

January
2018

KIDS2KIDS

Students Uniting to Create Positive Change

Coalition for Healthy and
Safe Communities
61 Spring Street, Newton, NJ
Phone: 973-383-4787
www.centerforprevention.org
Contact Tina or Jenn

IT'S ABOUT RESPECT

Having respect for yourself and others is vital to the way you choose to live your life, as well as how you interact with your friends, family members, and teachers. When people respect themselves, they will not destroy their minds or bodies with drugs or engage in any other risk-taking behavior. When people respect each other, there are less conflicts, disagreements, and misunderstandings. Think about the last time you witnessed a conflict, or were involved in one. Was respect shown? Was the conflict resolved without name-calling or put-downs? If put-downs were used, did they help the situation or make it worse? The likelihood is that disrespectful words and actions contributed to the conflict, and caused hard feelings to linger.

Although we know that name-calling and other disrespectful behavior only make problems worse, many people resort to such behavior when angry, or accept them as a normal way to interact. To learn more about peaceful conflict resolution check out peacefirst.org.

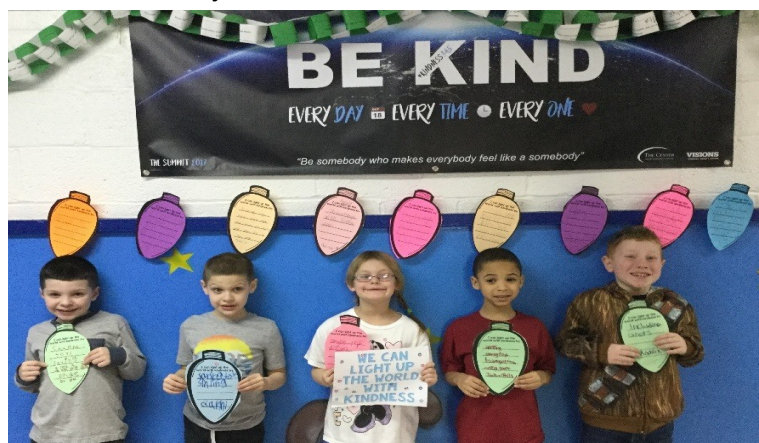


Kindness is always
fashionable, and always
welcome.

Amelia Barr

Hudson Maxim Lights up the World with Kindness

The students at Hudson Maxim School in Hopatcong wrote a goal for Kindness and Caring to help "Light Up the World with Kindness." The students first watched a video of their peers demonstrating caring behaviors in class. They then brainstormed *Bucket Filling* ways to show caring to others. The students took their ideas and wrote them down for the whole school to see. Hudson Maxim students are committed to Filling Buckets and spreading kindness every day, every time and to everyone!



When you
OPEN
YOUR
HEART
you may be
surprised
to find a piece
of yourself
that you have
lost sight of.

Orly Wahba

Author of Kindness Boomerang
and Founder of Life Vest Inside





National
#NoOneEatsAlone Day
February 9, 2018

SIGN UP NOW



SPREAD THE LOVE

FEBRUARY 9, 2018

NATIONAL NO ONE EATS ALONE DAY

an initiative of
**Beyond
differences**

sponsored by
CENTENE
Charitable Foundation

Beyond Differences empowers students to end social isolation in middle school through online and on campus programs. We want to ensure that every child in middle school feel accepted, included and valued by their peers no matter what their differences.

No One Eats Alone Tips

- Create a planning group (this event is meant to be student led)
- Determine a lunchtime activity– check out beyonddifferences.org for their activity guide
- Make it festive (consider having a theme and decorate accordingly)
- Publicize the event– make sure everyone in your school and community knows about this great event!
- Capture the day– make sure to take photos of the fun
- Most importantly– have fun!

Unless someone like you
cares a whole awful lot,
Nothing is going to get better.
It's not.

—Dr. Seuss, The Lorax

