

PHOTOVOICE

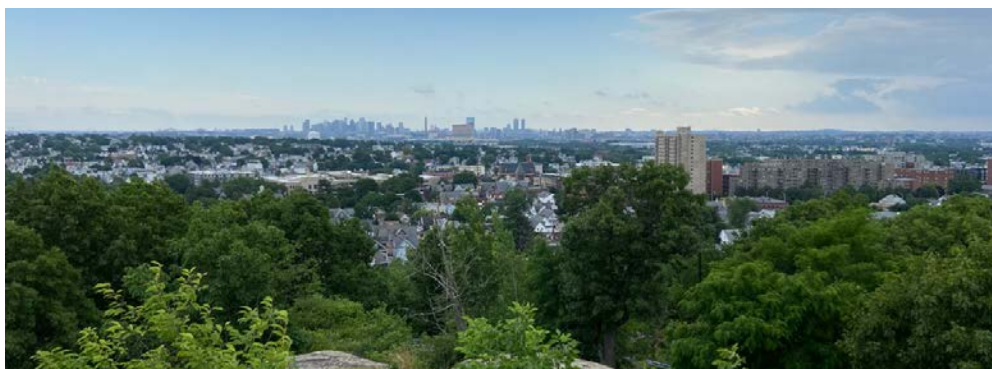
A collection
of youth zines

across three cities

EVERETT



MALDEN



SOMERVILLE



A PROJECT OF CAMBRIDGE HEALTH ALLIANCE'S
COMMUNITY HEALTH IMPROVEMENT DEPARTMENT

2020 - 2022



ABOUT

What is Photovoice Project?

The Massachusetts Photovoice Project is funded by the Department of Public Health Office of Problem Gambling Services, with Cambridge Health Alliance (CHA)'s Community Health Improvement Department, as the grantee. This program seeks to empower youth by providing problem gambling education and supporting youth in expressing their own prevention message through photography. Each cycle featured a parent/caregiver event to promote family involvement in the prevention process. Each group hosted a community event to showcase the youth pieces, and developed a Call To Action for their community to rally around an issue the youth were passionate about.

- **Everett:** Youth hosted a wellness event called "Celebrate YOUTH" in partnership with the Eliot Family Resource Center, so that youth could be more aware of local resources.
- **Malden:** Youth expressed a desire to learn more about local opportunities and resources. Therefore, this cycle created a brochure with local resources to share in youth friendly locations.
- **Somerville:** Youth created a traveling Photovoice exhibit to share their pictures, thoughts, and ideas related to underage and problem gambling to educate the community.

Timeline

Since 2019, Cambridge Health Alliance has supported six photo voice cycles: two in Malden, one in Somerville and three in Everett. This zine consists of the most recent cycles from each city: **Somerville Fall 2020**, **Everett Fall 2021**, and **Malden Spring 2022**. Each of these cycles was uniquely affected by the pandemic, involving adjustments such as online learning sessions, facilitating virtual community events and more. Despite these difficulties, these youth each created incredible products showcasing their work and passion.

Special Thank You

We would like to extend a huge thank you to the partners who make this project possible.

Thank you to YWCA Malden, Somerville Office of Prevention, Malden Teen Enrichment Center, Everett Public Schools, Eliot Family Resource Center, Lovelee Heller-Bottari, Matthew Mitchell, Nora Li, Stefanie Hymovitch, Katie Mai, Kimberly Walsh, Eloise White, Deanna Mazina, Cambridge Reprographics, Shannon Cassidy, Rebecca Bishop, Sarah Jerome, Debra Morris, and the Cambridge Health Alliance Community Health Improvement Department.

***We thank each of the
youth and their
families that made
this zine possible.
We hope you are
inspired by their
powerful messages.***

