



CHILDREN & YOUTH COMMUNITY PLAN (CYCP) REPORT CARD



ALEXANDRIA'S PROGRESS TOWARDS ENSURING EVERY CHILD SUCCEEDS TODAY AND TOMORROW

VOLUME 2, ISSUE 6

This issue reports the progress made on providing youth with accurate sexual health information and access to reproductive health care services between April 2021 - May 2023

CYCP GOAL

All Children, Youth, and Families are Physically Safe and Healthy

ALEXANDRIA SPOTLIGHT

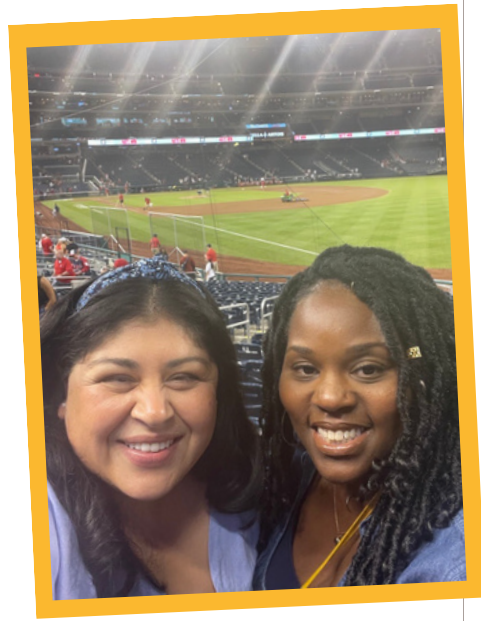
This month we are celebrating the work of Lisette Torres! Lisette has been the Coordinator of the Alexandria Campaign on Adolescent Pregnancy (ACAP) for 11 years. During that time, Lisette has...

- Engaged and organized a coalition around reducing unintended pregnancy and ensuring that youth have accurate sexual health information and access to sexual and reproductive health care services.
- Grown the ACAP's membership, developed strong relationships across the city and region, and is respected by everyone who works with her.
- Facilitated countless meetings where all voices were heard and included, where ideas and questions were captured, and where people came together to guide the direction of the organization.
- Treated everyone with respect and kindness.
- Served as a mentor through the SOHO program.
- Launched the successful PREP grant and supervised its implementation for 11 years.
- Collaborated with her colleagues to:
 - develop and host the annual Alexandria Youth Leadership Conference,
 - host "Youth Speak Up" events, "Health Conversations," and quarterly "Titan Takeover" teen nights at recreation centers across the city to provide youth with a fun, substance-free place to hang out on a Friday night,
 - bring the Developmental Assets framework to Alexandria, sparking a movement that inspires every adult to support young people through intentional relationship building, safe and nurturing environments, and creating and connecting youth to opportunities.
 - launch the Keep It 360 Peer Advocate program which hires and trains youth to educate their peers on making healthy life choices.
- Supported and empowered youth to express their ideas and serve in leadership positions.
- Embodied the spirit of what it means to be a public servant.
- Received awards and accolades, including:
 - the Vola Lawson Award in recognition of her significant contributions to the well-being and elevation of the status of women in the City of Alexandria and
 - Alexandria's 40 Under 40 for her exemplary work in Alexandria.
- Provided her strong leadership to support various initiatives across Alexandria focused on prevention and promoting positive youth development.
- Graduated from the City Manager's inaugural RISE Leadership Academy.

and so much more.

Lisette recently moved with her family back to her home state of California. The legacy that she leaves behind in Alexandria is every life that she ever touched, every youth that she empowered, every colleague she supported and inspired, every strategic plan that she informed, every training and workshop that she delivered, every event that she planned, and a City that believes and invests in its young people. Lisette will be deeply missed by all her colleagues.

Here is what her colleagues from ACAP and the Youth Development Team had to say about Lisette:



"Lisette is the type of colleague who..."

...YOU ALWAYS WANT ON YOUR TEAM AND BY YOUR SIDE.

...WILL GO ABOVE AND BEYOND WHAT IS ASKED OF HER TO MAKE SURE THE JOB IS DONE AT AN OUTSTANDING LEVEL!

... made work feel like a second home.

