

STAND Council’s student members produce timely videos

By Alex Paul
Linn County Reporter

When Shannon Snair talks about the young people who make up the Linn County STAND Council, she can’t help but smile, because she is so proud of them.



Shannon Snair

Snair is an Addictions Specialist with Linn County Alcohol and Drug, who works with the STAND Council. STAND is an acronym for (Students Taking Action Not Drinking) and its mission is to “create a positive school climate through media campaigns that address underage substance use and mental wellness.”

Currently, there are 38 students from Lebanon, West Albany, Harrisburg and Santiam high schools, who meet monthly to tackle issues such as underage drinking, smoking, youth mental health and most recently to develop short videos encouraging parents to talk regularly about youth substance use.

The STAND Council operates under the umbrella of Linn Together.

Snair said the videos use a Dr. Seuss-style deliverance to drive home the message that although teens may act like they don’t want to talk about issues with their parents, they really do — and on a regular basis — not a long lecture.

The young people’s videos focus on three key themes: vaping, marijuana and alcohol. Scripts and props were put together by the STAND Council members. They then worked with local videographer Jeremy Ito Story Design to put the videos together.

In the videos, STAND members break down the risks associated with each activity and why it’s important for adults to talk to their children.

“I believe these short videos will make a big impact for both teens and parents. In STAND, we talked about how uncomfortable parents can seem when they talk with their kids about substance use, so we created these videos to help,” said STAND member Lily Ridgely of Harrisburg High School. “The videos are meant to encourage parents to have small talks with their kids about alcohol, vaping, and marijuana.”

Lily added, “It is very important to talk about substance use with teens because there are so many questions and ways to prevent temptation. Creating these videos was a really great memory and opportunity for me because it was amazing to see so many people my age come together to help the community and encourage



STAND member Lily Ridgely of Harrisburg High School, says the new videos are designed to encourage parents to have short, but more regular talks with their kids about the dangers of alcohol, vaping and marijuana use.

other teens to talk openly with their families about the risks of substance use.”

Snair said STAND is important because it’s a peer-to-peer that uses prevention science, local data and students’ own experiences within their schools to guide the projects the Youth Council takes on.

“Last year, the 27 STAND students contributed 400 volunteer hours in their schools and communities,” Snair said.

The 90-minute monthly meetings rotate among participating schools and each school has a local advisor.

STAND is open to all high school students, including those who are home schooled.

Snair said the new videos are being released about three weeks apart.

“These videos are all youth-driven,” Snair said. “The messaging is peer focused. It’s messaging they want to share. The kids want adults to understand that parents and caregivers have an impact on youth behavior.”

The videos encourage parents to have “short, regular conversations with their kid. The kids don’t want long lectures, but they appreciate snippets, check-ins,” Snair said.

“Parents may not realize how much influence they have on their high school age children,” Snair said.

STAND Council members must be substance free — no alcohol, no tobacco and no drug use (including over-the-council and prescription drugs.)

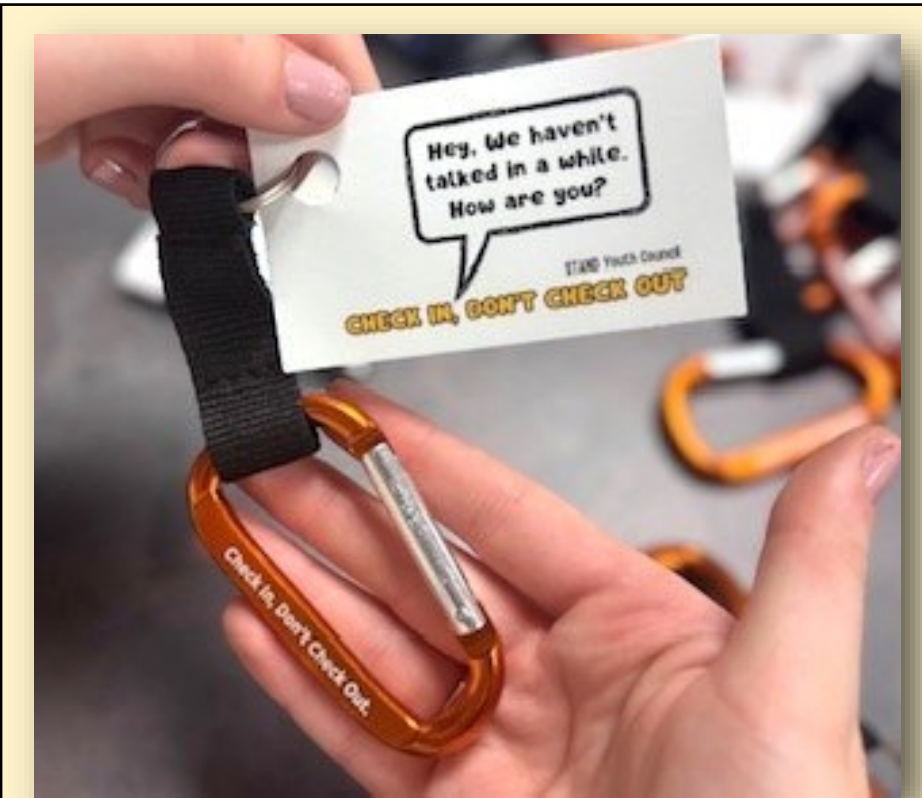
They must maintain a minimum 2.0 grade point average and be passing all of their classes. Council members are expected to be on time and attend at least 75% of meetings.



STAND members have been very “hands on” making three videos encouraging adults to talk to children about the dangers of using alcohol, vaping and marijuana.

Tips about talking with your children from the Substance Abuse and Mental Health Services Administration:

- Short, frequent discussions can have a real impact on your child’s decision about drinking alcohol.
- Talking often builds an open, trusting relationship with your child.
- When you talk about alcohol, make your views and rules clear.
- As children get older, the conversation changes.
- Remember that the conversation goes both ways.



A carabiner carries a message of concern, created by STAND members.

Check In, Don’t Check Out!

In addition to their new video series, STAND Council members have launched a spring campaign called “Check In, Don’t Check Out”, encouraging students to reach out to their friends if they’re worried about them — whether it’s due to substance use, mental health struggles or tough times.

STAND members designed and assembled all materials for the campaign, including posters, carabiners with check-in tips and a short announcement. The materials will be distributed by STAND students at their high schools.

The goal is to raise awareness about the signs that someone might be struggling, share ways to check in with friends, and provide helpful resources for support.

The hope is that students will recognize when others need help and feel empowered to offer a listening ear and connect them with the resources they need.

Learn more about
STAND and watch videos at:
<https://linntogether.org/stand-youth-council/>