

MONDAY, NOVEMBER 9, 2020

What's Your Anti-Drug?

Majority Rules...

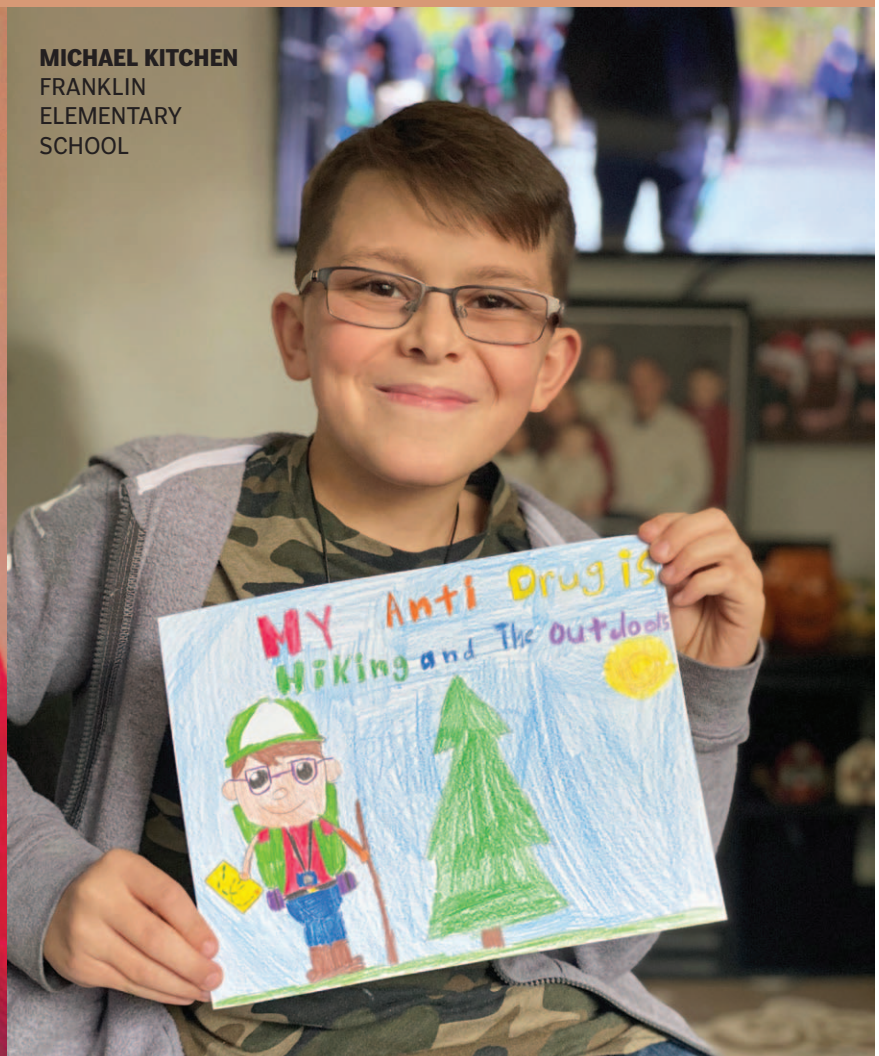
Most kids don't use drugs

Most of us have something in our lives that's important enough to stand between us and drugs. As these pages show, we are making good choices — great choices — for ourselves. Featured here are many of the personal “anti-drugs” that we really care about and that we want to share with each other.

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Majority Rules ... What's Your Anti-Drug



This is the 20th Annual "What's Your Anti-Drug" (WYAD) supplement that the New Jersey Herald and the Coalition for Healthy and Safe Communities, a program of The Center for Prevention, have partnered on. This year over 400 Sussex County students from 24 different schools, in grades 4-12th submitted an entry to the annual WYAD Contest.

The "What's Your Anti-Drug" message and the opportunity to share something important to the students really appeals to our Sussex County youth. The message's simplicity is deceiving, because "anti-drugs" are powerful motivators. Whether the "anti-drug" is an internal factor, like a desire to succeed, or external, like family support, it both generates and is supported by feelings of confidence, success and self-respect which drives the student to take care of her or himself emotionally and physically. The contest is an opportunity to strengthen an important bond, activity or belief in an adolescent's life that helps him or her stay alcohol and other drug free.