...LED BY EXAMPLE AND IS A WONDERFUL ROLE MODEL FOR OUR YOUTH. SHE IS STRONG, PATIENT, GIVING, EASY TO LAUGH, AND SO KIND TO ALL WHO COME INTO HER SPHERE.

What is something that Lisette taught you?

It's ok to spend a little money to make an event or program nice. This has an impact on how people feel when they are attending. Creating a nice space for attendees is important.

To stick to the script when interviewing people, lol!

...cares deeply about you and your family and cares deeply about the work you're doing.

RELATIONSHIPS ARE EVERYTHING. NOTHING IS MORE POWERFUL OR TRANSFORMATIVE IN A YOUNG PERSON'S LIFE.

Lisette taught me to always center youth voice, from beginning to end, when working on youth issues. She also taught me HOW to center youth voice to honor and protect them as they share their views and experiences.

PERSONALLY AND PROFESSIONALLY, LISETTE HAS BEEN INSTRUMENTAL IN MODELING WHAT IT MEANS TO BE A LEADER, MENTOR, AND CHAMPION FOR ALEXANDRIA'S CHILDREN AND YOUTH.



How is Alexandria better because of Lisette? What is her legacy?

Alexandria is a healthier place because of Lisette. The Peer Advocate program has expanded and deepened. There is a focus on the positive aspects of youth, rather than the negative, which helps to build up and empower Alexandria youth!

THE YOUTH LEADERSHIP CONFERENCE. SHE HAD A GREAT VISION FOR PROVIDING YOUTH A PLACE TO LEARN LEADERSHIP SKILLS AND GIVE VOICE TO IMPORTANT ISSUES. IT HAS GROWN INTO AN AMAZING EVENT!

Being able to secure the HHS PREP Grant to ensure the City of Alexandria had the resources to decrease the teen pregnancy rate and better educate youth about ways to protect themselves from STI's. The City has been a recipient of the PREP grant for over 10 years and Lisette is a BIG reason for this.

Her commitment to the PREP programs and CYEP enabled us to do our jobs easily and left countless Alexandria youth feeling heard, seen, and knowing they have adults in the community who genuinely care about them.

BY BRINGING THE DEVELOPMENTAL ASSETS FRAMEWORK TO ALEXANDRIA, SHE HELPED BUILD A MOVEMENT IN OUR CITY WHERE PEOPLE ARE MORE INTENTIONAL ABOUT THEIR INTERACTIONS WITH YOUTH. EVERY ADULT CAN BE A CARING, TRUSTED ADULT. THIS HAS THE POWER TO PREVENT UNHEALTHY BEHAVIORS AND CHOICES AND CREATE AN WORLD WHERE EVERY KID CAN THRIVE.



What is something that will always remind you of Lisette?

When I see a beautiful event with pretty decorations, good food, gifts of recognition, I will think of Lisette and her thoughtful and energetic event planning!

THE HAUNTED HOUSE TOUR IN NEW ORLEANS AND GETTING RAINED ON.

My job. There isn't anything that she didn't influence or have a hand in creating with me. I knew that I could always count on her to show up, give the best advice, and take any idea and make it better. Take these monthly Report Cards - even the "Alexandria Spotlight" was HER idea! She said it would help humanize the data and tell our story.

COFFEE AND LEGGINGS!



What is it like to work with Lisette?

US AT CYEP WILL TRULY MISS HER AS SHE WAS AN ABSOLUTE PLEASURE TO WORK WITH OVER THE PAST DECADE!

Fun and inspiring. You could always expect to have some good laughs when working with Lisette. You'd almost always learn something new as well and hear a perspective you hadn't considered before.

Working with Lisette is a dream. She has a spectacular attention to detail to everything she touches, ranging from crafting a minute-by-minute Youth Leadership Conference agenda to perfectly planning event décor for Titan Takeover Teen Nights and community celebrations.

Lisette is not afraid of details. She will figure things out no matter how complicated. She is patient and kind and really cares about people. This shows in everything she does.

WORKING WITH HER DOESN'T FEEL LIKE WORK. SHE CREATED A FUN-FILLED WORK ENVIRONMENT AND PROVIDED HER UNCONDITIONAL SUPPORT AND FRIENDSHIP TO SO MANY COLLEAGUES.



