

June/ July 2016

POWER
IN YOU

THE CENTER
FOR PREVENTION & COUNSELING

EVERYWHERE YOU GO IS A CHANCE
TO CHANGE THE WORLD!
ONE SMILE, ONE HUG,
ONE ACT OF KINDNESS
CAN MAKE THE WORLD
OF A DIFFERENCE TO SOMEONE!

Karen Salmansohn



"BELIEVE IN YOURSELF
AND BE PATIENT."

live your own
life

Staying Safe In Cyberspace

How many of you will be keeping in touch with friends over summer vacation using a cell phone, sites like Facebook, Twitter, SnapChat or Instagram? We're betting most of you are. Follow these tips to make your time in cyberspace safer and happier.

- **Stop, Block and Tell:** If you receive a cyberbullying message, do not respond. Block the person sending it to you and tell a trusted adult.
- **think b4 u click:** Check what you're sending before you send it...think about the recipient's point of view.
- **R-E-S-P-E-C-T:** Use good "net-iquette" and respect the feelings and bandwidth of others.
- **Keep personal information private:** the more information someone has about you, the more easily they can bully you.
- **Take 5:** Walk away from the computer or phone for 5 minutes when something upsets you, so you don't do something you will regret later.
- **Take a stand against cyberbullying with your peers.**



Underage Drinking on Private Property

Almost every Sussex County municipality has adopted an underage drinking ordinance, under which minors can be penalized for knowingly possessing or knowingly consuming an alcoholic beverage on private property (unless it is done in the presence of, and with the permission of a parent/ guardian.)

Penalties for Violating Ordinance

A fine of \$250 for a first offense and \$350 for subsequent offenses. In addition, driving privileges may be suspended or postponed for 6 months.

Is a violation an "arrest" on my record?

No. An individual found to be in violation of this ordinance would be issued a municipal ordinance violation ticket, similar to that issued for a parking violation.



ABOVE THE CROWD: Be Your Own Person

During high school, you may hear your friends, parents, or even a coach tell you to "just be yourself" – but what does that really mean? Knowing who you are and what you believe in is important. Recognizing the influences in your life (both good and bad) makes it easier for you to make important choices about who to hang out with and whether or not to try alcohol and other drugs.

There is a complicated list of reasons why people try or use drugs. Some people do it to change the way they feel. Sometimes people use drugs to go along with the crowd and cover up their insecurities. Consider this — former users often say that drugs ended up isolating them from friends and family and made them feel even more alone. Instead of going along with what some people are doing, you could spend more of your energy on you – your style, your viewpoints, and your own way of doing things. You can't control what another person thinks about you. Isn't it more worthwhile to work on what you think about yourself, and not try to shape someone else's impression of you? Just be yourself and hang with friends who encourage you to be who you are, and not who they want you to be.

And don't be too hard on yourself—you may be your toughest critic. Hang out with people who support you and be careful of people who are all about negativity.

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