



# STAR VISTA

## Helping All Ages and Stages Through Life's Challenges



## STRENGTHEN OUR YOUTH (SOY)

StarVista's SOY program offers professional counseling, education, and prevention services to students and families. SOY helps students learn to make healthy decisions as they enter their teenage years. Through school-wide awareness programs, students build decision making and critical thinking skills, stronger self-esteem and social skills, and closer and healthier relationships with peers,

family members, and the school community.

By strengthening students' self-esteem and decision making skills, SOY hopes to prevent interest in alcohol, tobacco, and other drugs and to reduce violence, bullying, and interest in gangs.

SOY clinicians are available to see students who are having difficulties at school; show interest in alcohol,

drugs, or gangs; or have personal or family issues that could lead to substance abuse and other risk-taking behaviors. SOY clinicians can also work with any student who needs help finding a way to navigate the challenging years of adolescence.

Clinicians with the SOY program are present in 3 high schools and 2 middle schools in Half Moon Bay, South San Francisco, and Daly City.

**Participate today: 650.779.7913**

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