What is Lisette's superpower?

KNOWING THE BEST FOOD AND DESSERTS TO ORDER FOR AN EVENT/PROGRAM! OH, AND THINKING STRATEGICALLY 😊

Her natural Leadership abilities.

HER RESILIENCE.

ZOOM MEETING OPERATIONS. EVERYTHING WOULD GO SO SMOOTHLY, AND SHE ALWAYS HAD THE BEST MUSIC PLAYLIST THAT SHE RIGHTFULLY EARNED THE TITLE DJ I NICE.

Lisette is the most organized person I have ever met. It is both amazing and contagious in the best way.



What will you miss most about Lisette?

I will miss her passion and commitment to help youth. Lisette has a very high work ethic and that will be missed.

Knowing that I personally and CYEP had a long-standing friend and ally in our work, and her overall presence.

HER THOUGHTFULNESS, HER OPTIMISM THAT WE CAN MAKE THINGS BETTER, HER SMILE AND WARMTH.

I will miss our chats about pretty much everything and anything. The warm hugs and her positive attitude.

The wisdom and perspective that she brought to every meeting and conversation.

I WILL MISS YOU LISETTE AND YOU WILL ALWAYS BE "MY PERSON" IN THE WORDS OF DR. MEREDITH GREY.

I WILL MISS LISETTE'S PARTNERSHIP IN OUR WORK AT ACAP. I KNOW WE WILL REMAIN FRIENDS, BUT I'LL MISS MY REGULAR CONNECTIONS WITH HER.

I will miss collaborating with her on all of the events that we hosted. The shopping, us having the same ideas & our finished product after the event is set up. Lisette and I have so much in common and I am sure we have so much more that has yet to be explored. I will miss her willingness to help out and her flexibility in a time of need. I may have only worked with her for a year, but she has had such an impact on my life. I will miss our comical commentary during an all-staff meeting. I will miss our talks about our parents and children. I will just miss everything about her.



Everything - collaborating to plan and host events; brainstorming over coffee chats; engaging with our community to share information about the power of Developmental Assets and the importance of centering and elevating youth voices. She is the best.

It is hard to imagine ACAP without Lisette. Just talking to her about the work of ACAP enticed me to join the Leadership Council. Her skills at managing the organization and honoring and respecting young people provides a model for community-based programming. I am certain that many young people have learned well and acted in their best interest because of her work.

Laughing with her. She made work fun and exciting, like we were on the verge of changing the world for the better. So many hours were spent in her office, coming up with the best ideas. Before leaving, I would lament, "If only we ran the world."

RESULT

Young people have complete and accurate sexual health information and access to sexual and reproductive health care services

WHY THIS MATTERS

When young people have access to comprehensive, medically accurate and inclusive sexual health information delivered by educators they trust, they are empowered to plan for the futures they desire.

Sex Ed For All Month is an opportunity to raise awareness and call for real investment in sex education in schools and communities across the United States. Young people benefit from sex ed because it:

- Gives them age-appropriate, medically accurate information so they can have healthy relationships, make healthy decisions, and have positive health outcomes.
- Teaches them the importance of treating everyone with dignity and respect, with racial justice, fairness, and compassion for others as core values.
- Strengthens a family's bonds and understanding of their values and helps to create more open and honest communication.

Sex education can occur at all grade levels with information that is age- and culturally-appropriate.



