

NATIVE YOUTH PROGRAM NEWSLETTER

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Why Self-Expression is Important

This August, as school is starting, we want to highlight the importance of self-expression.

Self-expression is the action of expressing yourself. You can use words, facial expressions, and personal possessions to express your inner self. Self-expression helps us embrace who we are and understand others.

Sometimes it is hard to truly express ourselves, but once you can express your authentic self, it will improve other aspects of your life, such as mental health, healthy connections with others, and communication.

Remember, when you express yourself, you wouldn't want others to judge you, so be sure to keep an open mind when others express themselves to you.

How can you build self-expression? Listen to how you speak to yourself and about others.

You can also make a list:

- What are your likes and dislikes?
- What does a healthy relationship look like to you?
- What does respect mean to you, and where do you draw the line with what's not OK?

Upcoming Events

Monthly Theme: Self-Expression

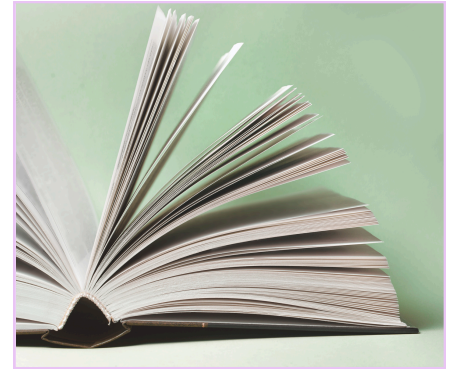
- **Aug. 1:** Nung'wu Puha Sports Camp, 9:30 a.m., PITU Admin Building
- **Aug. 2:** Greenshow performance, 7 p.m., Ashton Family Greenshow Commons, SUU campus
- **Aug. 11:** School starts for Washington County School District
- **Aug. 13:** School starts for Iron County School District and Millard School District
- **Aug. 14:** School starts for Sevier County
- **Aug. 15:** Tahts Summer Program Checklist items due

See full calendar of events at
[PITU.gov/Native-Youth/](https://pitu.gov/Native-Youth/)

Reading!!!

Now that school is about to start, we wanted to highlight the importance of reading. It helps with a student's success by improving their concentration, critical thinking skills, memory, and vocabulary. These all help make a student successful in school.

We want to encourage our youth to read more, so we recently started a Youth Book Club! Our first meeting was at the end of July, but we plan to do quarterly meetings with new books each quarter. Be on the lookout for our next book and meeting date!



Back to School Readiness

Parents/guardians, here are some things to help students be prepared for the school year.

Create a routine. This can start before school begins with regular sleep schedules. Once school starts, make routines that include dedicated homework time, but also make sure to reserve space for fun and rest.

Next, have conversations about the upcoming school year. Find out how they are feeling about school starting again and see if they have any concerns that should be addressed.



Youth Registration

Please ensure that all Native youth are registered, as it is required for participation in the activities. To register, visit our website at <https://PITU.gov/Native-Youth> or use the QR code below.



Help students create overall goals for the upcoming school year using the S.M.A.R.T acronym (Specific, Measurable, Achievable, Relevant, and Time-bound). As you work on these, think of things that could've been improved last school year or maybe new things to try this year. Also, as the school year goes on, see if there are any classes that require specific goals as well!

Have students read these goals every day and visualize accomplishing them. This will help to stay on track.

