



## SET AN EXAMPLE. BE A VOLUNTEER.

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.



### What’s DEFY?

The Drug Education For Youth (DEFY) Program is a yearlong, locally sponsored and operated program 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 for kids ages 9-12. DEFY deters “at-risk” behaviors by giving kids the tools they need to develop positive social skills 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.

**DEFY** is a structured 5-day residential or 8-day non-residential camp 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 mentoring events.

**Mentoring** events are designed to reinforce the concepts and training received during the camp environment. 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.



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](http://www.facebook.com/HQDEFY).