



FOR IMMEDIATE RELEASE

Positively Rolling Returns to Tahoe Truckee Middle Schools for a Fifth Consecutive Year

The five-week elective is designed to establish and reinforce positive character traits in teenage boys through the mediums of mentorship, discussion and interpretive skateboard art.

Truckee, CA (Aug. 14, 2017) – Positively Rolling has partnered with local middle schools for the past five years to offer a five-week elective for teenage boys that develops and reinforces positive character traits, leadership, mentorship and creative expression. The program was established to support healthy self-esteem and resiliency; to date over 500 boys have completed the course. Through group conversations and art interpretation students are given productive tools that assist in processing thoughts, emotions and real-life experiences. They learn about confidence and that it's okay to ask for help.

Mentors lead discussions on five core topics: integrity, community, dealing with success versus failure, respect, and growing to be your own man. Offering an open environment for discussion and creativity, boys are encouraged to share their thoughts and experiences, having a safe space to ask questions and dive deeper into personal growth. After the dialogue concludes, each boy is given a blank skateboard deck to paint his interpretation of what was discussed.

The process encourages openness, communication, and healthy relationships between students, their peers and families.

“Skateboarding has always been an amazing outlet for emotion, energy, and creativity. Art is another outlet, and combining the two has enabled me to better process my personal life experiences,” explained Randal Hutchinson, Positively Rolling Instructor & Mentor. “We are encouraging these young men to consider how they want to move through life and be perceived. This is an opportunity for them to process real life issues and articulate them visually, which adds a layer of depth to their understanding of the topic.”

Vicki Isacowitz, program co-founder and director, is confident that leadership skills acquired in Positively Rolling will help young men navigate challenges that occur throughout their lives. She describes each weekly topic as significant, but narrows focus to *Growing to be Your Own Man*.

“In today's society, being a man encompasses different characteristics than it used to: masculine, feminine, or a cross between the two. Positively Rolling instills the importance of knowing it's okay to admit feeling scared, sad, unsure and angry. Not only for self-acknowledgement, but when these young men see their friends or classmates struggling, to ask for help from a trusting adult. The more we can promote young men asking for help with their emotions, the greater chance there is to preventing suicide.”

Session Offerings: North Tahoe School; Sierra Expeditionary Learning School (SELS); Alder Creek Middle School (ACMS)

When: Fall 2017 – May 2018 (sessions vary per school)

Who: Middle School Aged Boys (7th – 8th Grade)

Note: Forest Charter School operates on a bi-annual basis and will resume offering of the elective in fall 2018

Positively Rolling began in 2013 as a pilot program through Sierra Expeditionary Learning School (SELS) and continues to operate under the school umbrella. Over 500 students have completed the elective course and experienced first-hand the power of positive role modeling.

“In our culture, starting as early as elementary school, it becomes more and more difficult for boys and young men to recognize and share their complicated feelings,” explains Alaina Reichwald, Counselor at Sierra Expeditionary Learning School. “Positively Rolling examines how these challenges affect our boys inner and outer worlds, and how awareness can open them up to healthier self esteem.”

To register your child for the upcoming school year, speak with your middle school counselor. For leadership opportunities within the organization or to learn more about getting involved from an instruction standpoint, please contact Vicki Isacowitz at: vicki@cleverminds.org.

Positively Rolling is funded through donations and community grants. Such funding covers the costs of skateboard decks and art supplies. Donations to Positively Rolling are tax deductible. To learn more, visit <http://www.positivelyrolling.org> or follow the program on [Facebook](#).

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About Positively Rolling

Positively Rolling is a nonprofit organization that explores real life topics essential to building and expanding character in a young man’s life. Through interactive character development discussions that correspond with creative art projects, teenage boys are better equipped to meet the challenges of their teen years. The program empowers young men with social-emotional skills and traits, which facilitate their transition into well-balanced, respectful, and resilient young adults in their community. To learn more, email Vicki Isacowitz at vicki@cleverminds.org, visit <http://www.positivelyrolling.org>, or follow the program on [Facebook](#).

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