



BUILDING CONFIDENCE.
EMPOWERING YOUTH.



NATIONAL CRISIS

The Center for Disease Control and Prevention is warning of an accelerating mental health crisis among adolescents, with more than **4 in 10 teens reporting that they feel “persistently sad or hopeless,”** and **1 in 5 saying they have contemplated suicide,** according to the results of a survey published March 2022.

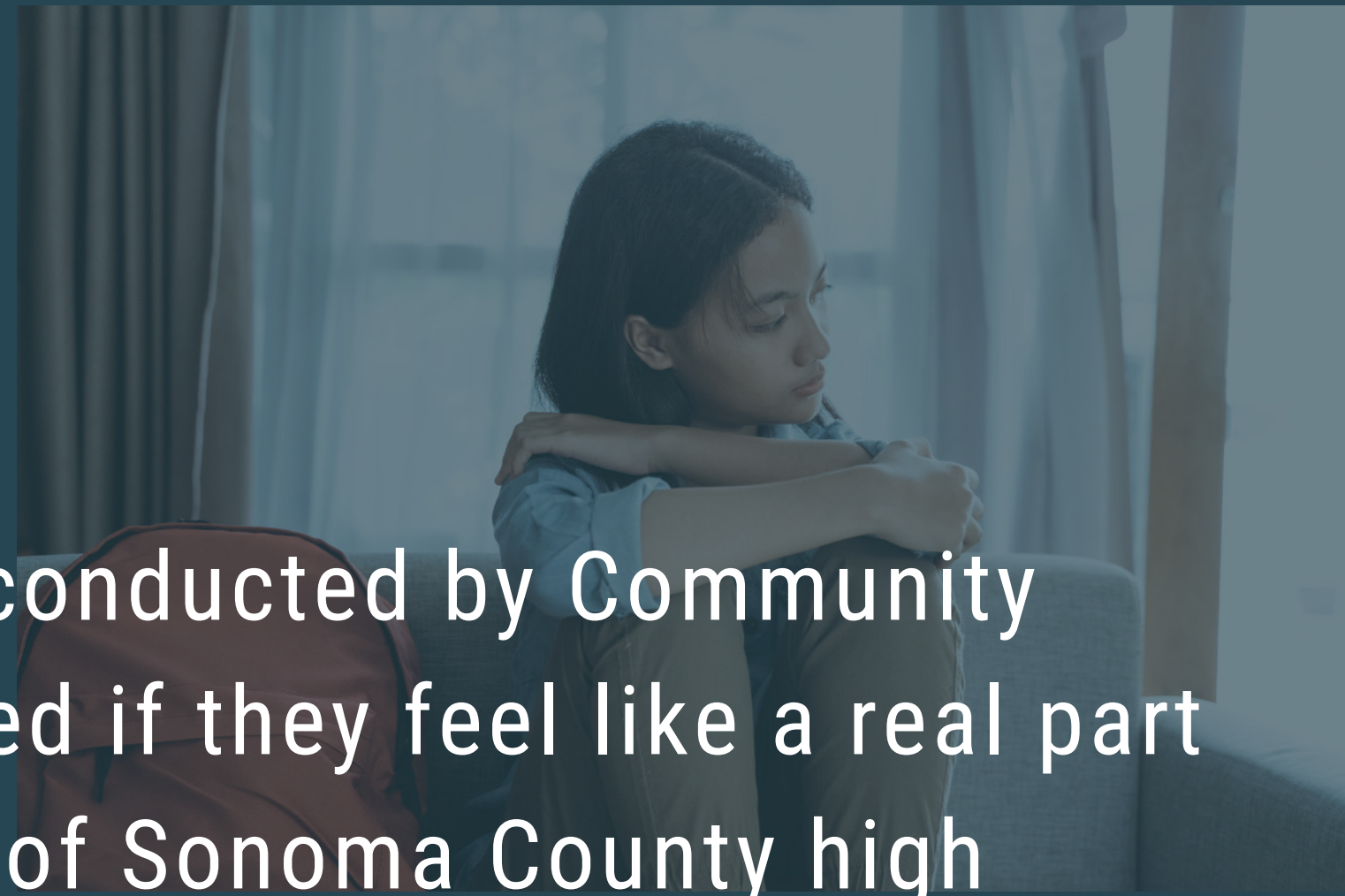




LOCAL CRISIS:

According to the “YouthTruth” survey conducted by Community Foundation Sonoma County, when asked if they feel like a real part of their school’s community, only 34% of Sonoma County high school students say yes. **More than one in every 10 of these same students say they have considered suicide in the last 12 months.**