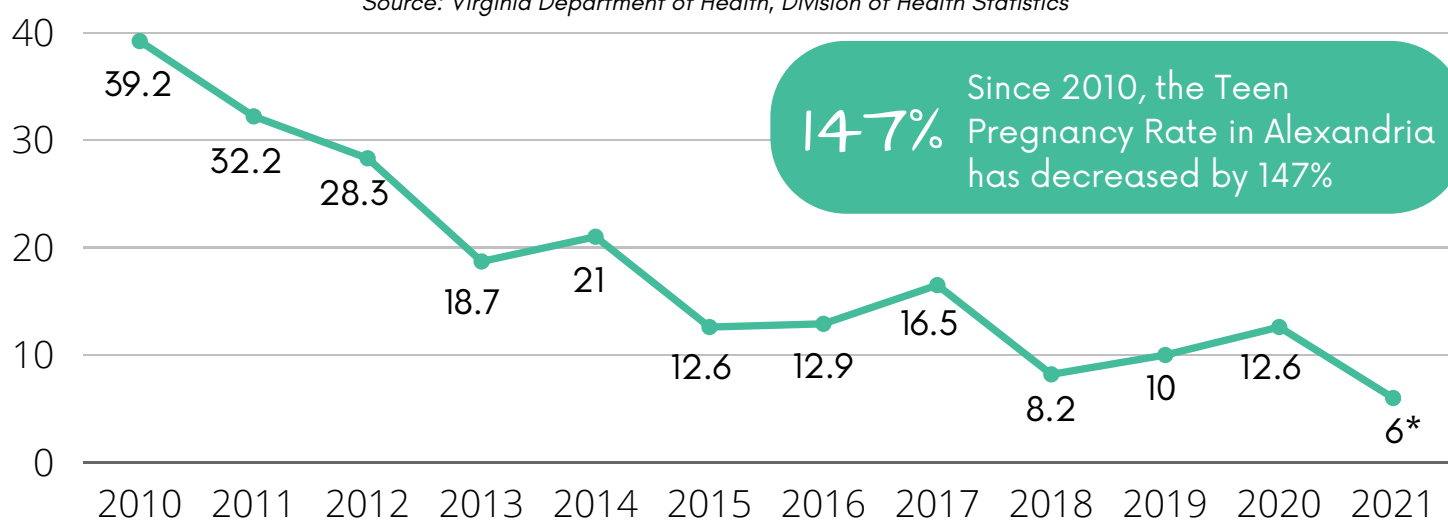
- **In elementary school**, sex ed covers foundational building blocks around things like consent and boundary setting with friends, understanding our bodies, and the beautiful diversity in the ways people form and have families.
- **In middle school**, sex ed addresses relevant issues such as puberty, healthy peer relationships and anti-bullying, and media literacy skills to support kids in developing a healthy body image.
- **In high school**, sex ed covers everything from birth control and safer sex, to sexual decision-making and communication skills, to understanding how society and culture shape our ideas about sex, gender, and race, and how we can work towards more equitable communities.

HOW WE ARE DOING

Teen Pregnancy Rate

pregnancies/ 1,000 females aged 15-17

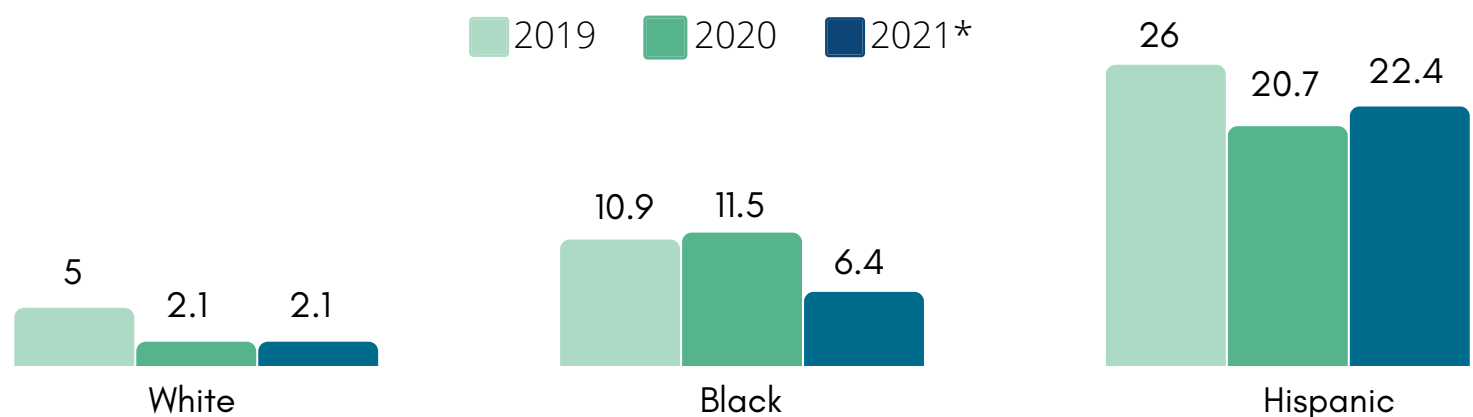
Source: Virginia Department of Health, Division of Health Statistics



