

Teen Connection Project TCP WYMAN



UNIVERSITY CITY HIGH SCHOOL | WINTER | 2024



Fall 2023 TCP Facilitators at University City High School; Anisa "Phoenix" Reynolds, Eric "Roko" Hillgren, and Simone "Blue" Williams.

YEAR 2 AT U. CITY

BY ERIC HILLGREN | TCP COORDINATOR

Wyman's Teen Connection Project (TCP) is an evidence-based, best practice program built for 9-12 grade students. We are in our second year with TCP, and this year we have added a few new facilitators to support TCP. Facilitators this past fall semester were Anisa "Phoenix" Reynolds, UCHS Alum, and Simone "Blue" Williams, UMSL Practicum student and program coordinator and facilitator, Eric "Roko" Hillgren.

This last semester we partnered with a few PE and Health classes to form groups. We also formed a group with several ROAR Academy Students.

TCP aims to help teens develop higher quality peer relationships and connections to others, improved social-emotional skills, greater school belonging/engagement and improved well-being.

If you are wondering more about the TCP program, groups are semester based and are sequenced with a curriculum of 12 lessons. Topics covered are trust, communication, conflict, vulnerability, giving and getting support, and recognizing strengths in others.

If you are looking to join a TCP group in the future, look out for your chance to sign up!

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Amorie Warren, junior, shares a flyer to help reassure challenging times for current middle school students.

PHOTO BY ERIC HILLGREN



Sophomore Khavia Galloway snaps a photo with Mr. Tuhs, who received a #YouMatter card created and delivered by Ms. Galloway to recognize a positive difference made in the lives of young people.

YOU ARE NOT ALONE

BY GIBRAUN CRAWFORD | TCP PARTICIPANT

I would recommend people to TCP because it's an opportunity to meet new people, it's a great safe place to talk about stuff, it's an open space, and it makes you feel better. In TCP Lesson 7, You Are Not Alone, it's like a deep talk with everyone and you can get feelings off your chest. Everyone has problems, not everybody is perfect. I feel like people should know everybody goes through things and that they are not alone.

YOU MATTER AT U. CITY

BY GIOVANNI HUMPHREY | TCP PARTICIPANT

Lesson 8 in TCP is #YouMatter and I like that one because it shows appreciation and shows that we really care about others, especially teachers. During our group we made cards for adults who have made a positive difference at University City High School. Sometimes people don't get the recognition they deserve, this is a way to give them their flowers.

When we talk to others about problems it can be a relief and it can make you feel better.

In TCP we heard adult stories and difficult things they went through in high school. We then designed and wrote a story to share with middle school students at Brittany Woods Middle School. I hope that I've made people who felt they were going through something feel better.



As students, we can have on and off days and teachers have to deal with our attitudes and put their own aside sometimes. When I gave my card it seemed like they were having an off day and then they lit up, you could tell it made their day. It feels good to give back and hopefully it helps the community to be better.

SEEING OUR STRENGTHS

BY ERIC HILLGREN | TCP COORDINATOR

It can be easy to focus on what is going wrong and what we don't like in our day to day lives but it's more impactful if we can find our strengths to name and claim them then use our words to lift each other up.

In TCP Lesson 11, Seeing Our Strengths, we take turns receiving affirmations and recognizing how we see positive traits in each other. It's tough and sometimes a bit awkward to sit there and listen to positive feedback from one another.

In TCP we write these down on paper and we get to take them with us when group is over. In the last meeting we also received our strengths in the form of a magnet that we took with us. Some students hung theirs up in their lockers and others took them home and hung them up on the refrigerator at home. It's a good reminder of our time in TCP and reflection of how others see us even when we sometimes don't see those strengths in ourselves all the time, especially when we might be having a bad day.

