

**April
2019**

KIDS2KIDS

**Students Uniting to
Create Positive Change**

**Coalition for Healthy and
Safe Communities**
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Don't Press Send Workshop at Durban Avenue School

Durban Avenue School students participated in the Don't Press Send Workshop- "An education in Cyber Civics." The mission is "To provide children with strategies as they navigate the ever-changing technological world, by promoting kind and careful online communication, in the hope of preventing them from harming themselves or others." Mrs. Kennedy, Durban Avenue School's Counselor and members of the Student Culture and Climate Team welcomed and introduced presenter and founder, Katie Duffy Schumacher.

Students followed up this workshop by adding safety tips to the morning announcements. The main focus has been based on Don't Press Send Campaign's "Digital Detox: Mindful Monday, Tech-Free Tuesday, Web-Withdrawal Wednesday, Thoughtful Thursday, Freedom Friday, Social Saturday and Simple Sunday." Parents/ Guardians were also invited to attend this workshop and students were sent home with an informative packet of resources to share with their families.

This informative and empowering assembly was provided to Durban Avenue through the Hopatcong Elementary Parent Teacher Organization. To learn more information about Do Not Press Send visit their website at <https://www.dontpresssend.org/>.



**"A PART OF KINDNESS
CONSISTS IN LOVING PEOPLE
MORE THAN THEY DESERVE."**

Joseph Joubert

**KINDNESS IS FREE
SPRINKLE
THAT STUFF
EVERYWHERE**

Wherever there is
a human being;
there is an opportunity
for kindness.

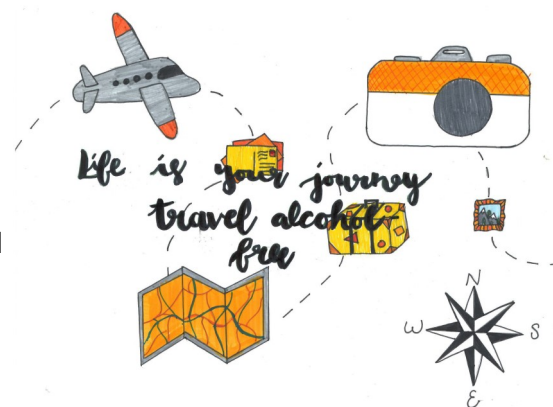
LUCIUS ANNAEUS SENECA
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"Life is Your Journey, Travel Alcohol-Free"

Each year the Center for Prevention and Counseling (CFPC) hosts an annual Alcohol Awareness PSA contest, this year's theme was "Life is Your Journey, Travel Alcohol-Free." 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 six honorable mentions, will be recognized at our countywide Town Hall Meeting on Wednesday, April 17th at 7 pm at the Newton Municipal Building with featured guest speaker NJ State Senator Steve Oroho.



DARE TO CARE

Consider the following examples, and encourage your children to use social media with good intent.

- » Compliment a classmate.
- » Send an appropriate and funny joke or video.
- » Share an inspirational story or quote.
- » Send an apology if you have hurt someone.
- » Take a funny picture of yourself.
- » Unplug for an hour or two and write down how you feel.
- » Write a list of the positives and negatives of technology and incorporate the positives.
- » Post something without checking for the number of “likes.”
- » Go through your friends and followers list and delete those who are not your “true” friends, remembering that not everyone should have access to you.
(Protect Your Privacy)

