically communicated. In this session, communications experts from Larson Communications will share actionable ways to share your FNL chapter's work for maximum impact through best practices and interactive activities for social media strategy, media engagement, and local advocacy.

## IF YOU DRINK OR SMOKE, YOU WILL LOSE HOPE

**Devynne Peters, Jayden Peters, Delaney Lloyd**

**SAN LUIS OBISPO COUNTY FRIDAY | Session 2**  
**NIGHT LIVE - THS CHAPTER**

What's really true about substance use? What substances are most used by teens? How do substances affect mental health? Join a group of your high school peers to explore these big questions through an informative presentation and intentional group discussions.

## IMAGINE A WORLD WITHOUT OPPRESSION

**Kaitlin Nagraj, Tommy Shepherd, Roza Do**

**ALPHABET ROCKERS | Sessions 1 & 2**

This interactive session will use music and creativity to explore antiracist ideas and practices through artistic practices and expressions. Alphabet Rockers' approach to challenging topics is to lead with love, and aim to meet young people wherever they currently stand on the spectrum of awareness. The goal is to foster meaningful conversations and activities that empower students to identify and interrupt racism, and stand up for one another. During this session, participants will gain insights and practice in how to hold engaging and inclusive discussions about racism, equity and social justice, and conversation sparkers from an educational song and media list. Participants will learn ways to use music, movement, and creative inquiry as powerful tools to create a safe environment and a sense of belonging for all young people in our spaces.

## IMPACT TEEN DRIVERS RESOURCES

**Leah Sisemore, Carol Green**

**IMPACT TEEN DRIVERS | Session 1**

This workshop will educate participants on safe driving/passenger resources and opportunities available to them. Subjects will include interactive educational materials such as the skull poster and Wheel of Distraction, resources for speaking to younger generations about being a safe passenger (Passenger Power elementary curriculum, Who Can Make a Difference? middle school program), and the high school Lead the Leaders program. Participants will also learn about the Create Real Impact individual and school contest, an opportunity to get involved and possibly win some money along the way.

## IN THE KNOW: A YOUTH VIEW ON CANNABIS

**Melia Martinez, Miah Chao, Joel Ruiz**

**CALIFORNIA YOUTH COUNCIL | Session 3**

The legalization of cannabis has had an impact on youth's everyday lives. Youth see cannabis in multiple ways throughout their day to day lives; whether that be at school, dispensaries near their local grocery stores and coffee shops, or social media advertisements. In this workshop, you will learn how product marketing and the saturation of local dispensaries are impacting youth in California.



# WORKSHOPS

## LET'S TALK ABOUT CANNABIS

**Marie Ream, Zoe Oliver, Roland Boone, Sarah Suchanek**

**THE BOYS AND GIRLS CLUB OF THE REDWOODS FNL | Session 2**

Join this workshop to become equipped with the tools, knowledge, and language needed to approach cannabis use prevention with their peers. Participants will learn about the harmful effects that cannabis use can have on a young person's mental health, growing body, and developing brain - and much more! In this workshop, participants will discover why a sense of belonging and how practicing healthy coping skills can lead to smart decision-making, healthier relationships and communities, healing, and social/emotional resilience.

## LGBTQ+ 101

**Sianne Lai Susbilla, Jasmine-Arielle Moore, Kevin Li**

**NICOS CHINESE HEALTH COALITION | Sessions 1 & 2**

Want to be an ally? In this workshop, we will explore the LGBTQ+ community. We will define basic terms and concepts used to discuss SO/GIE (sexual orientation/ gender identity and expression), debunk common misconceptions about sexual orientations and gender identities, and highlight tips for becoming a more culturally responsive ally to the LGBTQ+ community.

## ME FIRST

**Leigh Sobremonte, Amrit Walia, Asia Hengkaul, Justine Kim**

**SECA FRIDAY NIGHT LIVE | Session 2**

In a world that constantly demands our attention and energy, it's easy to lose sight of the most important person in our lives: ourselves. This workshop challenges the societal norm of always putting others before ourselves. It's time to prioritize yourself, to embrace self-care without guilt, and to stop neglecting your own needs for the sake of others. This workshop is a sanctuary where you can learn healthy coping mechanisms, reclaim your time, and rediscover your worth. You will be guided to nurture your emotional well-being and embrace the power of saying "yes" to yourself - creating healthier communities along the way.

## MENTAL HEALTH AND SUBSTANCE USE - WHAT'S SLEEP GOT TO DO WITH IT?

**Christina Ivazes**

**PLACER COUNTY DEPT. OF PUBLIC HEALTH | Session 1**

"The most significant evidence on the importance of sleep for adolescents relates to mental health. Insufficient sleep is associated with depression and anxiety and increases in emotional reactivity and impulsivity..." - UCLA Center for the Developing Adolescent. What is restorative sleep? What happens when you don't get enough? What interferes with restorative sleep, and how can we get more? In this train-the-trainer presentation, you will get the answers to all of these questions and receive youth-guided and approved materials to share with your peers!

