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Solano Youth Attend Statewide Leadership Conference

FAIRFIELD, CA – On October 7-8, Solano County Office of Education staff, 48 youth and other educators from Solano County Friday Night Live Programs attended the annual California Friday Night Live (FNL) Youth Summit in Anaheim, California. The summit theme was "Limitless" and featured 41 workshops covering topics ranging from substance abuse prevention, distracted driving prevention, mental health, and more. Solano youth hosted workshops on stress, healthy relationships, vaping prevention, and allyship.

"Friday Night Live programs contribute to positive youth development, providing students a fulfilling and productive outlet for their energy and creativity while promoting a sense of community and responsibility. FNL programs promote leadership, critical thinking skills, and self-motivation while providing opportunities to participate in advocacy and community activism. All of these experiences can empower young people with the tools to create positive change in their lives, schools, and communities," remarked Solano County Superintendent of Schools, Lisette Estrella-Henderson.

Benicia FNL held a workshop called Brain Dance teaching how to reduce stress and boost serotonin levels, while Vanden FNL presented "One Pill Can Kill" to educate youth about the dangers of fentanyl. The presentation was a collaboration with FNL members, Drug Safe Solano, and representatives from Solano Public Health. Solano County's Miah Chao, a student representative on the California Youth Council (CYC), presented on youth perspectives on cannabis. Solano FNL empowers students for activism and positive change in their lives, schools, and communities, promoting leadership and critical thinking skills.

Solano County Office of Education supports Friday Night Live groups across Solano County. FNL programs for youth provide safe and constructive spaces for young people to socialize and engage in positive activities. These programs offer an opportunity for teens to bond with peers and foster a sense of belonging and friendship. Educational, recreational, and cultural activities that not only entertain but also help develop essential life skills, such as teamwork, leadership, and communication are also key components to FNL programs.

FNL programs also aim to serve as a preventive approach against risky behaviors and substance abuse. For additional information about Solano Friday Night Live, please contact Johanna Nowak-Palmer at jnowak@solanocoe.net.

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Solano County Office of Education (SCOE) provides leadership, support, and fiscal oversight for charter schools and Benicia, Dixon, Fairfield-Suisun, Travis, Vacaville, and Vallejo school districts which serve approximately 60,500 students. Solano County Superintendent of Schools, Lisette Estrella-Henderson is elected by voters of Solano County. The Superintendent is a state constitutional officer who serves as the chief executive officer of SCOE and as a liaison between local school districts and the state.