We are thrilled to be able to give Sussex County youth an opportunity to share their "anti-drug" with others through this amazing supplement! Be sure to pick up the New Jersey Herald regularly as entries will be featured throughout the year in the school section of the paper.

PARENT

ADVICE

www.parentadvicenj.org

Coalition

for Healthy & Safe Communities

A program of The Center

61 Spring Street, Newton, NJ 07860

973-383-4787

THANK YOU!

This year the Coalition for Healthy and Safe Communities celebrates its 20th Anniversary and it's 20th What's Your Anti-Drug? Supplement!

The Coalition thanks all of their active Coalition partners including NJ Herald, Strauss News, iheartradio, Newton Medical Center, Sussex County Law Enforcement, Sussex County Prosecutor's Office, The County of Sussex, Sussex County Municipal Alliances and Sussex County School Districts.

As parents, we all want what is best for our children. Simple everyday actions and conversations can make a big difference including sharing the highlights of your day - everyday during dinner, or trips in the car and using opportune times to discuss underage drinking and your family rules - perhaps a popular TV show glamorized alcohol or other drug use or a local incident was reported in the newspaper. This is a perfect teachable moment to reinforce your expectations and the risks regarding alcohol and other drug use. Starting the conversation early and having them frequently helps to build confidence, trust and keeps the lines of communication open. Research shows that parents, more than any other person or thing, influence their child's decision not to use alcohol.

The "Talk. They Hear You." Underage Drinking Prevention National Media Campaign empowers parents and caregivers to talk with children early about alcohol and other drug use. High rates of



Substance Use Prevention

youth alcohol use, shifting state laws regarding marijuana, and the nation's opioid crisis are prevalent health concerns that affect America's parents and caregivers. This campaign's goal is to provide parents and caregivers with the resources they need to address the issue of alcohol and other drugs with children under the age of 21. "Talk. They Hear You." has historically equipped parents with the knowledge and skills to increase actions that reduce and prevent underage drinking. Recently, it has expanded its messaging to include other substances such as marijuana and prescription drugs. For other resources that can help you talk with your child about the risks of underage drinking, call the Center for Prevention and Counseling in Newton at 973-383-4787.



BEFORE SHE'S TOO COOL FOR MOM TO DROP HER OFF AT SCHOOL...

Take advantage of this time to talk about prescription medicine safety.

Start talking to your children early to ensure they understand what opioids are and the risks of misusing prescription medicine. Though it may not seem like it, children really hear your concerns. For tips on how—and when—to begin the conversation, visit:

www.underagedrinking.samhsa.gov



SAMHSA
Substance Abuse and Mental Health
Services Administration

SMA-18-5092PSTCRD

Majority Rules ... What's Your Anti-Drug

A Stone Tether

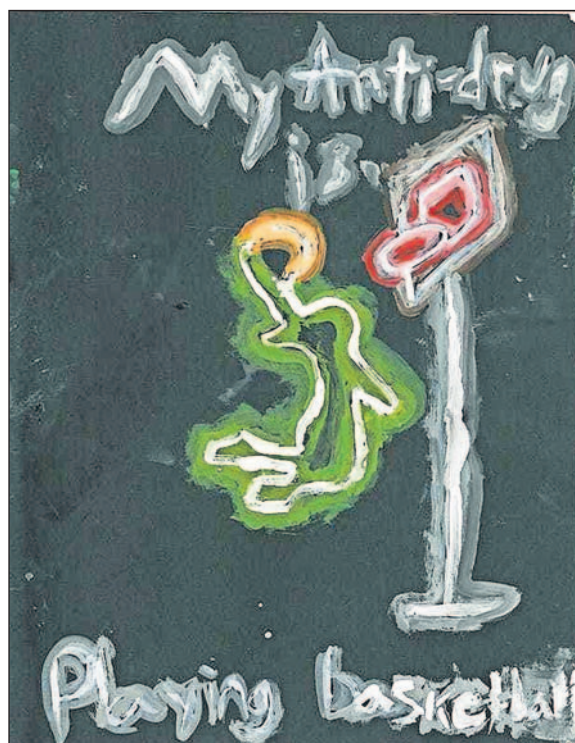
By Danielle Faltraco

I understand there are little
Geodes
Scattered about.
All holding treasures for the one
Who cracks their surface--
Who stays long enough to release the beauty inside.