**#AMPLIFYFNL #FNLYouthSummit24**

## MENTAL MASTERY: UNLEASHING YOUR POTENTIAL!

**Angela Webb**

**ARRIVE ALIVE CALIFORNIA, INC. | Session 3**

Join this workshop and embark on a transformative journey of self-discovery and empowerment! Discover the power of your mind and explore the intricacies of your conscious and subconscious mind, understanding how mindset influences behavior. Learn resilience techniques to triumph over challenges, with stories to inspire and practical strategies to reframe setbacks and nurture gratitude. Delve into emotion management, mastering self-awareness and expression through mindfulness and deep breathing. Leave equipped to navigate life's complexities, armed with newfound mental resilience, emotional intelligence, and a clear path towards personal success.

## MESSIN' WITH STRESSIN'

**Ethan Junio, Winona Fabi, Aruushi Kaur**

**SOLANO YOUTH COALITION | Session 2**

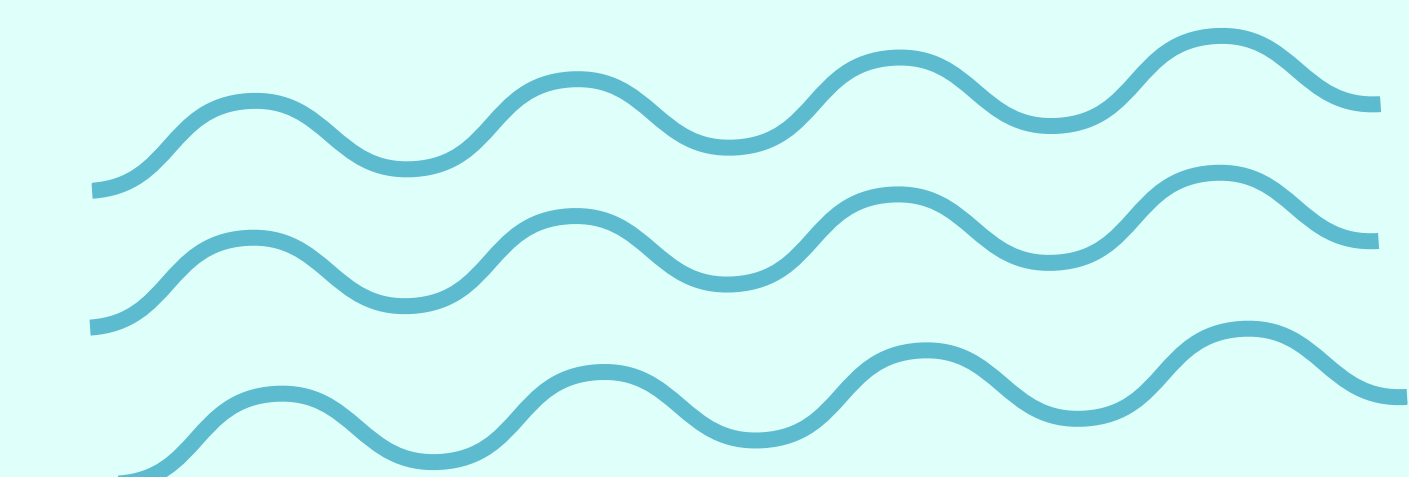
Feeling overwhelmed? You're not alone. Join this engaging workshop led by youth, for youth, where we tackle stress, anxiety, and mental health head-on. With seven out of ten teens recognizing these issues among their peers, it's time to equip ourselves with the tools to navigate life's challenges. Through interactive discussions, we'll explore the various forms of stress and anxiety, shedding light on their impact on mental well-being. Discover how substances like alcohol, tobacco, and other drugs can exacerbate these struggles, and learn healthier alternatives for coping. Walk away from this session armed with practical skills and resources to manage stress effectively, and ideas to support your peers along the way. Let's empower each other to thrive amidst life's pressures.

## MIC CHECK: YOUR COMMUNITY, YOUR VOICE, YOUR IMPACT

**Centre Adkins**

**GENUINE & PASSIONATE LLC | Sessions 2 & 3**

Step up and get ready to amplify your voice! Led by Dr. Centre from Genuine & Passionate LLC, this workshop turns up the volume on community engagement. "Mic Check: Your Community, Your Voice, Your Impact" puts your ideas and creativity in the spotlight. Forget boring lectures—we're diving into real talk, creative challenges, and peer collaborations. You'll have the chance to share what's happening in your world, exchange stories, and brainstorm fresh ways to make your community thrive. Whether you're into activism, leadership, or just want to make a difference, this is your platform to share, create, and leave your mark!





# WORKSHOPS

## ONE PILL CAN KILL

**Mahi Channan, Hannah Leibert, Alyssa Patterson, Natalie Salinas**

**VANDEN FRIDAY NIGHT LIVE | Session 2**

Join Vanden Friday Night Live members for a critical discussion on the opioid epidemic gripping our nation. According to the Centers for Disease Control and Prevention, over 100,000 people in the United States lost their lives to drug overdoses and poisonings in just one year, with synthetic opioids like fentanyl accounting for a staggering 67 percent of these deaths. In this workshop, we'll delve into the devastating impact of drugs like fentanyl on young people, exploring what opioids are, how they affect the body, and the alarming rise of overdoses among youth. Discover how you can potentially save a life through the use of Narcan, an essential tool in reversing opioid overdoses. Together, let's raise awareness, share knowledge, and take action to combat the opioid crisis and protect our communities.