Somerville, Fall 2020

Aicha
Aliyah
Aryanna
Brianna
Eli
Eliseo
Frances
Kate
Shital
Shreeya
Silvie

Everett, Fall 2021

Bety
Carina
Crystal
Diana
Kien
Liya
Salma

Malden, Spring 2022

Amin
Emelie
Francis
Jai
Obert
Raine
Zachary
Zhi



SOMERVILLE

massachusetts

FALL 2020

SHREEYA

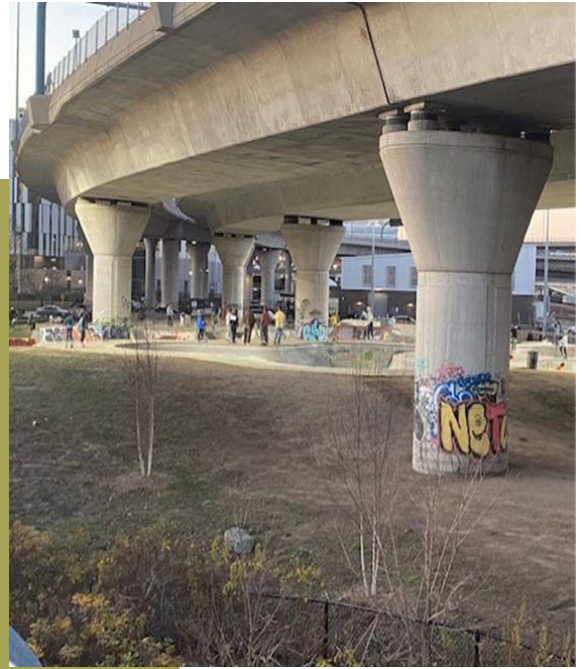
The child in the picture is being provided a lottery ticket and is being exposed to gambling. When children are provided with different gambling related products like scratch tickets by adults in their life, it can lead unhealthy risks later in life. Unfortunately, most people don't realize the harms because kids and adults aren't educated about the potential consequences such as problem gambling. We can create more awareness about early exposure to gambling and potential risks of gambling by creating educational posters across areas where gambling products are available.



A child holding a gambling ticket is visible in the picture. The child is surrounded by different types of healthy games and activities, such as coloring, drawing, and crafting. Instead of doing all the activities the child could do, the youth is focused on the gambling ticket. When young children are taught how to gamble at a young age through exposure, they can gain unhealthy gambling habits which can stay for life. Adults need to provide healthy risks for children and work to reduce exposure to potentially unhealthy risks such as gambling.

KATE

This is a photo I took of a skate park. Skate parks are a place for youth to take healthy risks. Their existence is the product of education and advocacy for safe spaces for youth to take healthy risks in a supportive community. We should support such spaces and advocate for more and similar spaces. Kids can get the same adrenaline rush and dopamine hit from skateboarding as they would with gambling without the risk of developing an unhealthy habit. Having more places like this skatepark could lower youth gambling and other unhealthy behaviors.



An idyllic autumn day, a casino looms over the scene being the most prominent object. The casino is an advertisement for all gambling, problem gambling, youth gambling, and legal gambling. Casinos encourage the thought that gambling is a fun and harmless activity which motivates kids to try it. Education on why gambling can be dangerous along with minimizing where and when people can gamble is crucial to lowering the rate of youth and problem gambling.

ELI

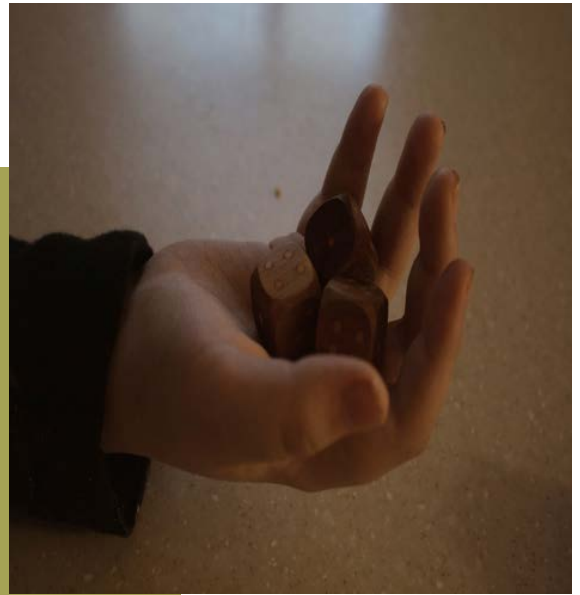
Here we see two sets of cards that have been used in a game. This is to show that playing an innocent card game is no big deal, it's fun. But when money is involved, the game can change from fun to dangerous very quickly. When someone starts to make worse and worse choices regarding gambling, it can turn into problem gambling. Problem gambling can lead to distance from family and other serious issues. To make sure this never happens to any of us, we must make sure that we are all educated about the risks of gambling.



Here we see from a park with a view of the Encore Casino of Everett Massachusetts. People in the community will be enticed to visit and gamble because of the large, fancy building with fancy buses that take you there. However, it is easy to forget about the risks of gambling. Unfortunately, the message it broadcasts can be much worse than the good things about it. One thing that we can do about is to make sure that the youth in the community are educated on the problem and are prepared to resist gambling and to know that it is not the answer.

