



STRONG KIDS STRONG FAMILIES READY FOR THE FUTURE

The Drug Education For Youth (DEFY) Program is a yearlong, command sponsored and operated comprehensive life skills program for kids ages 9-12. DEFY is designed to improve youth resiliency and strength and to empower youth to build positive healthy lifestyles as drug-free, successful citizens. Plus, it's FUN!

DEFY is a substance abuse prevention and comprehensive life skills program that deters "at-risk" behaviors by developing positive social skills and giving kids the tools they need to resist drugs, alcohol, and other negative behaviors. The leadership and life skills training provided by DEFY include: goal-setting, team-building, conflict resolution and decision-making.

The yearlong program commences with a structured 5-day residential or 8-day non-residential environment conducted during the summer, followed by monthly mentoring events. Program participants engage in educational trips and participate in DEFY's Fitness Challenge. Aside from the education and training the youths receive, DEFY provides youths an opportunity to interact with adult mentors and staff to enhance the effectiveness of monthly mentoring events.

DEFY designed monthly mentoring events to reinforce the concepts and training received at the beginning of the program. During the school year, mentors and staff provide positive support during group mentoring sessions and interactive workshops. DEFY sites also participate in activities that promote civic responsibility and expose DEFY kids to vocational and recreational opportunities.



Mentoring is the backbone of the DEFY Program. Mentors do not replace parents, but provide youths interaction with positive adult role models. Mentoring is hard work and requires a solid commitment. DEFY is no vacation, as any DEFY volunteer will tell you, but is well worth it!

"Adult volunteers are needed to help make the project a success. It takes a lot of energy, and most importantly, a strong commitment to make a difference in the lives of our youth." -- NCC Anthony Darby, veteran DEFY volunteer

Enthusiastic volunteers willing to invest their time and effort in the future of our nation's youth are key to DEFY's success. Adult staff, mentors, and volunteers have made an indelible impact on the youth participants and are essential to the success of individual youth.

For more information and to contact the local program coordinator in your area call **(901) 874-3300** or visit <https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/Drug-Education/> or visit our Facebook page at www.facebook.com/#!/HQDEFY.