## OPIOID 101: THE FACTS ON FENTANYL

**Butte County FNL Officers**

**BUTTE COUNTY FNL | Session 1**

This workshop will include an overview of what opioids are, how they affect the brain and body, and what you can do to stay aware. Workshop participants will engage in conversation and activities related to each of these areas, as well as specific strategies to take action if found in a situation where opioids are present. Participants will engage with a variety of visual aids, including handouts, sample toolkits, videos and peer discussion.

## PUTTING THE "SEL" IN SELF-AWARENESS AND SELF-MANAGEMENT

**Jesus Hernandez, Yuri Carrasco, Melanie Cervantes, Sam Farouzan**

**ABC YOUTH COUNCIL | Session 2**

Using interactive icebreakers and exercises that you can bring back to your FNL Chapter, this session will focus on two areas of social emotional learning: self awareness & self management. Join San Diego Friday Night Live's ABC Youth Council as they engage participants in understanding their own emotions, thoughts, and values and how they influence behavior.

## SAYING SOMETHING

**Shaun Derick**

**SAYING SOMETHING, INC. | Sessions 2 & 3**

Social media proves that almost anyone can become famous. Though with the decline in respect between educators and students and the increase in questionable behavior for the sake of clicks, we must now ask what people are becoming famous for. Saying Something bridges the gap between intention and integrity with 5 steps to living a life worth talking about and examines how authentic interactions score against fabricated ones, how reputation and character are built, and why public speaking is still the scariest and most coveted skill on earth. This workshop helps participants feel more confident and more present in their interactions with their peers and, in turn, are able to show up in the world as their true, authentic selves.

## SCREENS & TEENS

**Cindy Ramirez-Rodriguez, Halimah Asari, Parsmi Rajput, Alicia Escobar**

**ORANGE COUNTY FNL YOUTH COUNCIL | Session 3**

This workshop, co-created and led by Orange County Youth Council members, explores the impact of social/screen media on youth mental health. Listen as youth address the concerns highlighted by the U.S. Surgeon General's advisory (Protecting Youth Mental Health) and discuss both the negative and positive influences of social/screen media. Participants will explore strategies to support a healthier balance with social/screen media.

## SEL RELATIONSHIPS & ADVOCACY

**Vanessa Lombera, Emely Delgado, Edgar Avila, Alexis Zambrano**

**FNL YOUTH AMBASSADORS | Session 3**

FNL Youth Ambassadors will use social emotional learning (SEL) as a tool to demonstrate how the FNL Standards of Practice can enhance meaningful relationships and opportunities for advocacy. This workshop will dive deep into how SEL principles were utilized in Riverside County to promote inclusivity, wellness, and advocacy. Youth leaders will share what their FNL Chapters were able to accomplish and leave participants with the tools needed to accomplish their own goals. This workshop will allow participants to work in a group setting - networking and sharing collective ideas to bring back to their chapters.





# WORKSHOPS

## TAKE THE LEAD

Vinni Silva, Liz Wisinski

AMADOR COUNTY FNL | Session 1

The leadership development program "Take the Lead" caters to the development of advocacy skills, civic engagement, relationship building, and mental wellness for youth ranging from 12-18 years of age. This workshop will reconstruct the definitions of leadership, facilitate vision-building, improve communication skills, provide skills for mental health development, and increase the ability to identify emotions. Incorporating youth from diverse backgrounds and student populations -- including student-athletes, student body leadership, trauma survivors, justice-impacted youth, and many others -- participants will learn skills to increase leadership abilities, enhance self-awareness, and teach effective peer collaboration.

## THAT'S NOT LOVE

Laiba Waqar, Kyra Knight

SOLANO YOUTH COALITION / SOLANO COUNTY OFFICE OF EDUCATION | Session 1

This powerful workshop navigates the complex landscape of relationships. Delve into the crucial distinctions between healthy and unhealthy relationships, explore various forms of abuse, and learn to recognize warning signs. Discover valuable resources and strategies to support those impacted by unhealthy relationships. Through interactive activities, strengthen your understanding of what constitutes a healthy relationship while having fun along the way.

Please note: This workshop contains sensitive content that may be triggering. The Solano Youth Coalition is committed to empowering youth as proactive leaders in their communities, advocating for dating violence prevention, violence prevention, and fostering healthy relationships. Join us in creating a safer and more supportive environment for all.

## THE POWER OF INFLUENCE

Cindy Costley

ALL IT TAKES | Session 1

As we continue to navigate the changing world and recover from the effects of the global pandemic, each of us needs the skills, confidence, and tools to find resilience, hope, and well-being. This interactive, experiential training will show youth how to use the power of their own influence and create safer, more inviting environments for all students to thrive socially, emotionally, and academically. When each of us feels physically and emotionally safe, we can find strength, hope, and resilience in ourselves to overcome obstacles, achieve our goals, and help others in our community do the same. Awareness of others with constructive communication creates more positive youth-to-youth and youth-to-adult interactions, which reduce stress, build resilience, and foster more hope for the future.

## THE UNSEEN EFFECTS OF NICOTINE

Chloe Chun, Avanni Franco, Annika Gauthier, Jenna Mahoney

CORONA-NORCO UNIFIED SCHOOL DISTRICT | Session 2

In these uncertain times, many people have been struggling with preserving their mental health and maintaining their emotional well-being. As a result, many resort to using tobacco and vape products to reduce stress. These products may seem to relieve them but will actually cause unseen damage. In this fun, hands-on session, we will examine the impact of smoking and vaping on mental health and will offer a variety of alternative ways to keep a healthy and positive mindset.