My distraction: my substitute for substance
Is the awareness that Life is beautiful.
She plants the geodes.

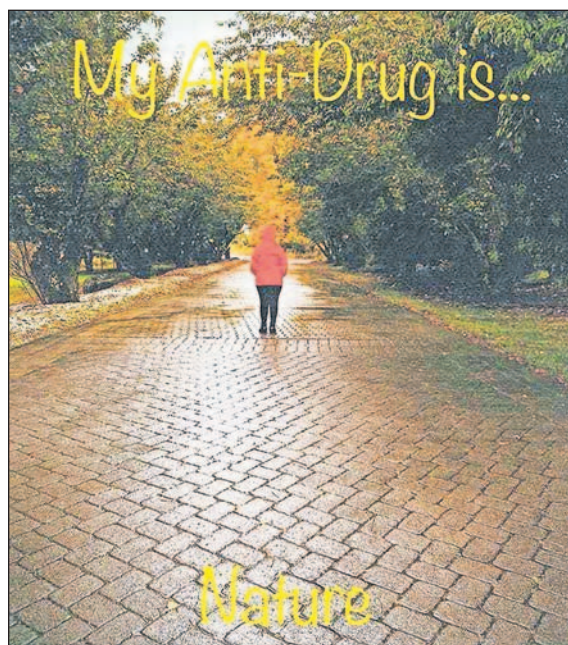
I know that if I endanger
My health,
My well being,
My willingness to stay,
Life will turn dull.
Bitter.
I know Life wants to remain vibrant.
I know she hopes I stay
To my rightful end.

So what brings me peace
Is not one singular thing
Or moment.
Instead, it is the enchanting cascade
Of passing time
That tells me I deserve to be here
And that my place is exactly mine.



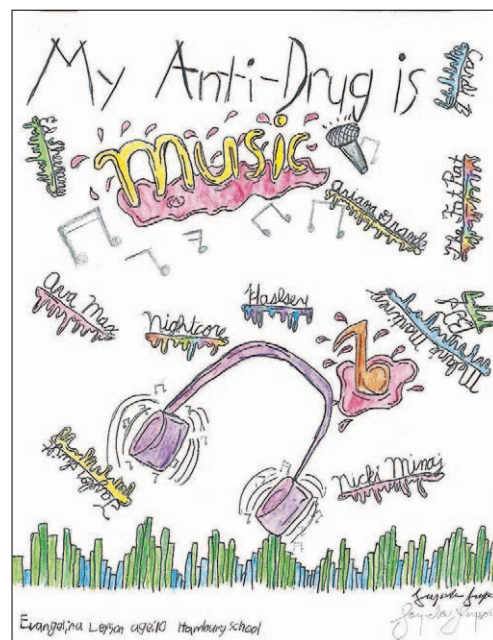
Basketball

Zoe Caraballo
Green Hills School



Spending my time outside in nature

Jalissa Gadinez
Green Hills School



Music

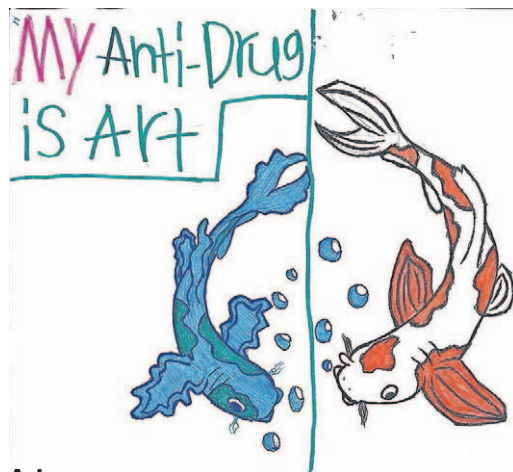
Evangelina Leyson | Hamburg Elementary School

What's your Anti-Drug?

