

HOW YOU CAN HELP

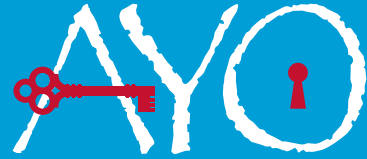
AYO deeply appreciates the support of its volunteers, mentors and donors! Here are some ways to help:

- ▼ Nominate a youth that you feel is in need of extra support
- ▼ Mentor a youth who shares similar interests and personality traits as you, and meet with them two times a month
- ▼ Tutor a youth who needs help with homework
- ▼ Intern at AYO (AYO can be a site for your high school, undergraduate or master's level internship)
- ▼ Provide a monetary gift to help us reach as many youth as possible
- ▼ Help us connect to a company or organization that offers grants, endowments, or donations to youth oriented programs

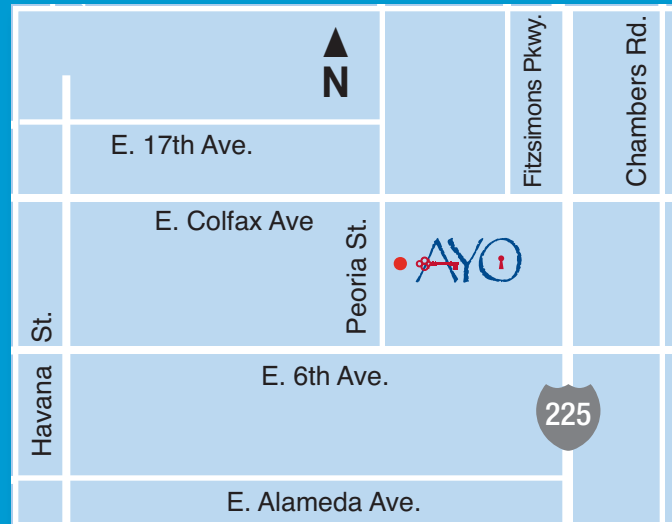
"I thought mentoring would be difficult and take up too much time, but it has made my life richer than I ever thought possible. It has changed MY life!" - Derrick, mentor

Aurora Youth Options:

- ◆ *Improves lives and supports the community*
- ◆ *Directly impacts the lives of more than 700 young people each year*
- ◆ *Has been recognized by the City of Aurora, the Aurora Police Department, the school boards of both Aurora and Cherry Creek Public Schools and the Colorado Juvenile Council*
- ◆ *Received national recognition as one of the top 50 mentoring programs in the United States*



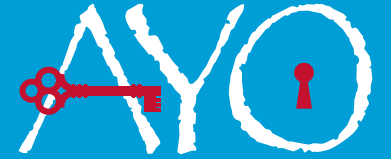
Aurora Youth Options
aurorayouthoptions.org



Aurora Youth Options

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"New experiences for Melissa made me see them in a new, improved light. I have appreciated the opportunity of having a friendship like this and the way it mirrors life, the dance of struggles following success, the lure of a great future with undeveloped skills, and ultimately, the promise of a bright future."
– Donna, mentor



DID YOU KNOW?

Nearly half the population of young people between the ages of 10 and 18 live in challenging situations that put them at risk of not living up to their potential. They need a listening ear and gentle guidance that can turn a negative situation into a life lesson. That's why in 2009 Aurora Youth Options was created!

ABOUT AURORA YOUTH OPTIONS

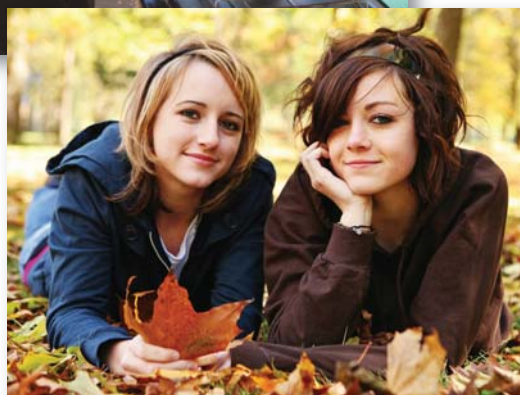
Aurora Youth Options (AYO) works with at-risk middle and high school aged youth along with their families, to navigate, connect and provide positive individualized resources for success. During their time with AYO, youth gain the life skills that are necessary for personal, professional and emotional

happiness in life. By providing personalized support to each youth, AYO can deliver individualized referrals to community resources and programs that will benefit them in a proactive and nurturing way.

MENTOR PROGRAM

The AYO Mentor program matches adult volunteers with youth based on mutual interests and personality traits; connecting with a personal mentor as their life coach and friend. Mentors help youth develop their strengths and achieve their goals by using their experiences and expertise to help identify available resources. Mentors receive regular training and coaching, and are supported by a life skills program, along with activities and resources to provide the youth with the best mentoring possible.

AYO has helped me so much; the resources I have been connected with have been a blessing. AYO referred me to job skills training and an internship where I learned you need to work hard and use your resources, because not everything is handed to you." – Ashuntie



The thoughtful and undivided attention that AYO provides each youth is ultimately what creates connections that have a lasting and meaningful impact on their lives.

HOMEWORK HELP AND TUTORING

AYO offers regular homework help and personalized tutoring sessions in Aurora. AYO creates a safe and open environment where youth can interact with volunteer adults and peer tutors to get the assistance they need. Sessions are offered at several locations.

PACT PROGRAM

Prevention Awareness through Core Training (PACT) is a life skills program offered by AYO that works to provide the drug resistance, social and personal self-management skills youth need to succeed.

"Everyone at AYO is very friendly and they're all unique. They are like the seeds that help everyone grow."
– Dereni, 7th grader

Drug Resistance Skills

Youth learn and understand the consequences of substance use, risk-taking, and the influences of media and marketing.

Social Skills

Youth gain interpersonal and communication skills to meet personal challenges and build healthy relationships.

Personal Self-Management Skills

Youth learn and develop the skills that help them enhance self-esteem, develop problem-solving skills, reduce stress and anxiety, and manage personal emotions.

LEADERSHIP PROGRAMS

One of the best leadership opportunities that AYO offers is the PACT Leadership Development Program. It helps youth develop personal responsibility, an interest in community service, and a life vision to guide them through the numerous challenges and obstacles they may encounter.

HOW TO JOIN AYO

Youth must be nominated for the AYO Program. A nomination can be made by anyone who interacts with youth – such as teachers, parents, coaches, counselors and peers. A youth can also nominate themselves.

First Steps

- ▼ Fill out a nomination form and send it to an AYO youth specialist. Forms can be found online at aurorayouthoptions.org and faxed to 303.617.2669 or e-mailed to ayo@aumhc.org.
- ▼ Once nominated, the youth will take a survey which will help us identify the appropriate resources for them. Surveys can also be completed at our Drop-in Nights every Wednesday from 4-6 pm at the AYO office.

Who can be Nominated?

- ▼ AYO is for middle or high school students.
- ▼ Youth must have an Aurora address or attend school with an Aurora address.

AYO offers opportunities across all of its programs, giving youth the chance to gain experience by utilizing and honing their leadership skills.



Aurora Youth Options

For more information call **303.617.2660** or go online to aurorayouthoptions.org.