## SPORTS BETTING AND YOUNG PEOPLE: IMPACT ON BODY, BRAIN AND MIND DEVELOPMENT

Timothy Fong, MD

UCLA GAMBLING STUDIES PROGRAM | Session 3

This workshop will explore ways in which gambling behavior, specifically sports betting can impact brain, mind and body development. Together, we will review the culture of sports betting in the United States and how and why it has become so popular and normalized. This workshop will explain the benefits, harms and the variety of impact that expanded sports betting has on young people. We will explore questions such as legality, consequences for underage betting, the role of technology in access and navigating a changing culture where sports betting is considered normal, acceptable and expected. At the end, you will develop ideas on responsible, science-based messaging and explore ways that sports betting can impact the lives of your peers!

## START SMART

Ken Boskovich, Armando Ocampo, Monica Diaz, Jaimi Kenyon

CALIFORNIA HIGHWAY PATROL | Sessions 1, 2 & 3

Poor choices behind the wheel of a vehicle can affect the lives of numerous people. The National Highway Traffic Safety Administration reports the leading cause of death for Americans 15-20 years old is motor vehicle crashes. The California Highway Patrol's (CHP) goal is to reduce the death rate among teenagers caused by these crashes. The CHP's Start Smart program is aimed at helping newly licensed and future teenage drivers understand the critical responsibilities of driving and understand that while accidents do happen, collisions are 100 percent preventable.



# WORKSHOPS

## STRENGTHENING THE SQUAD: HOW TO MAKE CONNECTIONS IRL

**Ahmed Toure**

**LEADING TO CHANGE | Sessions 1, 2 & 3**

Friendship isn't a big thing... it's a million little things. How have you built your circle around you? What do you look for in a real friend... and what do they find in you? Gather up your group and join us as we dive into a rapid and real take on building the best support system around you.

## SUCCESSFUL FNL PROJECT IDEAS

**Sarah Satake, Linda Colin Jurado, Jacqui Chua, Cindy La**

**AMERICAN CANYON HIGH SCHOOL | Session 3**

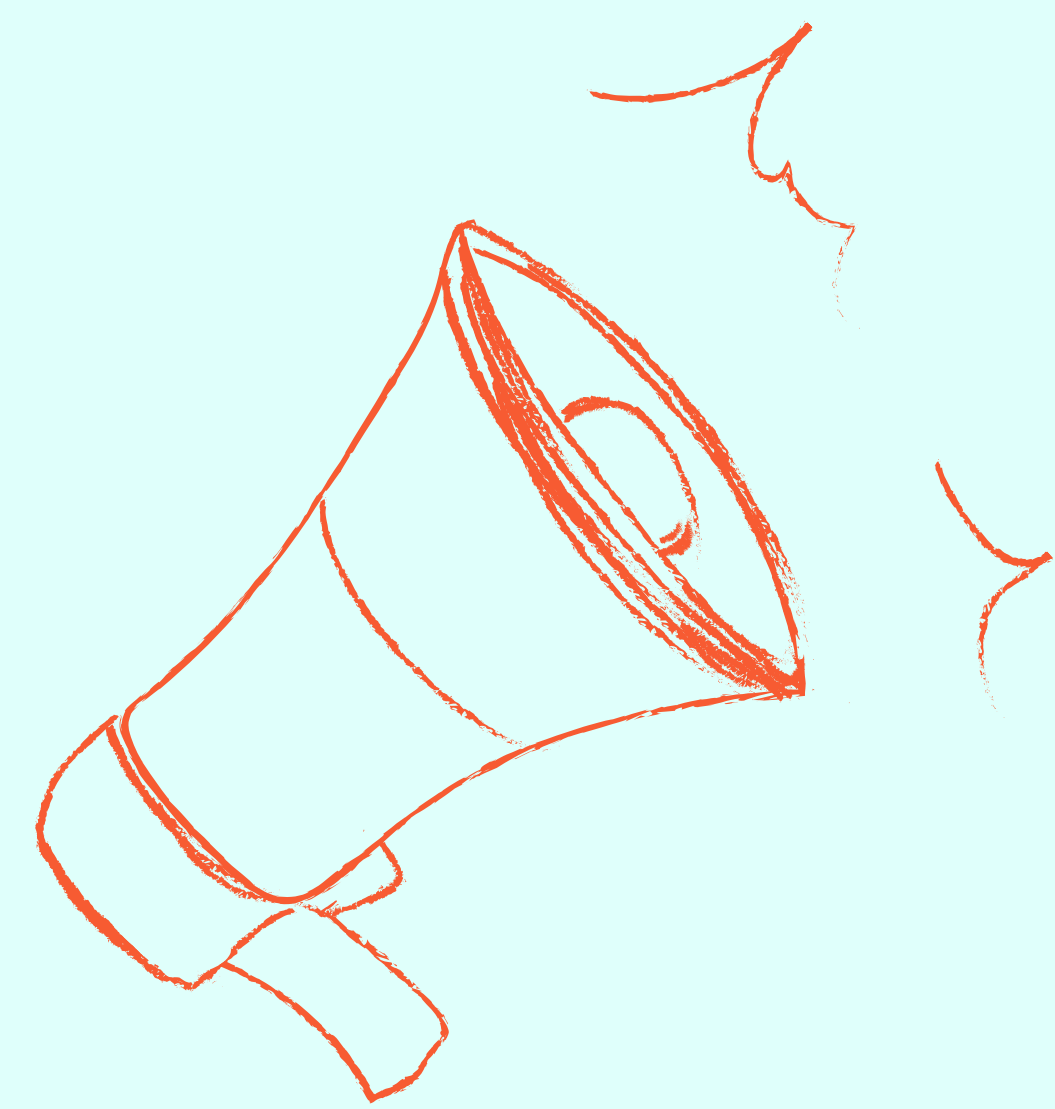
In this session, participants will hear about how one FNL Chapter created projects that connected, educated, and inspired their school and community at large. Successful projects will be outlined, from the germ of the idea to the execution of the plan. Participants will get the opportunity to ask questions, steal ideas, and brainstorm for their own club.

