



Issue 1
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Prevention Prism

Spring Greetings Educators! Welcome to Alliance for Healthy Youth's first Newsletter: The Prevention Prism.

In the midst of the Covid-19 Quarantine, we wanted to reach out and take advantage of this opportunity to connect with the great minds responsible for educating our children; YOU.

Being cooped up at home is a magnet for loneliness no matter who you are. The need for everyone to stay inside, and the enforcement of social distancing can cause a person to feel more isolated than ever. With many people working remotely, in the interest of limiting the spread of the coronavirus, we're hoping this newsletter brings you entertainment, insight, and of course a very welcomed distraction to make your quarantine experience less stifling.

As a person born in the 80's, I can remember being introduced to technology. Playing Oregon Trail quickly became a favorite pastime of mine. As the years passed, and technology advanced, my understanding of technology quickly shifted to discombobulation, and I wrote technology off as a negative until now. It's within these times that my appreciation for technology takes precedence over my feelings of frustration. Technology is a resource that allows us to mentally and emotionally stay connected. I admire the creativity that has been birthed throughout the coronavirus pandemic. Friends are meeting for game night; video chat lunch dates, and concerts or dance parties put on for FREE by some of my favorite artists! For some, who are already dealing with mental health issues, technology can be the saving grace during such pandemics.

In the weeks to come, Prevention Prism will be delivered to your inbox. Each newsletter will contain insightful information that is Alliance for Healthy Youth related. We encourage you and your students to visit our website: Mystorytoday.org, for additional prevention information. It is our hope that through our newsletter, you find relationship, support, and connection during this difficult and challenging time. In the great words of Martin Luther King Jr., "We must accept finite disappointment, but never lose infinite hope." We're all in this together.

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