Teen Pregnancy Rate by Race/Ethnicity

pregnancies/ 1,000 females aged 15-17

Source: Virginia Department of Health, Division of Health Statistics



*2021 rates should be interpreted with caution because they were calculated using 2020 population estimates as the denominator (VDH is still waiting on 2021 population estimates)

CYCP STRATEGIES

#15: Support ACPS in providing comprehensive K-12 sex ed that's LGBTQ inclusive and includes consent, violence, prevention, and refusal skills

#16: Prevent unintended teen pregnancy by targeting resources for prevention education and health services specifically for communities and groups that are disproportionately affected by teen pregnancy (i.e. Black and Latina girls, girls ages 18-19)

IMPLEMENTATION STATUS

Progress with promoting sex ed for all:



STRATEGY CHAMPION



PARTNERS

- [Alexandria Sexual Assault Center](#)
- [Capital Youth Empowerment Program](#)
- [Substance Abuse Prevention Coalition of Alexandria](#)
- [Alexandria City Public Schools](#)
- [Teen Wellness Center](#)

WHAT DID WE DO?

To advance strategy #15, ACAP has fully implemented the following actions:



Formed the School Health Advisory Board Family Life Education Work Group



Worked with Capital Youth Empowerment Program to deliver evidence-based sex ed curriculum to youth groups across **13** community sites



Worked with ACPS to deliver evidence-based sex ed curriculum to middle school Health and P.E. Classes through Personal Responsibility Education Program Grant



Keep It 360 Peer Advocate program expanded to serve **four** sites in partnership with the ACPS LINK Program

...and is in the process of:



Working with the Family Life Education (FLE) workgroup with community experts to review current FLE curriculum and make recommendations for revisions and enhancements



Advocating at local and state level for policies that improve student access to comprehensive sexual health education

To advance strategy, #16, ACAP has fully implemented:



The "El Camino" curriculum with Black and Latino youth, youth in the International Academy, and youth involved in the criminal justice system across various community-based locations



...and is in the process of:



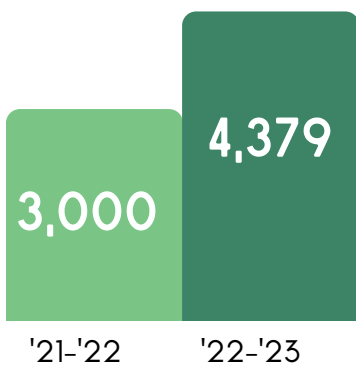
Implementing ACAP's Latino Outreach Plan to provide prevention messaging and information to Latino community



Installing condom dispensers at various community sites where disproportionately impacted groups reside, work and attend school

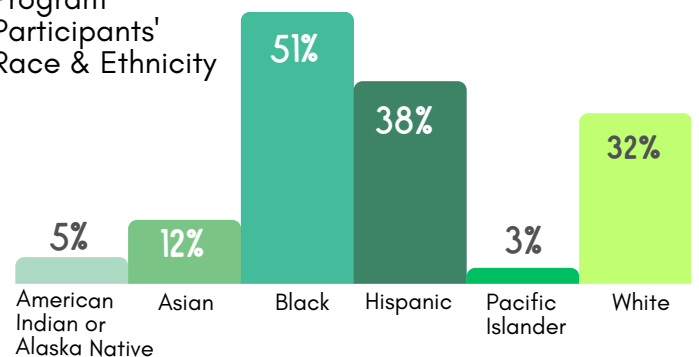
HOW MUCH HAVE WE DONE?

Cumulative # of youth served by ACAP's educational programs since 2021

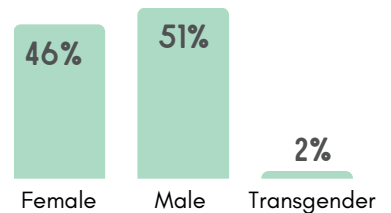


HOW WELL DID WE DO IT?

