



WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD.

## Newsletter

AUGUST | 2025

### DOSE OF KNOWLEDGE: TEEN MEDICINE SAFETY

Over-the-Counter (OTC) medicine might be easy to grab at the store, but that doesn't mean it's risk free, especially for kids and teens. Many young people begin taking OTC meds on their own without fully understanding how they work. That's why it's so important to talk early and often about safe medicine use.

Help the teens in your life become medicine smart. It's important to have conversations early on. This should include: showing them how to read the Drug Facts label, talk about things like proper dosage, when to take medicine, and when not to. Helping them build these habits now sets them up for a lifetime of safe decisions.

You can make learning about medicine safety more fun and less awkward using CADCA's [Over-the-Counter Medicine Safety Videos](#). They're short, easy to understand, and great for watching together. Additionally, you can learn more about medication safety for teens from [CADCA](#) or [Generation Rx](#).



### POWER UP WITH HEALTHY LUNCHES

Back to school season is the perfect time to reboot lunch routines! A well balanced lunch fuels students with the energy and focus they need to power through the school day. Think beyond the basic sandwich: mix in colorful fruits, crunchy veggies, whole grains, and protein-rich options like turkey, beans, or yogurt. Don't forget a bottle of water to stay hydrated and alert throughout the day!

A little planning goes a long way—prepping lunches just once or twice a week can ease the morning scramble and keep nutritious choices front and center. Need ideas? Visit [MyPlate](#) to learn what makes a well-rounded meal, and check out [Mayo Clinic's tips](#) on how to beat the back-to-school blues with smart lunch strategies.



# YOUTH ADVISORY BOARD SPOTLIGHT



On June 21<sup>st</sup>, Northern New Jersey Youth Advisory Board President Chadi served as the Creative Director for his local library's Rise from Ashes Talent Showcase in Jersey City. From lighting and set design to crafting the overall look and atmosphere, Chadi brought his creative vision to life, and the results were nothing short of inspiring. Thanks to his leadership and artistic direction, the performance became a memorable experience for youth across Jersey City. Amazing work, Chadi!

In the spirit of Independence Day, the Northern New Jersey Youth Advisory Board dedicated their July meeting to the theme of growing self-advocacy skills- a vital step toward becoming confident, independent adults. Members shared that learning how to advocate for themselves is a skill they're eager to master before entering adulthood. During the meeting, they took a self-advocacy questionnaire to assess their current strengths and identify areas for growth. They also explored and discussed practical strategies to become more effective self-advocates.



To put their learning into action, each member set a personal goal: to complete one self-advocacy task by the end of the month. If you know a youth who is passionate and would benefit from discussions like these, reach out to [tamara@centerforprevention.org](mailto:tamara@centerforprevention.org)



**@YAB\_NNJ**

**[REACH OUT TO TAMARA@CENTERFORPREVENTION.ORG FOR MORE INFORMATION ON HOW YOUR STUDENTS CAN GET INVOLVED WITH CFPC'S YAB!](mailto:tamara@centerforprevention.org)**



**COMMENTS & QUESTIONS: EMAIL [TAMARA@CENTERFORPREVENTION.ORG](mailto:tamara@centerforprevention.org)**