According to A Portrait of Sonoma County 2021, **Sonoma County has the second highest youth suicide rate out of the nine Bay Area Counties.**





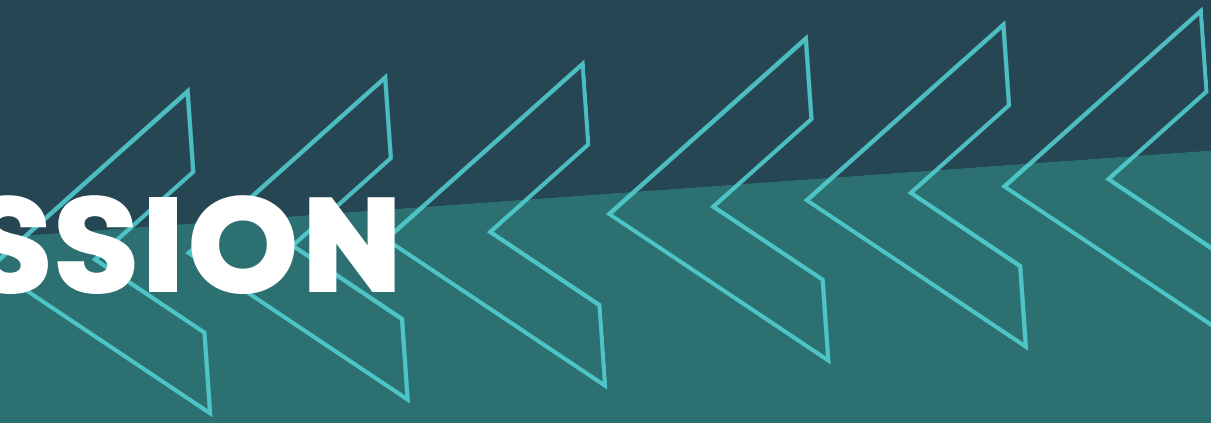
MISSION

Free to Be builds confidence in Sonoma County youth, empowering them to make healthy choices in today's ever-changing culture.





ACCOMPLISHING OUR MISSION



FOUR FOCUS PILLARS:

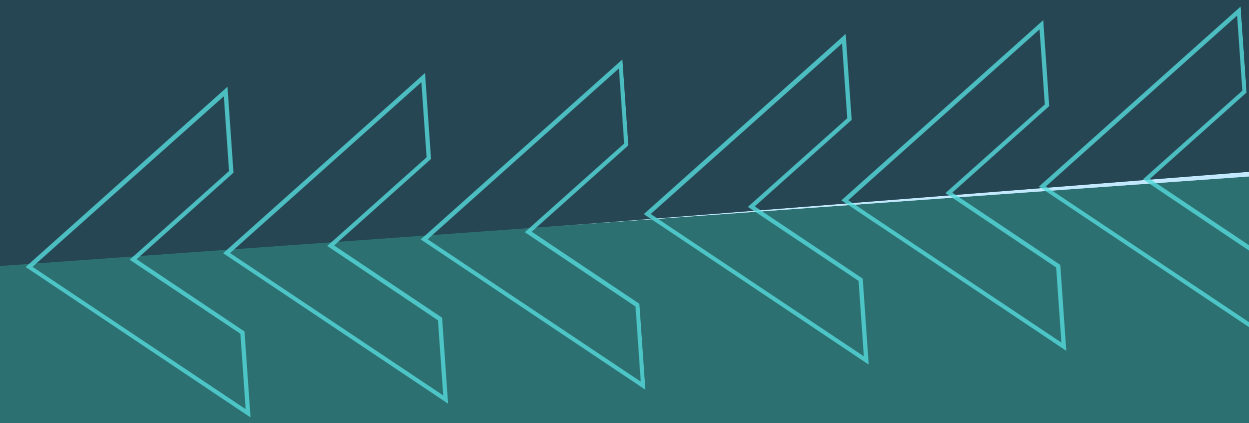
HELP

1. **H**ealthy Relationships
2. **E**mootional Health
2. **L**ife Online
4. **P**ositive Choices

TACTICAL SOLUTION:

- > Student Workshops
- > Parent Resources
- > Teen Innovators





Free to Be has supported over **×**
100,000 Sonoma County youth since
our founding in 1992.





How can I help?



- Participation through conversation
- Connect us with schools and youth organizations
- Do you have a story that you want to share?
- Do you have connections to any kind of funding or grant opportunity?
- Do you know a teen that would like to join the Teen Innovators?
- Get on our email list and attend our gala: September 30th!



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THANK YOU

Rotary Club of Santa Rosa!