AICHA

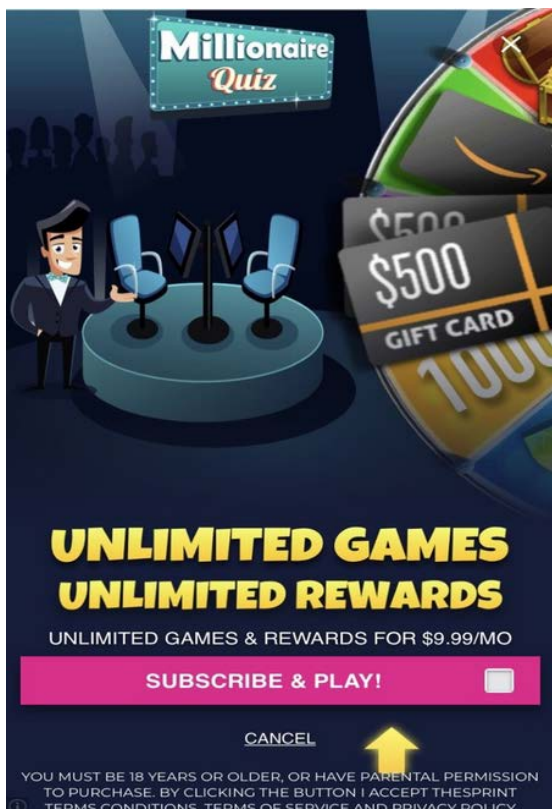
What you see in this picture is my younger brother's hand about to roll a pair of dice. This relates to our lives because humans have the tendency to really like something to a point that it could become dangerous. What we can do about this problem is to encouraging people at a young age not to gamble and to promote a healthy lifestyle right from the beginning.



In my next picture, you see my brother throwing dice which connects to the first picture because it looks like he is in the middle of a game often seen when gambling. This relates to our lives because as I said previously, dice are as common as a deck of cards and can be accessible to children. To prevent this, we need to teach people that gambling can harm children because they are more likely to fall into problem gambling if they start young.

FRANCES

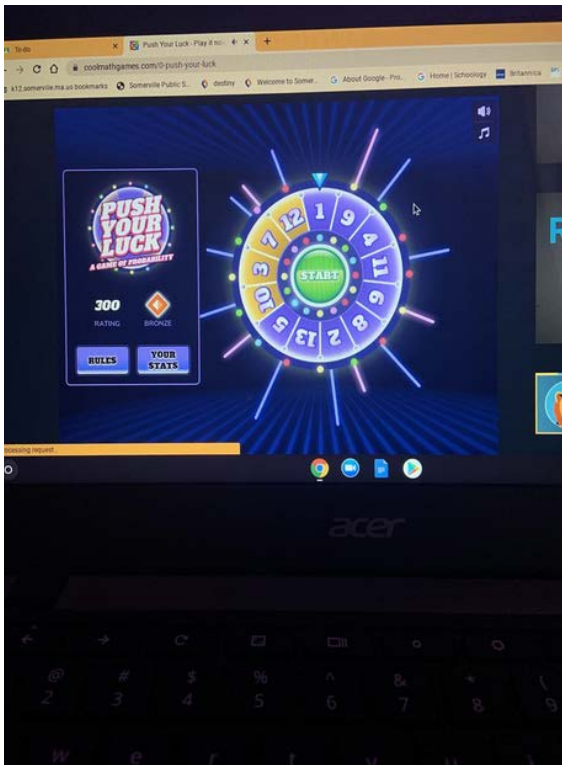
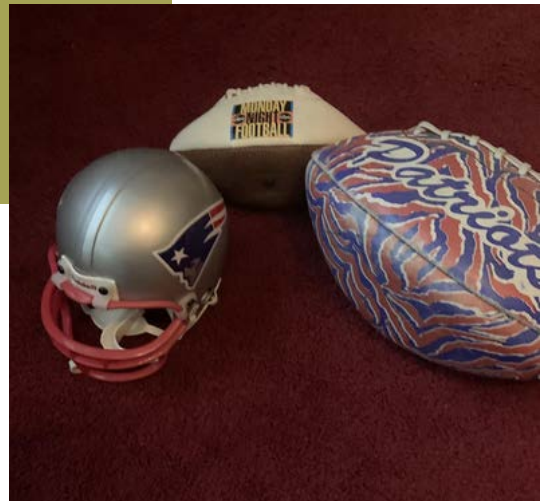
This portrays the aftermath of someone gambling, whether good or bad. This can relate to our lives because this could be one of your friends, your parents, your relatives, your teachers, anyone. This can happen to anyone within a small amount of time, which is why it is very important to not turn a blind eye and spread awareness.



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ARYANNA

People look at their favorite sports teams and think of betting/gambling as a “fun” game for a way to interact with their favorite teams. Something that we can do is to talk to the adults in each family’s household. We can tell them about the risks and effects; about the kids getting into this type of situation. This is how it could lead to problem gambling in the future.



In my next picture, you see my brother throwing dice which connects to the first picture because it looks like he is in the middle of a game often seen when gambling. This relates to our lives because as I said previously, dice are as common as a deck of cards and can be accessible to children. To prevent this, we need to teach people that gambling can harm children because they are more likely to fall into problem gambling if they start young.

