



HEALTH AND HUMAN SERVICES DEPARTMENT

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**City of Newton, Youth Commission
December 14, 2022 – 6:30 p.m.**

Attendance/Introductions:

Spencer Solcoff, Nick Makura, Lily Siegelman, Matthew Wrigley, Andrew Feinberg, Audrey Wei, , Kenneth Tsay, Shivani Gulati, Grace Cai, Sarina Chand, Armine Freeman, Ryn Leffler, Tenley Hanson, Preethika Vemula, Julie Feldman, Georgia Finkelstein, Mia Chu, Emma Zhang, Abby Shin, Chloe Lee, Grace Cai, Julia Dun Rappaport, Michelle Menken, and Meghan Murtagh.

Meeting called to order at 6:40 p.m.

Presentation:

- Teen-Stress Survival Guide Workshop
Presented by Families for Depression Awareness

Youth Commission Updates:

Code of Conduct Policy: The City of Newton, requires all newly appointed Commissioners and Advisory Board members to read the Code of Conduct Letter and sign the policy form. Please check your emails and return to the documents to MM.

- **Instagram & Newsletter Subscribers:** The Youth Commission needs Instagram followers and newsletter subscribers. Communications Subcommittee member EZ, put together a poster to share with schools, community, and Instagram. Please spread the word.
- **YRBS Video Project:** Newton Public Schools has asked the YC to put short commercial type video's together promoting the YRBS. The YRBS Survey, is based on the Center of Disease Control and Prevention, Youth Risk Behavior Surveillance System, which measures six categories: mental health, sexual behaviors, alcohol and drug use, tobacco use, physical activity and nutrition. If interested in participating in this project, please email MM.

Meeting closed at 7:55 p.m.

Next Meeting:

Wednesday, January 10 at 6:30 pm.
Newton Free Library