## THIS IS ME TRYING

**Ava Friedling, Divy Emmons, Olivia Heinbach**

**SAN LUIS OBISPO COUNTY FRIDAY NIGHT LIVE - PRHS CHAPTER | Session 3**

"As Fyodor Dostoevsky once said, ""You will burn and you will burn out; you will be healed and come back again."" With the pressures of class curriculum, sports, homework, jobs, extracurricular activities, clubs, and personal standards, it is easy to lose yourself and your spark. As you learn about the causes of burnout and the negative effects of having too much on your plate, you will also find ways to heal burnout and strategies to manage the pressures of being an involved student. Additionally, this workshop will be a tool to understand the difference between being busy or overcommitted. "



**#AMPLIFYFNL #FNLYouthSummit24**

## WHAT DO YOU CONSIDER LETHAL?

**Leah Sisemore**

**IMPACT TEEN DRIVERS | Session 2**

Car crashes are the leading cause of unintentional death and injury for young people in America – and they are 100% preventable. This evidence-based program engages, educates, and empowers teens to make safe choices as a driver and passenger. The program informs teens about the dangers of reckless and distracted driving by sharing relevant statistics and personal stories of those affected by car crashes. A CHP officer joins the program to share the importance of the Graduated Driver Licensing laws with participants. Teens are empowered with opportunities to get involved by participating in the Create Real Impact Contest and engaging in peer-to-peer outreach.

## YOUTH-LED FOCUS GROUPS TO PROMOTE SOCIAL AND EMOTIONAL LEARNING

**Dr. Amia Nash, Claire Shintani**

**INNOVATIONS FOR YOUTH - UNIVERSITY OF CALIFORNIA, BERKELEY | Sessions 1 & 2**

Join our UC Berkeley research partners and learn about leading focus groups with your peers to promote social emotional learning (SEL)! This workshop will explore the importance of SEL and provide actionable tools and resources to take back to your local FNL chapters. Participants will engage in the practice of co-facilitating focus groups and collecting data for SEL impact!

## ZYN OR ZEN?

**Emme Landers, Kaiana Swords, Charlotte Solis, Lana Goodman**

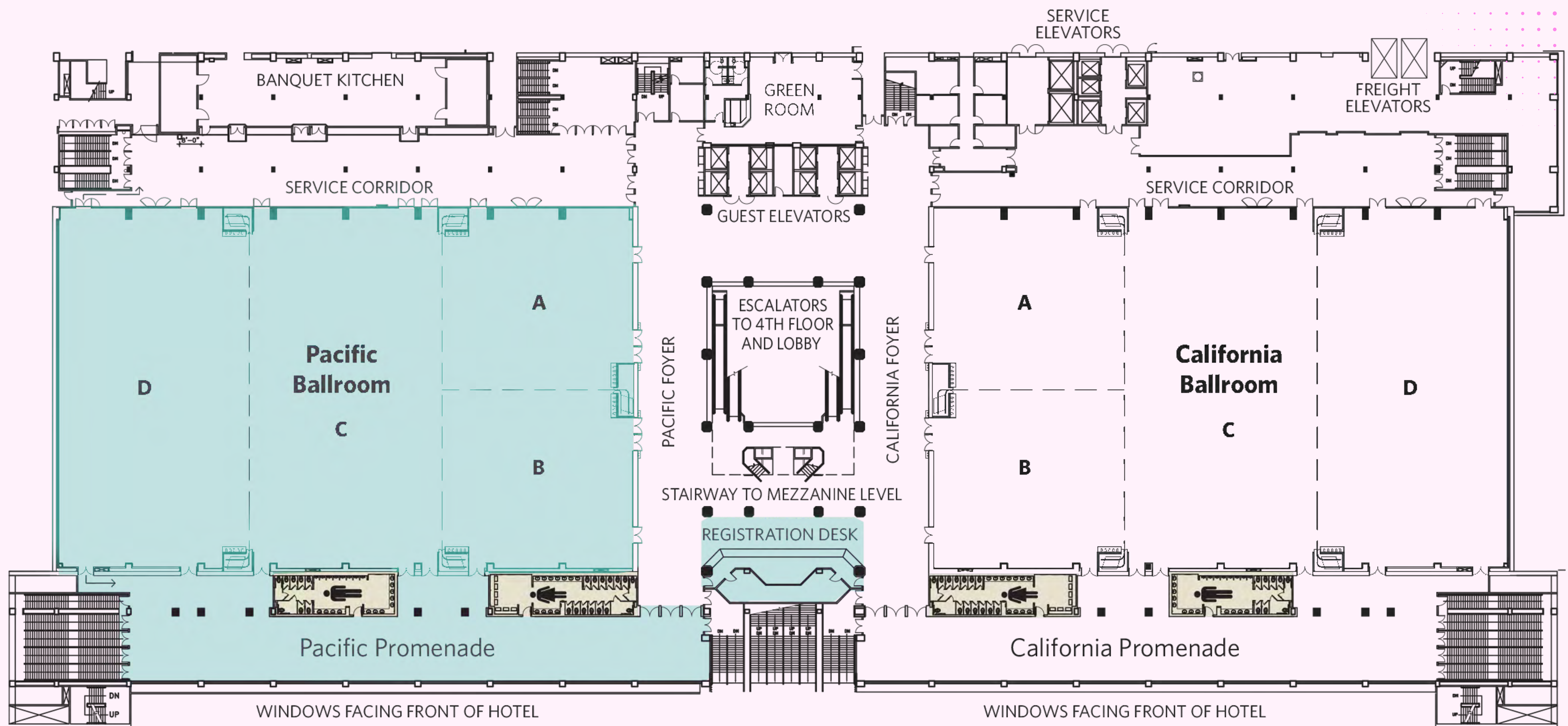
**SAN LUIS OBISPO COUNTY FRIDAY NIGHT LIVE - AGHS CHAPTER | Session 2**