SHITAL

In this picture we see a deck of cards. These cards are ready to be played with, not only by adults but also by kids. Cards are highly associated with gambling and although scratch tickets have an age limit to buy them, cards do not. When kids are exposed to cards, they are not only exposed to the winning and losing mentality but also card games that are often played in casinos. To solve this, instead of getting these cards, we can buy other friendly games such as uno. Uno is a great replacement for these games and if someone has never played uno before, they can try and take a healthy.



In this picture, it is quite clear that unlike other scratch tickets, this one has dogs and the goal here seems to be to match the shown dogs to your "own" dogs. The design, the bright colors and the dog pictures shown in this ticket are not only appealing to adults but also kids. Scratch tickets are targeted towards adults, but this particular scratch ticket seems to be targeting kids. If kids are not attracted towards normal scratch tickets, they will for sure be attracted to this one, as most kids adore dogs. In order to overcome this, we can write a letter to the state lottery, where the contents would state the appeal that this scratch ticket has for kids and the potential harm it can have on a community.

BRIANNA

In this picture right out in the open is a smoke shop with many tempting posters that are visible to young kids. In addition, these posters are low enough for little kids to read. This could lead to problem gambling in the future because of all the exposure at a young age. Signs advertising potentially harmful things should not be in places that can be seen by kids.



This picture represents the perspective of someone suffering from addiction. I took this photo on a very gloomy, dark day. I thought that an addiction may feel like this. People with an addiction may not be able to see the "happiness" in a day, they may only see darkness like in this picture. People who don't suffer from an addiction can feel the happiness and can enjoy the day. Youth need healthy risks to prevent unhealthy risks that can lead to dangerous addictions.

ELISEO

This is a picture of an advertisement at a fast food restaurant. This poster shows another way of gambling and you can be any age to take part of this gambling. To play, all you need to do is just have money for food and that's it. However, you have a low chance of winning the the item you see on the poster, just like in other types of gambling. Early exposure to gambling like this can influence kids to get into real gambling.



I wanted this picture to show for some you can gamble and it can end with you you betting everything you have and losing it all. Here you see that the person not only is betting with chips but also with their jewelry. Sometimes people risk everything to see if they can win it big time. Almost all the time, they worsen their situations. This is called problem gambling. There is help for problem gambling. If you know someone that needs help, please share this helpline.

Helpline: (800) 327-5050

ALIYAH

Just like the food we eat affects the way we think, gambling may affect the way we think too" was my intention while taking these pictures. From these pictures, I wanted to express how gambling could affect us just like it can with something we all do, eat.



It's hard to escape what is presented to you daily. At this convenience store, many kids go here to get snacks and are met with this huge lottery sign telling them the amount of money they can get by just sparing a few dollars. From this picture, I wanted to express that when in situations like this, it might influence kids to begin gambling because it is presented to us daily. What we can do about this is we can start petitions and work together as a community to take down these signs that may lure kids and teens into gambling.

SILVIE

You see some scratch tickets with a pair of dice on top. I'm trying to capture how easily you can get wrapped up in these things. You see scratch tickets all the time, in streets, in stores, and maybe even in your own home. Something as simple as this can lead to wasting more and more money on the gamble that you might win. A way you can be cautious is by being aware that you can get attached easily and fall into problem gambling.



This shows a youth trying something new. It captures the excitement from a thrill of a new trick. Instead of putting yourself at risk by being exposed to gambling or other unhealthy risks, you can try a fun new trick on a skateboard or find a new hobby to try out. Instead of getting attached to an unhealthy type of rush, try a different activity! It's a lot safer and can give you the same sense of excitement.



EVERETT

massachusetts

FALL 2021

BETY



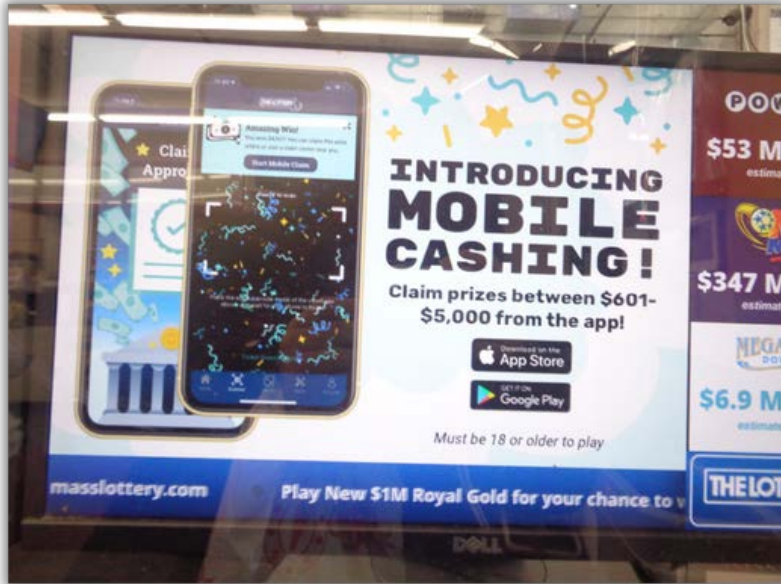
I took this picture remembering an encounter I had here two summers ago.

