

NORTH PORT DRUG FREE YOUTH (NP-DFY)

What is NP-DFY ?

NP-DFY is a community-sponsored program for students who have proven to be drug free through voluntary submission to a medical drug screening. The program builds compliance by rewarding youth, middle school through high school, and creates an atmosphere that is wholesome and encourages the desired behavior.

What does NP-DFY have to offer?

1. Discounts and privileges from participating area merchants
2. Monthly club activities at locations such as skateboard parks, BMX parks, Movie theaters, bowling alleys, restaurants, etc., where members can socialize with other drug free youth within the community.
- ** 3. Opportunities for youth to engage in activities which reflect an area of career interest or hobby (ie shadowing for a day; free flight, baseball, play with a band)

What are the NP-DFY goals?

1. To promote tobacco, drug and alcohol free youth in North Port
2. To educate the community of the dangers of abuse and provide more positive alternatives
3. To enhance the leadership capabilities of young people
4. To reduce the demand for drugs
5. To improve communication between youth, parents, law enforcement, business people, treatment providers, and our community

** Career related opportunities as well as hobbies that require drug and alcohol abstinence

What is NP-DFY?

North Port Drug Free Youth is a community-sponsored program developed to help youth (ages 11 – 19) resist tobacco, drug and alcohol use. Joining youth sign a pledge promising to be drug free and submit to random drug testing.

Teens in the NP-DFY Program take pride in their commitment to remain drug, alcohol and tobacco free. They are recognized by their community as the powerful vehicles of change: young, motivated, inspired people who celebrate their commitment to making healthy choices every day. Research shows that youth drug rates are influenced more by young people's attitudes about drugs, and by prevailing social norms, than by availability of drugs. Youth involved with the NP-DFY Program are dedicated to affecting that social norm.

NP-DFY Goals

Empowerment: To empower and encourage youth to make positive choices

Information: To educate all community members of the risks of drug, alcohol and tobacco use and help them to work together to recognize and reward those who are making no-use choices.

Personal Growth: To enhance the leadership capabilities of young people

Communication: To improve communication between youth, parents, law enforcement, business people, and health professionals

Drug Free Alternatives: To provide positive alternatives to drug related activities

Community Change: To strengthen the resolve of youth to remain substance free and create change within their communities

How the Program Works

NP-DFY is a program administered by and for youth with guidance from adult advisors. NP-DFY members are youth who have vowed to be drug, alcohol and tobacco free. To validate this promise, they submit to drug testing when they join and randomly thereafter. The club is based on a number of aspects:

- Open to all students regardless of race, color, religion, sex, handicap, familial status or national origin
- Direct student involvement via self government and community outreach
- Provides a cohesive unit between community and youth
- Educates, motivates and develops community and business support for drug free youth
- Quarterly newsletter “NP-DFY Notify” sent to all members and community supporters (optional)
- Monthly or bi-monthly meetings (optional)
- Coordination of various activities throughout the year (ie. Alcohol Awareness Month)
- Rewards and discounts from various merchants
- Annual trips to other DFY communities (optional)
- Annual leadership retreats (optional)
- Annual Youth Summit (optional)
- Graduating seniors are eligible to receive some type of college scholarship, regardless of financial ability or grade point average (we/youth can set standards)
- A chance to earn career-oriented opportunities

How to Get Started

Most importantly, it should be remembered that NP-DFY is a program for the youth. If they don't buy into the program, it just won't work. Once the initial interest is solidified, let the kids take it and run with it.

- I. Ways to organize
 - A. Present the idea to a small group of young people from varying interest groups and get their initial reaction. You are trying to develop a buzz group from this meeting.
 1. School Organizations
 2. Community Youth Groups
 3. Athletic Groups
 4. Youth Hang-outs
 5. Church Youth Groups
 - B. Present the program to local businesses and social clubs and challenge them to become involved.
 1. Find someone to act as an advisor
 2. Find individuals to do the drug testing
 - a. Local nurses
 - b. Resource Officers
 - c. Mobile testing facility
 3. Social clubs
 - a. Provide scholarships
 - b. Help pay for picture ID cards
 - c. Help pay for drug testing
 4. Businesses provide discount opportunities
 - a. Short agreement with sponsoring group (ASAP)
 - b. Help pay for picture ID cards
 - c. Help pay for drug testing
 - C. Form a Student Leadership Panel consisting of:
 1. President
 2. Vice President
 3. Secretary
 - D. Have the Student Leadership Panel decide if they want their chapter to be a social activity group or whether it will remain strictly a "membership" opportunity.

E. Solicit the aid of parents and community supporters. These individuals provide support in many areas such as:

1. Help with drug testing
2. Obtaining merchant discounts
3. Recruiting additional volunteers
4. Help with general fund raising
5. Adult liaison to your local Substance Abuse Team (ASAP)

Creating Your Membership

1. Create NP-DFY youth applications and parent release forms
2. Make arrangements for pick-up and drop-off of applications and release forms
3. Create a program to present to youth groups – create a one page guideline of the same information to hand out
4. Decide if we collaborate with any already existing organizations (ie. SWAT)

References: info@idahodrugfreeyouth.org

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Drug Free Youth in Texas
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NP-CHAT Alliance for Alcohol & Substance Abuse