This interactive workshop will discuss nicotine products, focusing specifically on those heavily marketed towards youth and those that come in alternative forms (to e-cigarettes or cigarettes) that are not as easily identified as containing nicotine or generally known to have negative effects. By participating in this workshop, you will be able to identify examples of products, how they are marketed, what they are made of, and possible adverse effects on individuals and communities such as their school.

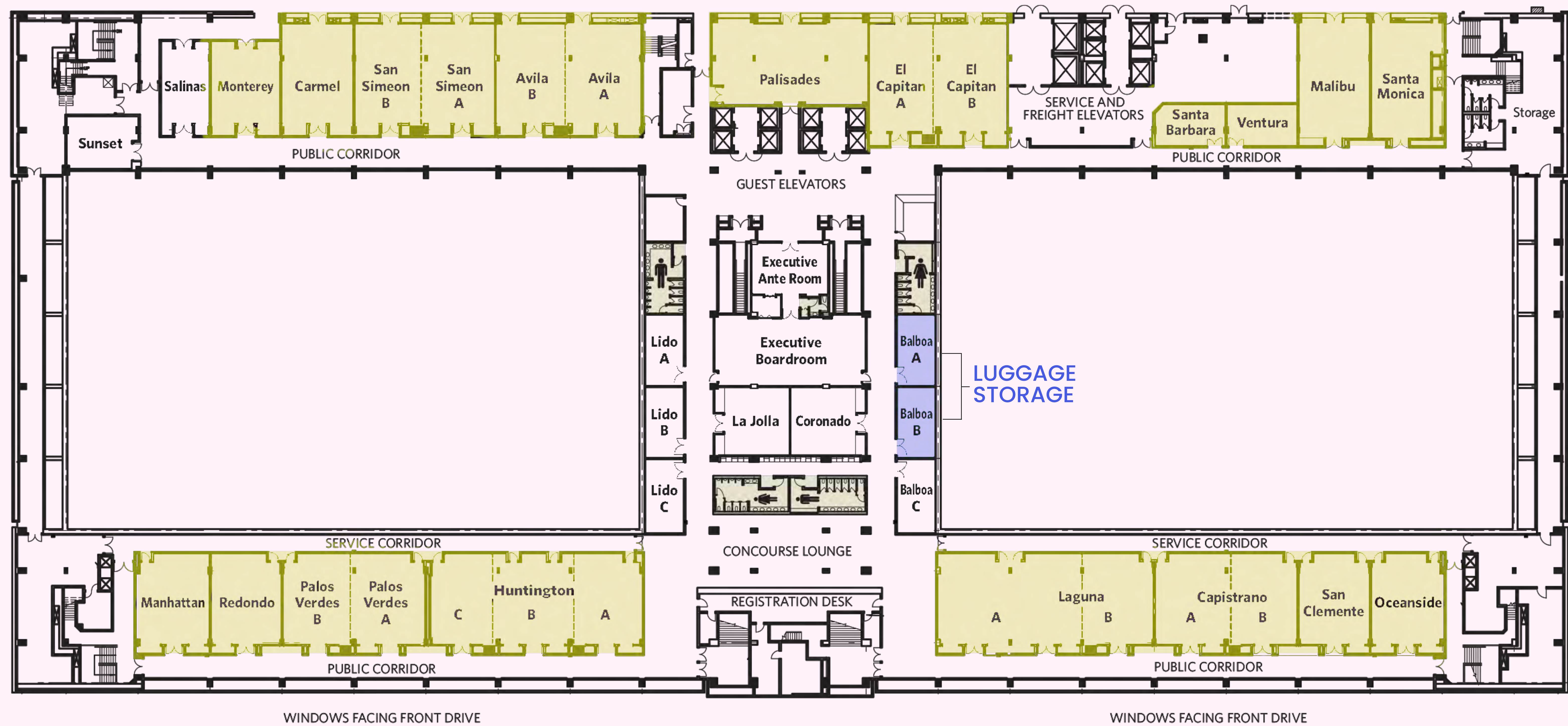


# CONFERENCE MAP

2nd Floor



4th Floor





# PLANNING ROOMS

ROOM	SESSION 1 10:30AM - 11:15AM	SESSION 2 11:15AM - 12:00PM
Laguna A	Solano	Orange
Huntington B	San Bernardino	Stanislaus
Capistrano A	Napa/Mendocino	San Luis Obispo
Carmel	Riverside	San Joaquin
Palisades	Santa Clara	Glenn
Ventura	Fresno	San Francisco
El Capitan A	Los Angeles	Siskiyou
Avila B	Sierra	Shasta
Malibu	Humboldt	Sacramento
San Clemente	Trinity	Tuolumne
Capistrano B	Tehama	Kern
Palos Verdes B	Colusa	Monterey
Palos Verdes A	Mariposa	San Diego
Redondo	Alameda	Butte
Huntington A	Ventura	San Mateo
El Capitan B	Santa Cruz	Santa Barbara
Avila A	Contra Costa	Marin
San Simeon B	Plumas	Calaveras
San Simeon A	Tulare	Yolo
Manhattan	Kings	Madera
Santa Barbara	Nevada	Amador

Sunday, October 20th





# EXHIBITS

- 1 Alcoholic Beverage Control - T.R.A.C.E.
- 2 Betting On Our Future/Underage Drinking Prevention