On my way home from work one day, I observed a tent and a bunch of girls sitting outside the old high school. One of them was standing, while the other was conversing with others. One girl approached me and inquired if I was interested in participating or learning more about the Farmer's Market. I thought it was pretty cool- she told me the specific days they sell their plants and they had a huge selection of tomatoes, potatoes, apples, and other fruits and veggies. It was a local farmer's market- you don't see a lot of those around here- I usually have to go into the city! It was also about giving people clean, full-grown, healthy vegetables- and they put their hearts into it! I remember seeing a lot of people working there, from little kids to adults throughout the spring, working together to bring the farm alive. It was also really pretty to look at; a nice addition to Broadway. It's a whole community of people working together, it felt like the start of people in Everett making an effort to help the environment.

The Everett Teen Health Center is located at the end of the Everett High building. This simple yet innovative area has become a safe haven for the many Everett High kids. Right outside the center, students can see a vast board across the wall-- you can't miss it! The board is easily accessible to anyone who walks by-- it's really big and allows students, like me and my friends, to get resources quickly. It reminds me of the Family Resource Center and how they are able to provide community resources. There was also a simple barcode to scan if you needed health supplies from the Sexual and Reproductive Health Program. The staff at the Teen Health Center work hard to assist Everett High School students in any manner they can and I believe they have become such a great addition to the community as they actively encourage students to help the community as well and give them the resources and opportunity to work with them and uplift the Everett community.



CARINA



I always walk into this store, and I have seen changes over time. One day, I decided to ask for permission to take a picture. As I was standing there, I was watching a mini-TV advertisement. I noticed there were different ways to be involved in gambling. They even have three tables set up just for the lottery! I would never have noticed it until I stood there looking at the advertisements one by one.

I realized mobile gambling is more accessible, anyone can have it so you can manipulate your age to play with it. No one's seeing you, so maybe you won't feel bad about it.

The first time I saw this sign, I was like wow that is cool—and realized they are advertising the help for problem gambling. So it is saying it is okay to gamble, but don't overuse it. It goes to show that problem gambling doesn't only cause concern for yourself but other people around you. It is supported by Mass Lottery at the bottom you can find a phone number to seek help. I thought it was good that they were promoting that. If you need help, don't hesitate, and here is the number.



CRYSTAL



I was walking home from school, and I noticed a bunch of waste around the Rec center– it included cigarettes, some ice cream bins and medical masks as well. My inspiration for the photo is finding trash, like cigarette butts, all over the floor in Everett. I found trash all around schools, parks, and the main streets of Everett. And I thought having something like cigarette bins would be really helpful for us to help with waste– we would have it all in one area instead of splattered all over the city. I want Everett to be represented as a clean city as there are new people coming into the city. If there is trash all over the city, they may not feel welcomed. If Everett implements the cigarette bins, we can reduce the waste of cigarettes which can help with promoting the cleanliness of our city.

I was walking home from work after a stressful day, and I thought the sky looked really pretty. Then I wanted to take a photo of it because the sky was really nice– the colors stood out. Since I've lived in Everett my whole life, that view hasn't always been the same. Visitors just coming for the casino, may not see the value in the community we have here because their main focus is to go gamble. They don't have time to see the other places that we have here.

I would love for people to support the local businesses we have here and visit some of the parks and the shopping places. The streets that are near the casino are Broadway and Main St, the most popular streets that Everett has to show for visitors to come see the amazing places we have. Since we are near the train station, we are by transportation and people are always stopping by. Everett to me, is home, culture and community– I would love to share the same experience with everyone who visits.



DIANA



At the top of my street, there's a convenience store. Every year, the same snacks, candies and lottery tickets are placed behind the cash register. Whenever I walk in the store, the first thing that catches my attention are the bold, bright, and shiny lottery tickets appealing in every color and font. My family has always bought a few, and has and won and lost a few bucks. I have seen people tempted to go back to see if they have a higher chance of winning. I've heard when scratching the ticket with a coin, it's like an adrenaline rush. It's tempting and captures your attention which can unfortunately lead to gambling addiction. In Everett, there's so many convenience stores around. It seems like every store has a corner to fill out lottery tickets and powerball. Afterschool, kids can go to them and buy snacks. Gambling normalized and they can be influenced to buy one when they're older. Everett should raise more awareness about gambling addiction and state resources to help.

