WSCC

WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD.

NEWSLETTER

October | 2026

SPOOKY SEASON, SMART DECISIONS

For many teens, Halloween weekend includes hanging out with friends, parties, and sometimes, the pressure to drink or use substances. Before you head out, take a minute to think about your your plans and how you'll respond if things don't go as expected.

Know Before You Go:

- Know how you're getting home *before* you go.
- Stay connected with close friends you trust.
- Have a plan for what you will say if someone offers you a drink or other substances.
- If you feel unsafe or uncomfrtable, remember that it's okay to leave.

KEEP IT SPOOKY, NOT RISKY

It's easy to get caught up in the moment, especially when you're having fun. As you prepare to head out this weekend, remember these refusal skills if you catch yourself in a tricky situation.

- **Code Word:** set up with a trusted adult to discretely tell them you want to be picked up.
- **Blame Buddy:** "My coach would be so mad if she knew I drank alcohol this weekend."
- **Alternate Activity:** "Why don't we go back to my house and watch a Halloween movie instead?"
- **Excuse:** "I can't, I promised my little brother I'd take him trick- or- treating tonight."
- **Just Say No:** No!

THE OVERDOSE PREVENTION ACT

If you find yourself in a spooky situation, don't be afraid to call for help. The Overdose Prevention Act is there to help encourage young people to call for help in the event of a medical emergency due to substance use or overdose.

Why is this important?

The goal is for teens to call 911 and get the help their friend may need, instead of being afraid of getting arrested. No one should lose their life because someone was afraid to call for help.

How does it work?

- You **MUST** stay on the phone with the operator.
- You **MUST** stay with the person who needs help until medical services arrive.



YOUTH ADVISORY BOARD

SEPTEMBER MEETING RECAP



September is Suicide Prevention Month.

- 988 Suicide & Crisis Lifeline is available 24/7
- Human connection matters.
- Decreasing screen time can help improve your mental health.
- The Bell – to – Bell law is a positive way to connect with peers and be present in life.

Next Meeting:

Thursday, October 1, 2026

6:00 PM – 7:00 PM

GET INVOLVED!

Monday, October 5 – Friday, October 9

Week of Respect is all about kindness, compassion, and respecting others! Throughout the week, we encourage you to take time to choose a positive decision, show empathy to a peer, and spread kindness.



Interested in participating? Check out our Week of Respect toolkit and take the **Pledge to Prevent Bullying.**

Wear gold or blue on Friday, October 9, 2026 to show support to be bully free and promote respect. **#NJGoesGoldandBlue**



DO YOU KNOW A TEEN IN GRADES 8 – 12 IN NORTHERN NJ?

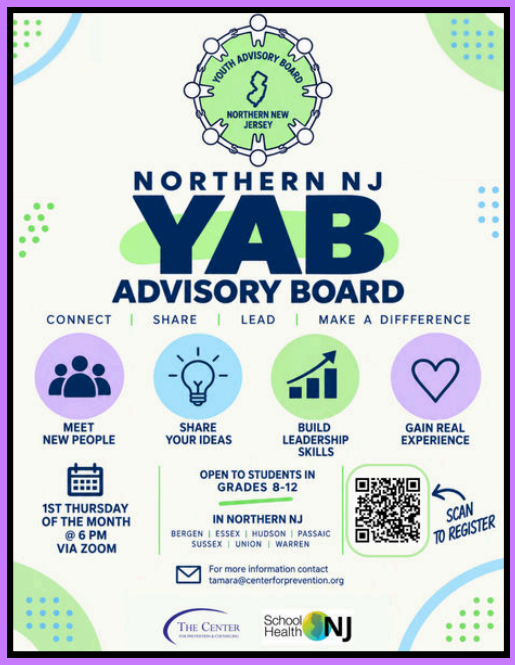
Our Youth Advisory Board is looking for students who are interested in being a part of conversations that create positive change in their schools and community.

Share your ideas, experiences, and perspectives on topics that matter to YOU!

Why Join?

- Build leadership skills
- Make new connections
- Win giveaways
- Monthly speakers

Whether you are passionate about mental health, education, community issues, or another topic that matters to you, come make your voice heard!



Interested in joining? Email: zwaschek@centerforprevention.org

Follow us on Instagram @YAB_NNJ

WHOLE SCHOOL WHOLE COMMUNITY WHOLE CHILD

THE CENTER FOR PREVENTION & COUNSELING

School Health NJ

COMMENTS & QUESTIONS: EMAIL TAMARA@CENTERFORPREVENTION.ORG