



MaineTeenTalk
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"Intoxication"

Distracted deadly driving

A girl is driving down the road in the sunshine with her two friends. They are laughing and joking. The girl driving starts texting a boy. Her friends are making comments about the message she is texting. Slowly the car is drifting to the other side of the road. It smashes head on into a car in the oncoming lane. Both cars spin out of control. Then another car drives into the side of the car that the girls are in. Everyone involved is hurt, except for one child and the girl who was driving while texting. Now, a family of four and all the girl's friends are dead.

This describes a very graphic Public Service Announcement created in the United Kingdom. It is an awareness campaign against texting while driving. The video was recently posted on YouTube, and has created much debate as to whether it should be shared with students or not.

More importantly, it is raising awareness about the increasing incidents of distracted driving. Research shows that if you are driving 65 mph and texting for only 5 seconds, you have traveled longer than the length of a football field.

A recent study from the Transport Research Laboratory, shows that texting while driving can be as dangerous as driving drunk. A program on CNBC showed that the reaction time for a driver who is texting is slower than for a person who has been drinking.

In a New York Times article published this past July, they interviewed a 22 year old college student from Windham, ME. He feels that texting while driving might be dangerous, but "it is convenient." In spite of the risk, he would rather text than make a phone call, to save time. He goes on to state that he has been in situations where he almost drove into an-

other car. "I'm pretty sure that someday it's going to come back and bite me,"

Whether it is the demands of our schedules, the ease of technology, a sense of invulnerability or some other factor, people are making the uninformed and possibly deadly choice to multitask while driving. What is the best way to address this growing public safety concern?

Will a graphic and cautionary Public Service Announcement prevent texting? Creating awareness campaigns, even if they are not shocking, should help. The legal community is also getting involved. Texting while driving is now illegal in 14 states.

In June of 2009, Maine signed a new "Distracted Driving Law" into effect. This law says that a driver fails to maintain control if s/he is engaging in activities that are not necessary to the operation of the

vehicle. In other words, doing just about anything other than driving, while operating a car is now illegal. This applies to the woman who drove through several toll-booths while watching a TV program on her laptop. With the size, number and speed of vehicles on the road today, driving should be its own full-time activity.

When we encounter new technology, there will always be the need to create awareness, craft new regulations and develop appropriate behaviors, so we can live safe and happy lives.



Wolfe's Neck Trek 5K

Please come join our first annual 5K run, the Wolfe's Neck Trek. It will take place at Wolfe's Neck Farm in Freeport on November 14 at 10:00 am.

Runners will experience Wolfe's Neck Farm's extraordinary scenery. The route takes you from the gravel paths around the farm, along side beautiful Casco Bay and through wooded trails.

Registration (at MaineTeenTalk.org or Active.com) is \$15. Kids 12 and under run for free!

The fee includes:

- A Wolfe's Neck Trek 5k t-shirt,
- Water, fresh fruit, hot drinks and energy bars,
- Awards for male and female top finishers in seven age categories.

Tell your cross county teams that it is a wonderful way to wrap up their season. So everyone, lace up your running shoes and register online today at :

MaineTeenTalk.org or Active.com



Swine Flu, aka H1N1

Flu season is here. Unless you've been living under a rock, you're also aware that Swine Flu is here as well. Maine has identified 388 cases of H1N1, which includes 19 individuals requiring hospitalization and one death. Of Maine residents with confirmed H1N1, 64% have been under the age of 25.

There was also an outbreak at Bowdoin College of 29 students with flu-like symptoms and 8 with confirmed H1N1.

How do you know if you have the flu? The Center for Disease Control says you do, if you have some or all of these symptoms:

fever*, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes diarrhea and vomiting

**It's important to note that not everyone with flu will have a fever.*

CDC also offers some preventative tips for you and those around you:

- Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze.



- Wash your hands often with soap and water. Otherwise, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Consider getting both the seasonal (regular) and H1N1 flu shots

[CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care.

Both Maine CDC and the National CDC have excellent online resources including prevention, treatment, situational updates and transcripts of weekly H1N1 briefings.

Statue Theater Workshop

This summer we held three innovative workshops on "Statue Theater". Our educator from Denmark, Jules Bjerning Jensen, is well trained in this educational form of drama. She held the workshops at SPACE Gallery and the St. Lawrence Art Center in Portland.



Statue Theater is an extraordinary method, often used in nonviolent communication trainings, which allows teens to explore their emotions, and relate to the emotions of their peers as well. These workshops are an extension of our MTT communication skill building and personal boundary work.

For example, we teach the X, Y, Z Statements. These are statements designed to help us talk about our feelings in a calm and straightforward way.

Statue Theater was created by Augusto Boal, who wrote the book "Theatre of the Oppressed" among others. His techniques have influenced drama and social change organizations around the world. The idea is to help people identify their emotions and explore their situations so it becomes easier for them to formulate how they feel.

By using body language and drama to express feelings, those feelings become clarified for you and the other workshop attendees.



Meet the Administrators

Executive Director:

Mary Schiavoni

Bringing the message of healthy lives and healthy relationships to teens is nothing new for Mary. She has been active in the healthcare field across the US, working with families and children for over 30 years.

She enjoys working with young people, encouraging them to gain knowledge and develop skills that will empower them to forge successful lives.

“It is critically important to recognize and reinforce the potential good that each person can experience in their lives and bring into the lives of others. Learning to build healthy relationships is a skill that will serve you for a lifetime.” Mary goes on to say, “MaineTeenTalk is a program Maine teens say they want. We are seeing teens who are learning to maximize the potential in their lives now, in preparation for healthy relationships in the future.”



Program Manager / Community Relations Director:

Leslie Hyde

Leslie moved to Maine in 1988. She has always been involved with kids, having spent 10 years as a Guardian ad Litem for abused children in Portland and another 10 years working in the Maine school system. Last summer, before she began working at MTT, she and her 21 year old daughter were lucky enough to spend 2 months in Tanzania working at the extraordinary Rift Valley Children’s Village orphanage in Karatu.



Program Coordinator :

Tedda Yeo

Tedda came to us, after serving as the assistant to the Dean at the Muskie School, located on campus of the University of Southern Maine in Portland. She has a bachelor’s degree in political science, and a graduate certificate in non-profit management. She is a lifetime resident of Maine and will be serving as the Program Coordinator for MaineTeenTalk’s Healthy Relationship Education Program.



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