"Soccer"

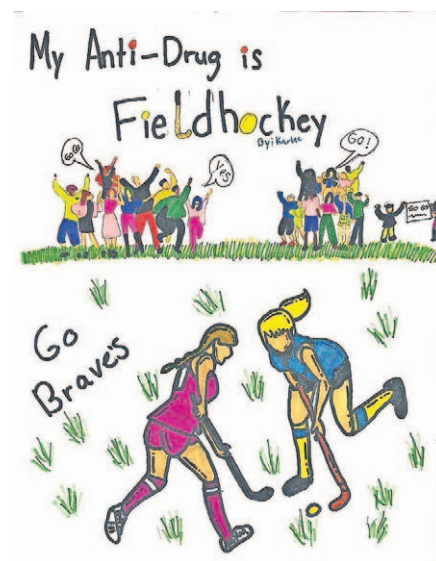
As the wind flows through your hair
And you strike the ball with power
Soccer is a sport that you can play hour by hour
The thrill of the game will not get you bored
But when the team wins they will have their reward
The goal that you make will fill you with pride
But when you lose, you turn your face aside
Oh soccer, oh soccer, the joy of the sport
Oh soccer, oh soccer, it is nothing of the sort

By. Simon Henry
Age: 12 years old
Green Hills School



Art

Katie Reid, Halsted Middle School



Field Hockey

Karlee Reid | Halsted Middle School



Arts & Crafts

Paige Fetterman
Green Hills School

Majority Rules ... What's Your Anti-Drug

WHAT'S YOUR ANTI-DRUG?

My Anti-Drug is taking photos of nature that are calming and relaxing for the mind, body and soul. This picture I took in Wildwood Crest New Jersey during our family vacation of the bright orange sun and the sound of waves crashing the soft sand and Seagulls flying above.

Nicholas DaSilva
12 yrs old
Hardyston Middle School 7th Grade



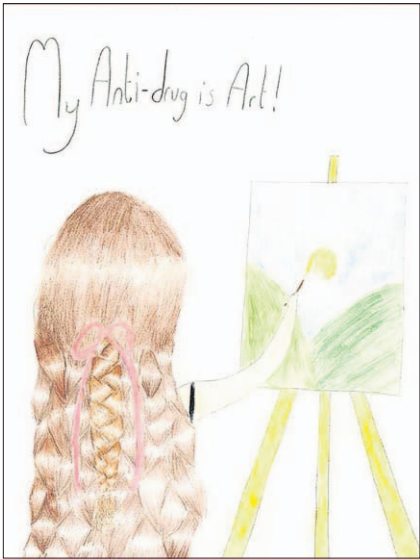
Photos of Nature

Nicholas DaSilva, Hardyston Middle School



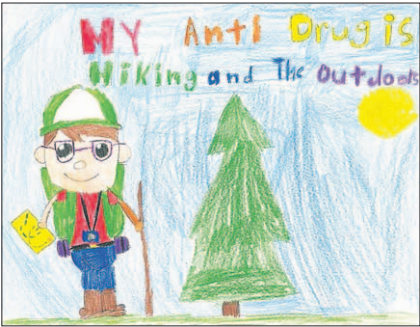
Playing golf

Evan Aue, Lafayette Elementary School



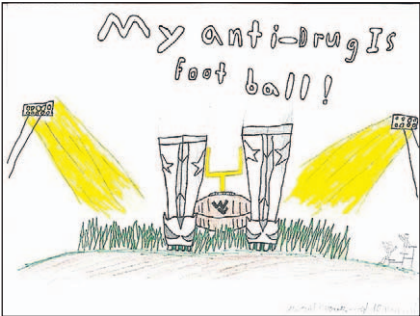
Art

Brielle Lesard, Helen Morgan School



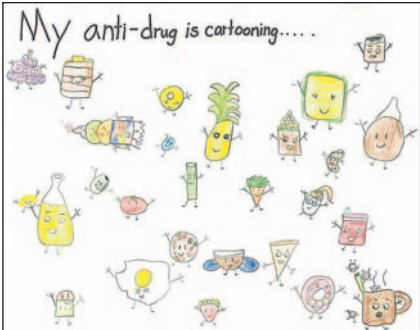
Hiking and the outdoors

Michael Kitchen, Franklin Elementary School



Football

Gabriel Perrotto-Wald, Hamburg Elementary School



Cartooning

Brynn Lessard, Alpine Elementary

What's Your Anti-Drug?

The future I want to achieve
Staying drug free is very important objective for me in life. The first time I heard of staying drug free and finding myself an anti-drug I did not pay much attention to it because I was young and did not understand how important it was. As I got older, I started to understand how important it actually was. So, I started thinking about how to figure out what my anti-drug is, but I could not figure it out what it was. Until one day I got asked, "What do you want to be when you grow up?" Then I started thinking, not only did I think about what I wanted to be, but where I wanted to get my education and what type of family I wanted to have. And I figured out, my anti-drug is the future I want to achieve. The career, education, and family I want to have. I also figured out the question most people asked, "What do you want to be when you grow up?"

