

## “It’s Your Future” Summit Schedule

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|-----------------|--|
| 8:00am-8:30am   | Check-In   |
| 8:30am-9:20am   | Welcome<br>VIP Introductions<br>Keynote Speaker - Kerry Strickland |
| 9:30am-10:10am  | Session I Break Out  |
| 10:20am-11:00am | Session II Break Out   |
| 11:00am-11:40am | Lunch and Resource Fair  |
| 11:40am-12:20pm | Session III Break Out  |
| 12:30pm-1:00pm  | Closing Session  |
| 1:00pm          | Return to School   |

## “It’s Your Future” 2008 Teen Summit

Co-sponsored by  
City of Renton  
Renton Police Department  
Renton School District  
Valley Medical Center  
Puget Sound Energy  
Seattle Seahawks



Renton Community Center  
1715 Maple Valley Highway  
Renton, WA 98057



City of Renton



# “It’s Your Future”



2008 Teen Summit

Wednesday, October 8  
8:00am to 1:00pm

Carco Theatre  
&  
Renton Community Center  
1715 Maple Valley Highway

[rentonwa.gov](http://rentonwa.gov) or 425.430.6700

## Why attend “It’s Your Future” - 2008 Teen Summit?

The Teen Summit focuses on creating opportunities, connections and resources for youth to develop into strong, healthy, civically and environmentally conscious, and driven members of the community. Join us at the Renton Community Center for a fun-filled day of motivational speakers and educational break-out sessions!

There will also be an opportunity to be a part of a discussion panel where teens discuss what issues are important to them and how the City of Renton can become more youth-friendly in terms of programs and resources we can offer.

Best of all....its free!

### Who is invited to attend?

Youth grades 7 to 11 who reside in the Renton area. Transportation via contracted bus will be provided to and from all Renton School District middle schools and high schools. Lunch is also provided.

### Attendance guidelines

Students will not be allowed to leave early; there will be no in/out privileges.

### How do I register?

Registration begins September 15. To register, complete the attached registration form (or download one at [rentonwa.gov](http://rentonwa.gov)) and return it to the Renton Community Center or sign up online at [Cybersignup.org](http://Cybersignup.org).

### Keynote Speaker

Kerry Strickland’s unique presentation style-yes, there *will* be theatrics-captivates today’s youth and will keep your attention.

**Breaking Down the “I Can’t” Box:** It’s amazing what’s possible with a “can do” attitude. Break down that “I Can’t” Box and discover a new future full of purpose and fulfillment! With your new “I Can” Box, you will release your passion, grant yourself permission to plan your next steps, and wait for the perfect time to implement your plans. In this humorous presentation, your mind will float and hover over your dreams. No passion or purpose will be excluded! You will learn the three universal truths that will propel you toward fulfilling your purpose and passion. Re-enter your life with a new anticipation about what accomplishments your future holds! You will leave filled with personal insight, renewed vision of your future and empowered to turn “I can’t” into “I CAN.”

### Resource Fair

Local organizations supporting teens in our community will provide information on programs and services available to youth in the Renton area.

## Break Out Session Topics

### Session I - 9:30am - 10:10am

**When You Need (or Need to Become) A Superhero:** When is it okay to go the same direction as the crowd? When do you need to break away from the crowd or change the direction the crowd is going? Learn how to deal with peer pressure and other life challenges. Presenter: Kerry Strickland, Professional Motivational Speaker.

**Cyber Bullying:** “Cyber Bullying” happens when you are tormented, threatened, harassed, humiliated, embarrassed, or otherwise targeted using the Internet, interactive and digital technologies, or mobile phones. Learn it’s impact and how to control it. Presenter: Hilary Bernstein, Director of Education for Anti-Defamation League.

**Healthy Lifestyles:** What does healthy eating mean? Learn about nutrition, portion distortion and how to dine out healthy. Presenter: Donna Oberg, King County Health Department.

### Session II- 10:20am - 11:00am

**Money Management:** A local specialist will talk with teens about managing debit and credit cards, checking accounts, savings accounts, prioritizing purchases and buying that all important first car! Presenter: Debbie Wege, Boeing Employees Credit Union.

**Career Pathways:** What are the six work personalities and which one are you? Discover what your work personality is and what job or career is most appealing to your personality type. Presenter: Allan Hay, President of Puget Sound Career Development.

**Going Green:** Find out more about reducing your carbon footprint, global warming, renewable energy, and the long term affects of chemicals and pollutants. Presenter: Andy Wappler, Puget Sound Energy.

### Session III - 11:40am - 12:20pm

**Safe Driving:** A law enforcement officer will lead a discussion about dealing with road rage, knowing your rights as a driver, and what to do in an accident. Presenter: Renton Police Department.

**Wellness:** A representative from Valley Medical Center will discuss nutrition and the importance of physical activity and the effects and consequences of making unhealthy choices. Presenter: Erin Swanson, Registered Dietician, Valley Medical Center.

**Panel Discussion:** Renton teens will be invited to share their thoughts, concerns, and questions regarding what youth want, need, and wish for in Renton.

## “It’s Your Future” Registration Form

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Name

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Address

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Phone

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School

Grade

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Parent/Guardian Signature

Date

### School (Choose one)

Renton High School (44815)  Lindbergh High School (44816)   
Hazen High School (44817)  Black River High School (44822)   
Sartori Education Center (44821)  Nelsen Middle School(44818)   
Dimmitt Middle School(44819)  McKnight Middle School(44820)   
Other School (44823)  (Must provide own transportation)

### Session I (Choose one)

Peer Pressure  Cyber Bullying  Healthy Lifestyles

### Session II (Choose one)

Going Green  Money Management  Career Pathways

### Session III (Choose one)

Safe Driving  Wellness  Panel Discussion

### Lunch (Choose one sandwich)

Turkey  Ham  Veggie  Peanut Butter & Jelly

### T-Shirt (choose one size)

Small  Medium  Large  X-Large  XX-Large

*Being fully informed as to these risks and in consideration of my being allowed to participate in City sponsored activities and/or use of City facilities, I hereby assume all risk of injury, damage and harm to myself arising from such activities or use. I also hereby individually and on behalf of my heirs, executors and assigns, release and hold harmless the City of Renton, its officials, employees and agents and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death or other consequences occurring to me arising out of my voluntary participation in this activity. I hereby give permission to the City of Renton and the Recreation Division to use any photos taken during this activity, which might include me or my child (children), in publications promoting programs or activities within the City.*