- 3 CA National Guard – CDTF
- 4 California Highway Patrol - Every 15 Minutes
- 6 California Youth Council (CYC)
- 7 Casey's Pledge
- 8 Center for Tobacco and the Environment (San Diego State University)

- 9 CFNLP Resources/FNL Materials
- 10 Friday Night Live Mentoring
- 11 Impact Teen Drivers
- 12 NICOS Chinese Health Coalition
- 13 Royer Studios
- 14 Together for Wellness/UCLA



# FRIDAY NIGHT LIVE/CLUB LIVE YOUTH DEVELOPMENT STANDARDS OF PRACTICE

YOUTH IN FNL/CLUB LIVE PROGRAMS WILL EXPERIENCE THE FOLLOWING:

## A SAFE ENVIRONMENT

- **Physical Safety** – to feel safe physically, free from the risk of harm.
- **Emotional Safety** – to feel safe emotionally, to feel like they can be who they are.

## OPPORTUNITIES FOR COMMUNITY ENGAGEMENT

- **Knowledge of Community** – to learn about their community and its resources.
- **Interaction/Interface with the Community** – to interact and work with community members.
- **Communication with the Community** – to communicate about the program or youth issues
- **Contribution to the Community** – to give back and serve the community

## OPPORTUNITIES TO ENGAGE IN INTERESTING AND RELEVANT SKILL BUILDING ACTIVITIES

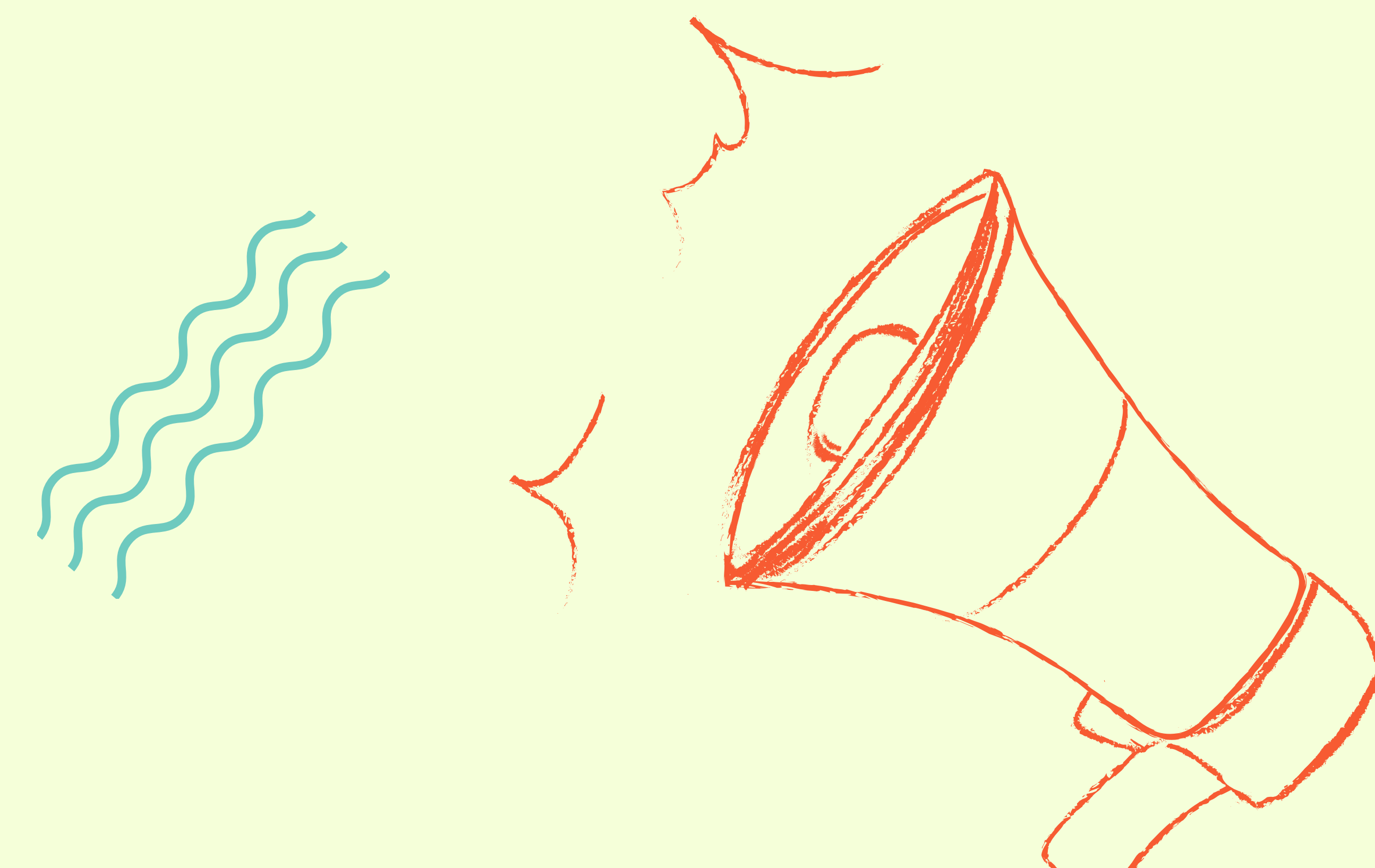
- **Specific Skills** – to develop and build specific skills through program activities.
- **Challenging and Interesting Activities** – to engage in interesting and challenging activities.