Program Participants' Race & Ethnicity

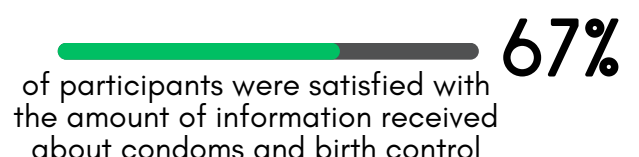
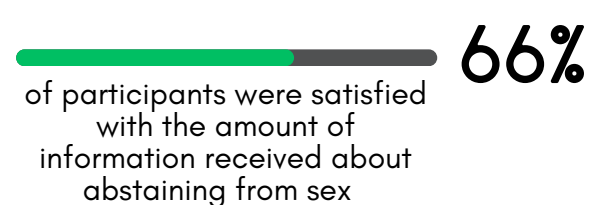
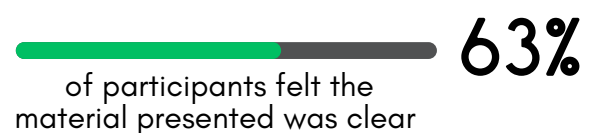
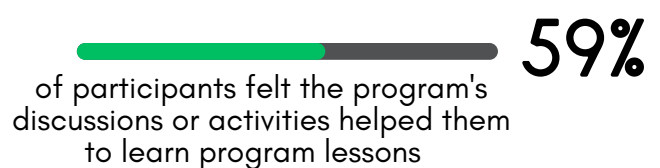
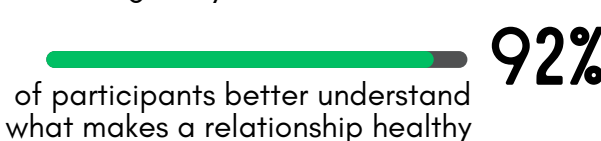
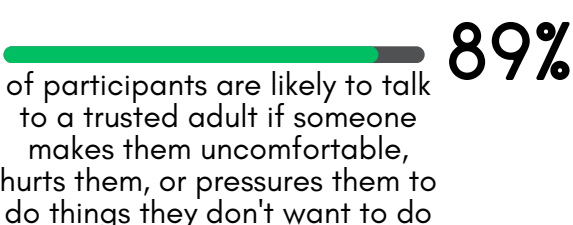
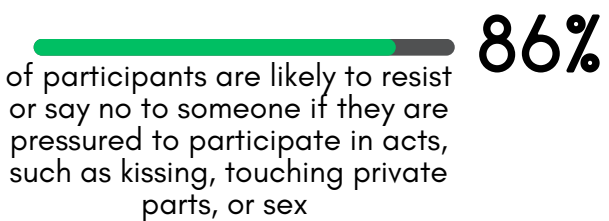
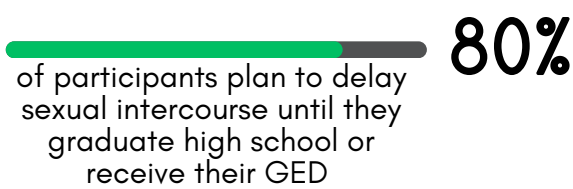
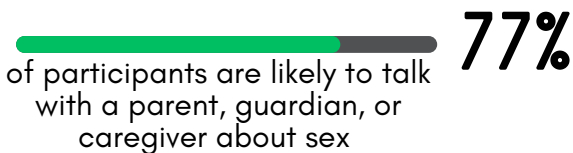


Program Participants' Gender Identity



IS ANYONE BETTER OFF?

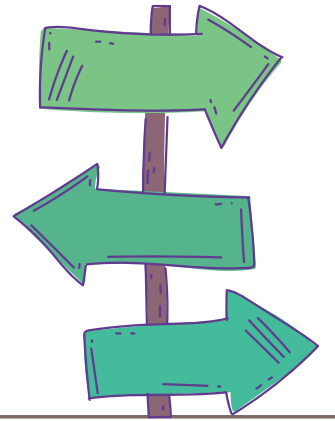
After the program...



WHERE WE ARE HEADED

From now until 2025, we will:

- Advise ACPS curriculum development based on revised Virginia Department of Education FLE requirements.
- Begin implementing ACAP's 2022-2026 Action Plan.
- Develop a sustainability plan for educational programming and condom distribution.
- Launch the Wrap Up Alexandria condom distribution.



RESOURCES & UPCOMING EVENTS

Did you know...?