In first grade, I moved to Everett because my dad loved the idea of owning a house and Everett had reasonably priced homes. Everytime I walked to school over the years I saw the same old white house, except instead of a construction building next to it, it was a clinic to help and treat people and next to it, a building with local businesses. The city of Everett decided to replace these businesses with a modern building that potentially will make housing for people in Everett go up. Most people in Everett moved here in the first place for cheap housing and rentals. With construction of new and more expensive apartments, there will be a never ending cycle of building more and pushing the original people out. This could cause a further spiral of gambling because these people may not have enough money. I feel like this city hasn't been the same since the casino because they're trying to make Everett fancier and it's expensive.



KIEN



This picture taken from a hill behind Everett High School shows a gloomy day with a clustered neighborhood, and I found meaning and a lot of symbolism in this image. With the continued spread of COVID and so many people getting sick, cloudy and often dreary environments surround us, yet this Everett community stays strong together through the people around us- no matter the color of their house or skin.

This is a picture of when I went for COVID-19 testing and it was disheartening to see the long line. It was a 2 hour wait, and at first, I wasn't even able to see the end. As I was waiting, I realized people were willing to wait in the extremely cold weather to get tested. This warmed my heart and is uplifting because this shows that people still care about COVID and the safety of our community. They got tested to protect the people around them! I hope that we never lose sight of the impact that testing brings.



LIYA



The wellness center was a place I went to when I was younger. Many people from my school and from my community came there to work out. It was one of the first community gyms in Everett– the only other place people from Everett could work out in was the Malden YMCA– the YMCA was more expensive, while the wellness center was a more affordable option for people in Everett. I think it is helpful to stay active and healthy, which is important because our health impacts our everyday life and our Mental health. This Center is an excellent way for people to go and be active while also being surrounded by their community.

TEASA [Teens in Everett Against Substance Abuse] and I had taken a trip to the Family Resource Center to get a feel of what they do. And found that they help the community and surrounding communities – I thought that was amazing– it is usually, the government making organizations like this one to help communities in need, so seeing a person going out of their way to create a center like this is great . Right now, it is closed because of COVID, So I took a photo of the outside.

I think Everett is a very diverse community with people from many places who speak many different languages. This center is also made of folks who speak different languages and are from different countries . One of the amazing things they do is help senior citizens get on zoom for any court hearings they have and could be struggling to use. I think it's fantastic that we have this resource in Everett.

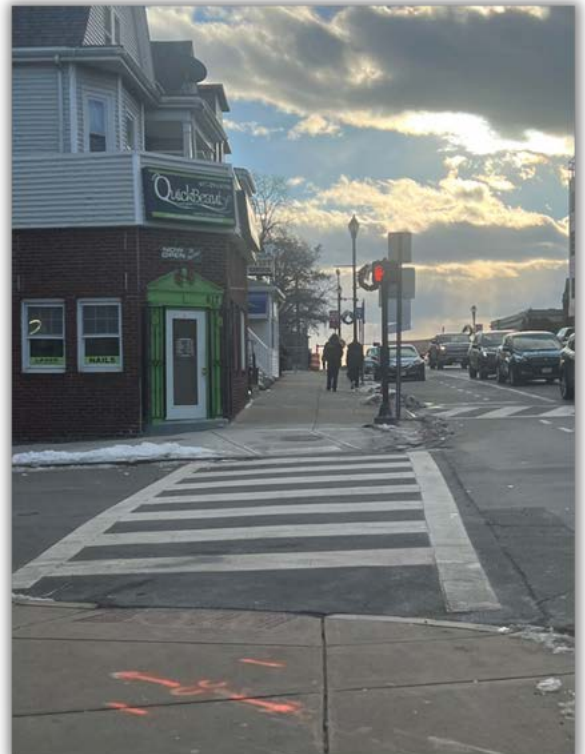


SALMA



This photo was taken when I was on a trip to go to Target. My sister was with me and we got on the bus, but the stop was almost in the middle of the highway! So we ended up getting off at Wellington, and waited for another bus to take us to Target. We waited there for 15 minutes– but since Target was close enough, we decided to walk. And we ended up going over the bridge; it was really beautiful, it was peaceful and harmonious. In the midst of all this commotion, I still was able to find positivity. It reminded me that even if you are in the middle of something that is extremely stressful, you should try to find an upside. Always look for the pleasant part of life– that mentality can make your day all that much better.

It was Tuesday, and me and two of my friends were walking home. It was really cold and there was slushy snow on the ground. I couldn't wait to get home, I was in a rush because I was tired and ready to sleep. But in the midst of that, I saw the sun shining through some clouds and the snow was kind of melting, and there were buildings being built and people being productive. We were by the Parlin, so there were little kids going home too. And it was just a happy scene so I took a picture. This was a reminder that even in gloomy surroundings your outlook on it can change the way that you view it. You can control your day, focus on what you can control and make the best out of it.





