

There are lots of ways for teens to #LeaveYourMark on the world, even from home! Below are lots of resources to help you get you started.

ADVOCACY/PHILANTHROPARTY RESOURCES:

- ▶ Reality Illinois Teen Advisory Board: Reality IL is a group of high school aged teens throughout DuPage County who are committed to positive youth development, preventing alcohol, tobacco and other drug use and mental wellness. Join today!
<http://www.dupageplt.org/our-vision>
- ▶ generationON: generationON provides programs, tools, and resources to engage teens in service and volunteering. Learn how to start an advocacy project, research different causes, and connect with others who want to make their impact in the world.
<https://www.generationon.org/>
- ▶ Giving DuPage Website: Find endless volunteer opportunities across DuPage.
<https://givingdupage.galaxydigital.com/urgentvolunteerneed/>
- ▶ DuPage County Prevention Leadership Team (PLT): Stay on top of local events and advocacy projects by regularly visiting the PLT website and events page.
<http://www.dupageplt.org/events>
- ▶ Instagram: Follow our IG page and connect with other teens who are making a difference.
[@LeaveYourMarkDuPage](#)

CONTACT YOUR ELECTED OFFICIALS:

- ▶ Find your IL state senator or representative: <https://www.illinoispolicy.org/maps/>
- ▶ US Senators for Illinois contact info:
https://www.senate.gov/general/contact_information/senators_cfm.cfm?State=IL
- ▶ Find your US House of Representatives member:
<https://www.house.gov/representatives/find-your-representative>

SIGN UP FOR ACTION ALERTS:

- ▶ Campaign for Tobacco-Free Kids: If you are passionate about protecting youth from tobacco use, sign up for action alerts and updates from:
<https://www.tobaccofreekids.org/>
- ▶ You're the Cure: You're the Cure is the American Heart Association's network of people who advocate for policies that support a heart disease and stroke-free America, including tobacco control.
<https://www.yourethecure.org/join>

50 WAYS TO BEAT SUMMER BORDEM

1. Create a bucket list of things you want to do while at home. 
2. Read or listen to books.
3. Research local charities to see how you can help from home.
4. Make a dream board out of old magazines.
5. Challenge your family to board games. 
6. Download & print free coloring pages from Google.
7. Take voice lessons on YouTube.
8. Do yoga.
9. Find fun dance videos on YouTube. 
10. Organize your room.
11. Find a list of the most popular college degrees in America.
12. Take a free practice test for college.
13. Research potential careers for the future.
14. Learn to cook.
15. Learn to bake.
16. Learn how to do laundry. 
17. Look up ways to save money.
18. Take free drawing classes on Skillshare. 
19. Video chat with your friends.
20. Watch a documentary on Netflix.
21. Take a sewing class online.
22. Camp in your backyard. 
23. Make homemade slime.
24. Download a language app and learn a new language.
25. Learn to play an instrument.
26. Learn a TikTok dance.
27. Put together a puzzle. 
28. Create a scrapbook.
29. Go for a walk.
30. Decide to pick up one healthy habit, then do it.
31. Redecorate your room.
32. Write in a journal.
33. Plant flowers or grow a garden. 
34. Handwrite a letter and send it to a family member.
35. Build a bonfire. 
36. Go on a bike ride.
37. Take an online photography course. 
38. Meditate with the Headspace app.
39. Find a Zoom trivia night.
40. Take a free coding class online through Code Academy.
41. Learn how to tie dye. 
42. Create a LinkedIn profile to build a network for finding jobs.
43. Make a time capsule and bury it in your backyard.
44. Look up ways to treat yourself to an at-home spa day.
45. Look through old family photos.
46. Write positive messages outside with sidewalk chalk. 
47. Do a random act of kindness.
48. Become a pen pal to help elderly during isolation.
49. Make a video tutorial of something you're good at.
50. Have a picnic in your back yard. 

JOIN REALITY ILLINOIS!

This summer, strengthen leadership and advocacy skills, and make a positive impact in your community with Reality! Reality works together with the community to reduce substance & tobacco use, and increase mental wellness among youth.

We're open to all high school students in DuPage County and will be meeting every Tuesday at 1pm during the summer on Zoom. Click the meeting link to register!

JUNE 16 POSITIVE PSYCHOLOGY

https://dupagehealth-org.zoom.us/meeting/register/tZcrde2rpz4jHdBYRUTlw8AUxkLCPoYW_5z

JUNE 23 HOPE FOR HEALING

https://dupagehealth-org.zoom.us/meeting/register/tZctdeyupj0sH9xJb_kYttTxnUrwbAin0TAv

JUNE 30 SOCIAL MEDIA

<https://dupagehealth-org.zoom.us/meeting/register/tZYtdOuprTkrGtUVnptXglImnAjDs9XoFjns>

JULY 7 VIRTUAL YOGA

<https://dupagehealth-org.zoom.us/meeting/register/tZlvcu2grDIjHdOFoJj8X02H9wWM5mviKATU>

JULY 14 COMMUNITY CENTER NAMI CLEAN UP

https://dupagehealth-org.zoom.us/meeting/register/tZYuc-uuqz0jHd0bQPm8yn7_WWYVjD5_rxwv

JULY 21 UPDATE ON SUBSTANCE USE

<https://dupagehealth-org.zoom.us/meeting/register/tZMtcO2grDguE9PzP8ZCxYenrcci-a6vbJPj>

JULY 28 FINDING VOLUNTEER OPPORTUNITIES

https://dupagehealth-org.zoom.us/meeting/register/tZMrc-ivqz4vHteHhQ_wQD24aijoy1vwiJ9c

AUG 4 DRUGGED AND DISTRACTED DRIVING

https://dupagehealth-org.zoom.us/meeting/register/tZUldOCsqzkjHtbepOL09w_R2Xy4WsZBCus5



For more information, please contact Gilda Ross at gilda_ross@glenbard.org or (630) 942-7668. Visit our webpage at <http://www.dupageplt.org>.