

**February
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KIDS2KIDS

Students Uniting to Create Positive Change

**Coalition for Healthy and
Safe Communities**
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Great Kindness Challenge at Hardyston Middle School

The Great Kindness Challenge is a week long celebration where people across the country devote their time to perform as many acts of kindness as possible, choosing from a 50 item checklist which is provided to students and staff. Each year this event is held during the fourth week in January.

The goal of this week long event is to help create a culture of kindness in their school! It is a free and easy program to implement which has the power to increase tolerance, unity and respect for all grades preschool through high school.

Before the event Hardyston Middle School's anti-bullying club got together to kick the event off by posting kind words and phrases on random lockers. The students believed that this was a fun activity to gear up for the Great

Kindness Challenge and to get everyone excited for the week to come.

National Drug and Alcohol Facts Week

Many schools throughout Sussex County participated in National Drug and Alcohol Facts Week! National Drug and Alcohol Facts Week is a national health observance for teens to SHATTER THE MYTHS about drugs. This celebration was held January 23rd- January 29th. In recognition of this week long event The Center provided all middle and high schools in Sussex County with materials to create a banner to bring attention to the facts about alcohol and other drugs!

To learn more about National Drug and Alcohol Facts Week visit this website:

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

A special thank you to Lisa Bechtel of Newton High School for providing us with this photo!



Health and Wellness at Kittatinny Regional High School

Kittatinny Regional High School seniors dedicated the last 6 weeks of their classes to focus on health and wellness

issues affecting our community, including addiction and recovery. Rachel Wallace, Director of Clinical Services, met with health classes in December to speak on addiction and recovery, and The Center staff was honored to be a part of this proactive initiative. Becky Carlson, Elise McGaughran and Rachel were excited to be a part of the collaboration that evening, where the students presented resource tables and information to the community.





What Can You To Stop Cyberbullying?

Be a friend, not a bystander. Letting others know that you won't allow cyberbullying, supporting the victim, making it clear that you won't be used to torment others and that you care about the feelings of others is key to stopping cyberbullying. Silence, when others are being hurt, is not acceptable. Martin Luther King, Jr. once said *"In the end, we will remember not the words of our enemies, but the silence of our friends."*

Cyberbullying– Don't be a party to it!

Many teens go back and forth (often in the course of the same incident) between being a victim and a cyberbully. Sometimes they don't mean to be a cyberbully at all, but because they haven't been careful with what they say or how they say it or whom they say it to, is considered a cyberbully by the recipient or subject of their message. **Before you feel too bad for yourself, take the quiz below to find if you, too, are part of the cyberbullying problem!**

Rate yourself on the following point scale according to if, and how many times, you have done the below activities. Give yourself 0 points if you've never done it, 1 point if you have done it 1 or 2 times, 2 points if you have done it 3-5 times, 3 points if you have done it more than 5 times.

Have you ever...

- ☐ Signed on with someone else's screen name to gather info?
- ☐ Sent an e-mail or online greeting card from someone's account?
- ☐ Impersonated someone over IM or online?
- ☐ Teased or frightened someone over IM?
- ☐ Not told someone who you really are online, telling them to "guess"?
- ☐ Forwarded a private IM conversation or e-mail without the permission of the other person?
- ☐ Changed your profile or away message designed to embarrass or frighten someone?
- ☐ Posted pictures or information about someone on a Web site without their consent?
- ☐ Created an Internet poll, either over IM or on a Web site, about someone without their consent?
- ☐ Used information found online to follow, tease, embarrass or harass someone in person?
- ☐ Sent rude or scary things to someone, even if you were just joking?
- ☐ Used bad language online?
- ☐ Signed someone else up for something online without their permission?
- ☐ Used an IM or e-mail address that looked like someone else's?
- ☐ Used someone else's password for any reason without their permission?
- ☐ Hacked into someone else's computer or sent a virus or Trojan horse to them?
- ☐ Insulted someone in an interactive game room?
- ☐ Posted rude things or lies about someone online?
- ☐ Voted at an online bashing poll or posted to a guestbook saying rude or mean things?



Now calculate your total score and check out the ratings below.

0 – 5 Points: Cyber Saint

Congratulations! You're a cyber saint! Keep up the good work!

6-10 Points: Cyber Risky

Well, you're not perfect, but few people are. Chances are you haven't done anything terrible, but try not to repeat your behaviors, since they are all offenses. Keep in mind the pain that your fun might be causing others!

11-18 Points: Cyber Sinner

Your online behavior needs to be improved! Keep in mind that these practices are dangerous, wrong, and punishable and try to clean up that cyber record!

More than 18: Cyber Bully

Put on the breaks and turn that PC/MAC/text-messaging device around! You are headed in a very bad direction. You qualify, without doubt, as a cyberbully. You need to sign off and think about where that little mouse of yours has been clicking before serious trouble results for you and/or your victim(s), if it hasn't happened already!

**WRONG
WAY**

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