## OPPORTUNITIES TO BUILD CARING AND MEANINGFUL RELATIONSHIPS WITH PEERS AND ADULTS

- **Peer Knowledge** – to learn about their peers and build relationships with them.
- **Adult Knowledge/Guidance** – to learn about the adult staff and build relationships with them.
- **Emotional Support** – to feel supported emotionally by others in the program.
- **Practical Support** – to feel like their practical needs are met by adult staff.
- **Sense of Belonging** – to feel like they belong, like they matter to the group and its success.

## OPPORTUNITIES FOR LEADERSHIP AND ADVOCACY

- **Decision-Making and Governance** – to participate in decision-making and occupy leadership roles, such as staff or board roles.
- **Youth Voice** – to learn to express their opinions constructively and to hear those of others.
- **Action** – to take action on issues or projects they care about outside of the program – in the community, at school.

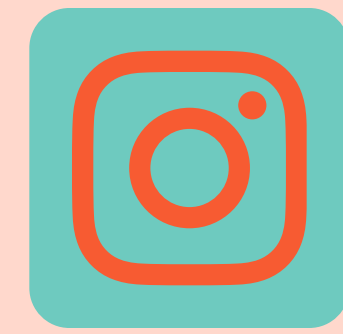




# FOLLOW US



@CaYouthCouncil  
@CFNLP



@CFNLP  
@CAYouthCouncil



@CAYouthCouncil  
@CFNLP



@CFNLP  
@CAYouthCouncil



@CaliforniaFridayNightLivePartnership



## HASHTAGS: What To Use and When

### To Talk About Underage Drinking...

#FNLbetterscommunities #underagedrinking  
#underagedrinkingprevention  
#reducingaccess #shiftingnorms

### To Talk About All Things FNL...

#fridaynightliveCA #fridaynightlive  
#youthdevelopment  
#positiveyouthdevelopment

### To Talk About Underage Gambling...

#bettingonourfuture #gamblingprevention  
#underagegambling  
#underageproblemgambling #problemgambling

### To Talk About Underage Tobacco and Vaping Prevention...

#BANdingtogether #novape  
#tobaccouseprevention  
#vapeuseprevention

### To Talk About Underage Cannabis Prevention...

#wegotthis #wegotthisfnl  
#reducingaccess #shiftingnorms  
#underagecannabisprevention



# AMPLIFY FNL

What change do you want to AMPLIFY?

What do you think is the cause of the problem you want to change?

Who do you want to impact?

What can you do to AMPLIFY the change?



NOW, THINKING ABOUT WHAT YOU WANT TO DO AND WHY, MAKE A STEP BY STEP PLAN TO GET YOU THERE.

Name 3 actions you will take this year to AMPLIFY your change?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## THE PLAN

Before November we will:

Before January we will:

Before February we will:

Before March we will:

Before April we will:

Before May we will:

Before June we will:

**THINGS TO INCLUDE IN OUR PLAN/ON OUR TIMELINE**

Who do we want/need to share our plan with?

Who can help us?

What other activities are important to our chapter?

Do we meet often enough to achieve our goal?



#AMPLIFYFNL #FNLYouthSummit24





To our sponsors and partners who help AMPLIFY the voices of young people in FNL, thank you for supporting the 2024 FNL Youth Summit!



[FRIDAYNIGHTLIVE.ORG](https://FRIDAYNIGHTLIVE.ORG)

[#AMPLIFYFNL](https://twitter.com/AMPLIFYFNL) [#FNLYouthSummit24](https://twitter.com/FNLYouthSummit24)