MALDEN

massachusetts

SPRING 2022

AMIN

This photo is right down the street, on the street down from New York Pizza place. This is in close proximity to city hall, and with Malden's attempts to industrialize and make it similar to Boston, to bring in more people, celebrities, etc. then and I was thinking that it was more their attempts to industrialize they should have concerns less with their economic centers but more so with their homeless population. Their concerns are heavily more clear; it's less so with the populace and more so with transforming Malden into a tourist attraction. Like the bike lanes added in the gaming center, the mini golf place—places that you can eat and drink out. You have people falling on the pavement with cracks in them.



This photo emphasizes the need for pavement in pedestrian populated areas with cracked sidewalks.



This is a photo that I took in the public garden of Boston Common. Malden's attempts at trying to replicate the beauty of Boston will eventually surmount to the entirety of that section of Massachusetts becoming so homogenous that intercity values will be ignored. Malden will be less so concerned with the populace and turn into a HUGE shopping center.



EMELIE



I took this when I was on my way to school meeting [a friend]. I wanted to take a picture of it because it hits two issues at a time —alcoholism and pollution. Alcoholism affects everything basically—it affects your family, your health, and everyone else around you. And pollution affects everything, like Malden; there's a river that has a lot of animals nearby, and the pollution can cause them to become sick. Plastic takes a long time to break down and it stays there for a while. It made me feel kind of upset because how soon it will affect Malden families. My family has a past with alcoholism so I know personally how it makes me feel; it makes me not like it and want to fix it. I dream of Malden having more rehabilitation places like the YMCA because I know there's locations far away from here.



So this one I also took when I was walking to meet my friend. I took it because I know how smoking affects mostly peoples' health and how it can cause bad issues that may not affect you now, but may affect you later, which in turn may affect your family life. I learned about smoking consequences when I was younger but in high school, so far I haven't learned as much about cigarette smoking as I did about vaping. I know that cigarette smoking can be worse. I think there should be more lessons about cigarette smoking.



It's kind of the same as the first picture—basically about alcoholism and pollution too. It emphasizes to me how much we have to do about alcoholism and pollution in Malden.

FRANCIS

Every Tuesday I help out at the Bread of Life and not a lot of cars go there, the only car that goes there is the Bread of Life car. It's hard to unpack everything because the street is covered in pot holes. Everything is jumbled up because the car bounces up and down with the pot holes. It takes a lot of time to unload the food from the truck when it's jumbled. They should fix up the road because they're fixing all the other roads in Malden, but those potholes aren't as bad. On this street, they've been degrading over time. Bread of Life is understaffed and there's only three older people there that have a hard time unpacking the stuff. I hope they fix the potholes so more food can go out to the people who need it.



This is in a low income neighborhood, not enough people have taxes high enough to fix the road. The roads are technically two-way but because they're so narrow, they seem one-way. I saw the potholes and they're a foot deep; I could stand there and it goes up to my ankles. It causes major accidents for cars if it isn't fixed. If there's a lot of car accidents, it causes more property damage—it takes away money going towards things that they need to move up in life.



I was walking around Malden Catholic School. On a busy street next to a gym and a small plaza going towards Malden Catholic, there's this deteriorating road. For a busy place next to a major road, I think it should be repaired so no major accidents can occur.



JAI



I just walked right outside my house and took 10 steps to take this photo. My mother drives on these everyday. I noticed that just a bit away outside of the subsidized housing where I live, there are smooth roads – therefore, there are clearly some disparities in Malden. Everyone deserves smooth roads. I also noticed that when I skateboard, I often trip because of the quality of the sidewalks and roads. Drivers in these less economically privileged areas should not have to dodge potholes when they drive—these can cause accidents, which pushes us deeper into poverty. We should be entitled to the same roads because we pay for them as well.



This is what I saw at Encore. There is this one green energy turbine and right across the road, there are a bunch of factories that have smoke billowing out of them. I wonder if this means that the green energy turbine is just for the tax breaks—which is fine, as the world revolves around money—but I would like to see some real efforts when it comes to climate change and green energy. As for my community, when Malden starts investing in green energy, I would like to see actual real green energy efforts as opposed to just for show or tax breaks.



I saw this as I was driving by Encore—it caught my eye, I thought it was really beautiful. However, I wondered why I couldn't see this more from where I am. I would like to recognize that my community already puts in a lot of effort into procuring beautiful murals, but I noticed that those murals are mostly in the locations where the money comes in. I would like to see more art in the economically disadvantaged areas of my community, such as the food banks and community centers. I would like to recognize Cambridge Health Alliance and other organizations that have put effort into this cause. Local youth efforts and funding from the city could bring my dream into fruition and make my community beautiful, and a place more worth living in—it is my community and I love it.

