

**April
2018**

KIDS2KIDS

Students Uniting to Create Positive Change

**Coalition for Healthy and
Safe Communities**
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Unity with Parkland, Florida Across Sussex County

Students throughout Sussex County joined with their peers across the country in March in the #Enough! National School Walkout, an initiative intended to raise awareness about school safety and gun violence.

While not every school in the county participated in the walkout, many schools participated in different events to show their support and unity to students in Parkland, Florida.

Byram Intermediate School worked in their advisories to create posters to support their new friends in Parkland, Florida.



Kittatinny Regional High School Superintendent Craig Hutcheson stated: "The students were really exceptional today. Their message to each other was one of kindness and unity." Hutcheson stated this was an impressive display of planning, organizational and implementation skills by Kittatinny students who put on an assembly to memorialize the lives that were lost.

At Franklin Borough School a group of 8th grade students worked to create a meaningful assembly for the 5th-8th grade students. Students shared speeches on the importance of not taking things for granted as well as the importance of speaking up and treating others fairly. Franklin Borough Police Department attended and presented on safety measures that are being taken and different things to look for, as well as the importance to always speak up.



"Underage Drinking... It's Not a Rite of Passage"

Each year the Center for Prevention and Counseling (CFPC) hosts an annual Alcohol Awareness PSA contest, this year's theme was "Underage Drinking... It's Not a Rite of Passage." We want to say thank you to all who participated especially Kittatinny Regional High School who sent in the most entries!

Every year there are 8 poster winners who are featured in the NJ Herald as well as 3 PSA winners who recorded their PSA's at 102.3 WSUS, iHeart Radio and are featured in April each day for Alcohol Awareness Month. Finally, there is one video winner who is featured on CFPC social media platforms throughout the month of April.

Each of the students, including seven honorable mentions, will be recognized at our countywide Town Hall Meeting on Thursday, April 26th at 7 pm at the Newton Municipal Building with featured guest speaker NJ State Senator Steve Oroho.



Every day we have the opportunity to make our schools (and our world!) a better place.

Putting an end to bullying is everyone's responsibility.

Read the 10 Ways To Be An Upstander below to see how YOU can help!

10 Ways To Be An Upstander

1. Help others who are being bullied. Be a friend, even if this person is not yet your friend. Go over to them. Let them know how you think they are feeling. Walk with them. Help them to talk to an adult about what just happened. (Just think for a moment about how great this would be if someone did this for you when you were being picked on or hurt!)
2. Stop untrue or harmful messages from spreading. If someone tells you a rumor that you know is untrue or sends you a message that is hurtful to someone else, stand up and let the person know this is wrong. Think about how you would feel if someone spread an untrue rumor about you. Don't laugh, send the message on to friends, or add to the story. Make it clear that you do not think that kind of behavior is cool or funny.
3. Get friends involved. Share this site (and other related sites) with friends. Let people know that you are an upstander and encourage them to be one too. Sign BullyBust's Stand Up Pledge on <http://www.schoolclimate.org/bullybust/students/pledge>, and make it an everyday commitment for you and your friends.
4. Make friends outside of your circle. Eat lunch with someone who is alone. Show support for a person who is upset at school, by asking them what is wrong or bringing them to an adult who can help.
5. Be aware of the bullying policy at your school and keep it in mind when you witness bullying. If there isn't a policy, get involved or ask teachers or front office staff to speak about how you can reduce bullying.
6. If someone is new at your school, make an effort to introduce them around and make them comfortable. Imagine how you would feel leaving your friends and coming to a new school.
7. Refuse to be a "bystander". If you see friends or classmates laughing along with the bully, tell them that they are contributing to the problem. Let them know that by laughing they are also bullying the victim.
8. Respect others' differences and help others to respect differences. It's cool for people to be different – that's what makes all of us unique. Join a diversity club at school to help promote tolerance in your school.
9. Ask your teacher or principal to develop a bullying program or project that will help reduce bullying in school. Ask them to bring together a team of students, parents and teachers to meet as "Stand Up Ambassadors" to talk about bullying on a regular basis and share stories and support. Talk about the "hot spots" where bullying most likely occurs (ex. the bus, bathroom, an unmonitored hallway) and what can be done on a school level to make sure students and teachers are on the same page about bullying.
10. Learn more about bullying. For example: Why do kids bully? Where does bullying take place most often in your school? What are the effects of bullying? Why are people afraid to get involved? Understanding this information will help you if you are bullied and will help you to stand up to bullies if a friend or classmate is being bullied.

Reprinted from <http://www.schoolclimate.org/bullybust/students/upstander>