ACAP has a text line for youth who have questions about sex, love, and relationships! Teens can anonymously text SEX to 30644 and receive answers from a trained staff to specific questions about sex, love, and relationships within 24 hours.



Find more resources at:

- Alexandriava.gov/ACAP
- Facebook/ACAP.va
- [Sex Ed for All Month](#)
- Instagram: [@AlexandriaTeenLife](https://www.instagram.com/AlexandriaTeenLife)
- [Resource Directory for Alexandria's Youth & Young Adults](#)

Teen Resources

General

- [Teen Source](#) - My Health, My Future, My Plan
- [Scarleteen](#): Sex Education for the Real World
- [Go Ask Alice!](#)
- [Advocates for Youth](#)
- [Sex, Etc.](#)
- [I Wanna Know: Sexual Health and You](#)
- [Planned Parenthood](#) - Info for Teens

Relationships

- [Alexandria Domestic Violence Program](#)
- [Love is Respect](#)

Condoms & Birth Control

- [Power to Decide](#)
- [Avert - Using Condoms](#)

Parent & Guardian Resources

- [Planned Parenthood for Parents](#)
- Talking about Sex: [FamilyEducation.com](#)
- [Kids Health for Parents](#)
- [Real Life, Real Talk](#)
- [Talk with Your Kids](#)
- [PFLAG](#) (Parents, Families, and Friends of Lesbians and Gays) | Metro DC PFLAG | Email pflag.alexandria@gmail.com or arl.pflag@gmail.com for information on local chapters and support groups
- [Helping Families Support Their Lesbian, Gay, Bisexual, and Transgender \(LGBT\) Children](#) - A brief by Dr. Caitlin Ryan, Director of The Family Acceptance Project
- Check out these [resources](#) compiled by SIECUS: Sex Ed For Social Change for a one-stop shop to help bring sex education into your home.

Sexual Orientation & Gender Identity

- [Safe Space NOVA](#)
- [The Trevor Project](#)
- [Side by Side](#)
- [Sexual Minority Youth Assistance League \(SMYAL\), Washington, DC](#)
- [Alexandria LGBTQ Task Force](#)

Pregnant & Parenting Teens

- [Scarleteen](#) - Pregnancy & Parenting

In Alexandria

- [Alexandria Teen Wellness Center](#)

Resources for Service Providers

- [ACAP](#) offers support for service providers in Alexandria through trainings, workshops and technical services.
- [Advocates for Youth](#)
- [Power to Decide](#)
- [Sex, Etc.](#)
- [GLSEN](#)- Gay, Lesbian, Student Education Network
- [Search Institute](#)



Champion Guide

Starting conversations about consensual sex and effective birth control has the power to change EVERYTHING. [These tips](#) from Power to Decide will help you continue being a champion to the young people in your life.



Wrap Up, Alexandria is a condom distribution program aimed to make condoms more readily available to the community through strategically placed condom dispensers throughout the City of Alexandria. This program is designed to help people, especially young people, make positive choices about their sexual health.

Registration is Open for the 2023 Alexandria Youth Leadership Conference!



ALEXANDRIA YOUTH LEADERSHIP CONFERENCE 2023

Find Your Voice, Find Your Strength, Find Your Future

AUGUST 8 & 9 / 10 A.M.-4 P.M. AND AUGUST 10 / 11 A.M.-5 P.M.
FIRST BAPTIST CHURCH / 2932 KING ST.

This free conference is open to rising 9th through 12th graders residing in the City of Alexandria. This year's conference theme is Find Your Voice, Find Your Strength, Find Your Future. [Click here to register.](#)

The conference will be held August 8 and 9, 10 a.m. - 4:30 p.m., and August 10, 11 a.m. - 5 p.m., at First Baptist Church of Alexandria (2932 King St.) and youth who attend the conference in its entirety are eligible to receive a \$20 gift card. [Click here to view and share the flyer for this event.](#) If you have any questions, please contact Felicia Parks at felicia.parks@alexandriava.gov.

The YLC empowers emerging young leaders by providing training opportunities and connecting them to resources in their community. This event is hosted by SAPCA, the Alexandria Campaign on Adolescent Pregnancy (ACAP), the Alexandria Sexual Assault Center, and the Alexandria Library.