OBERT

This photo is of a lady picking up cans that you can sell; the cart was filled with that. I thought something about scavenging, like making money to help support yourself. It made me think about homelessness and the things you do to support yourself. I think Malden should have more opportunities for the homeless, like jobs. There's a lot of places here that have 'HELP WANTED' signs. Malden should give chances to people who really need money.



Bread of Life offers food, or things, to people who need it; they help people who need food and help them survive. I don't volunteer here but I know about it. I think a lot of people in Malden know about it, like people who volunteer there. This Bread of Life has a lot of food in the back to deliver to people. I wish there were more places like Bread of Life in Malden to feed more people.



This photo is showing the food that Bread of Life offers to people. I thought the food they offered was food people didn't like, but it was good food inside like ramen or tomatoes. They have food that people enjoy and not just to survive.



RAINE



I was walking to my house and I found this a few feet away from my house—it's called a tree pit—I thought it was just some plants and stuff and twigs until I looked into it and there was a bunch of plastics, papers, and a lot of more stuff and now more has piled up. I felt disappointed and disgusted that people would do that. It's not safe for the animals. There's a couple of wild animals around there and they could try and eat it. I dream of Malden being a much cleaner place where there won't be as much trash everywhere you look and you could step on because there's been many times I've stepped on trash.



I also found this next to my house but ten feet away. I think it was a sweater, some type of piece of clothing, and I was confused as to why someone would throw away a piece of clothing on the side of the road. It'll get a lot of bugs stuck in there, and it's still there today. It's probably been 2-3 weeks. I dream of Malden donating clothes to a shelter instead of throwing them on the street.



This one I found near that shelter that I was talking about. A lot of litter often flows over there because of the wind and it's kind of disappointing how much trash builds over there without being clean, and people not really caring that much. This is close to the gas station too and there's a lot of trash near there building up as well. I think people in Malden deserve clean sidewalks and not stepping into trash all the time. People should pick up their waste and we need more trash and recycle cans around.

ZACHARY

I was thinking about how teens use different types of ways—different types of products of smoking. This is one type of vape. Students use it in the building, outside of school, or always have it on them. A lot of people in Malden High School use them. There are prevention programs, like if someone is caught or if a person's parents want them to be in it. They only ask freshmen but not other upper-classmen if they use drugs. I know some freshmen that do, but it affects a lot of the upper-classmen. I think they should have conversations with younger people (i.e., middle schoolers) because people can change with substance use.



This is a photo of a nicotine vape packet that's already been used. I see a lot more people use this versus the product in the first photo.



This is a used cigarette. I think about how in Malden Center there's a lot of cigarettes in the cracks of sidewalks. I don't know a lot about cigarettes, but I knew somebody who smoked a lot and he passed away from lung cancer. People just throw them on the sidewalk. I think they should add more trash cans with ashtrays. I think there should be signs that show the risk factors about smoking, and I know people might not pay attention to it, but they can know about the consequences if they want to try it.



ZHI



This is the opening of the Cambridge Health Alliance health center at Malden High School. It was a long time coming and local officials made it possible for these students to get care. We talked about how now, teens need help, especially coming out of the pandemic. It signifies progress; in that we are helping our community and providing care to be people who really need it. I think the high schoolers—the students—feel recognition almost, that they get to have services that help them.



In this photo, it shows the inside of the health center. It shows how welcoming the center is. I noticed there were chairs, like a small waiting room, and there was natural light. It wasn't too intimidating because there weren't closed off desks. It was pretty open; the desks weren't walled off. I noticed that there were pamphlets to inform, or maybe help, educate people who are in need of the information. I think that it shows that people are part of Malden.



This room in the health center is almost like any other doctor's office, but they have a caring staff. It shows they have one-on-one experiences. It shows a sense of supportive care. This is very beneficial especially for teens—students—as they are more used to having more chill/relaxed settings rather than a conventional doctor's office where your doctor uses terms you do not know.

RESOURCES

Gambling Helpline: 1-800-327-5050

Gambling Helpline Website: <https://helplinema.org/problemgambling/>

Additional Information on the Risk of Gambling for Teens:

<https://www.mass.gov/service-details/teens-gambling-its-a-risk>

Scan the QR code to check out CHA's
Community Health Youth Initiatives!

CONTACT US



Jean Granick, *Program Manager*

Department of Community Health Improvement | Everett,
Revere & Chelsea



jgranick@challiance.org

Jaime Lederer, *Director*

Community Health Youth Initiatives
Department of Community Health Improvement



jlederer@challiance.org

Ayesha Harisinghani, *Youth Coordinator*

Community Health Youth Initiatives
Department of Community Health Improvement



aharisinghani@challiance.org