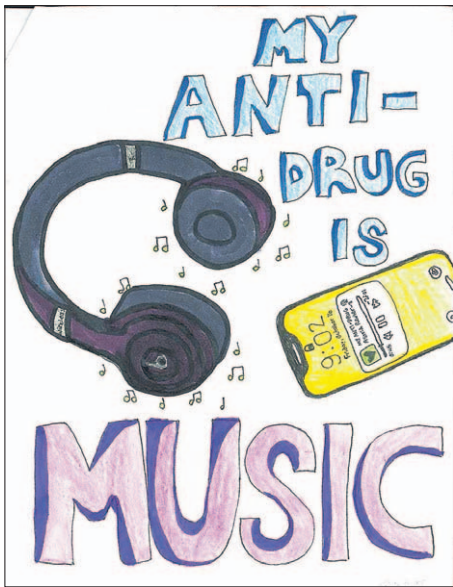
Jessica Majtczak
Hamburg School



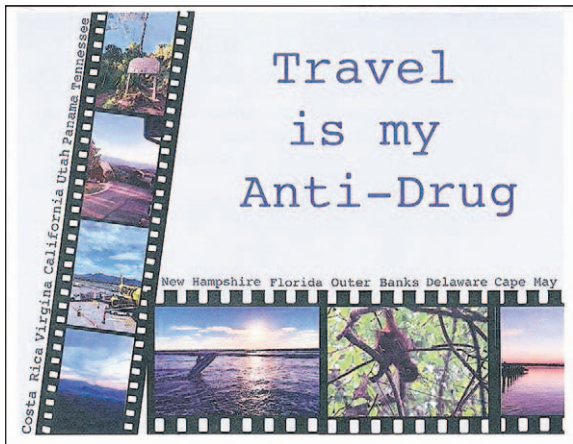
Enjoying nature

Lena Ouellette, High Point Regional High School

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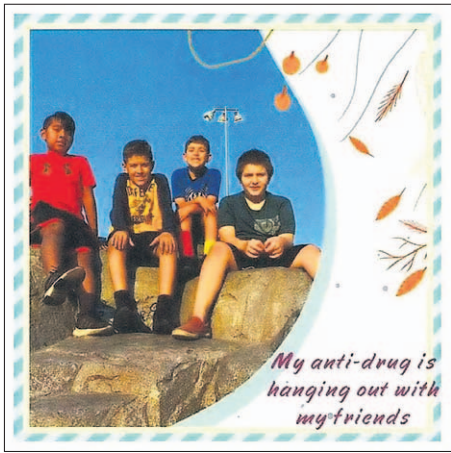
Music
Astrid Reuter, Kittatinny Regional High School



Travel
Alexandra Molfetta, Kittatinny Regional High School



Horses
Alexa Pagano, Frankford Township School



Hanging out with my friends
Nathan Thompson, Hopatcong Middle School
What's Your Anti-Drug

"Soccer"
As the wind flows through your hair
And you strike the ball with power
Soccer is a sport that you can play hour by hour
The thrill of the game will not get you bored
But when the team wins they will have their reward
The goal that you make will fill you with pride
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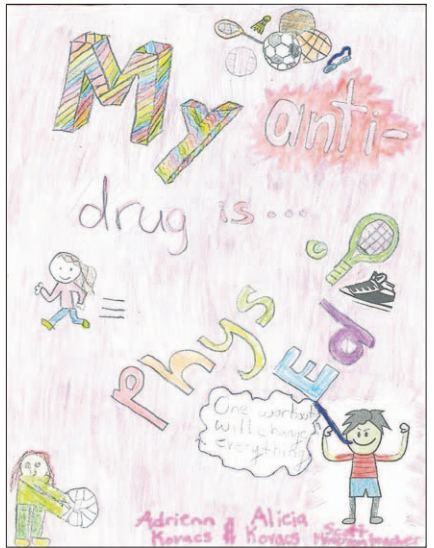
Simon Henry, Green Hills School



Games
Veronica Wendt, Hopatcong Middle School



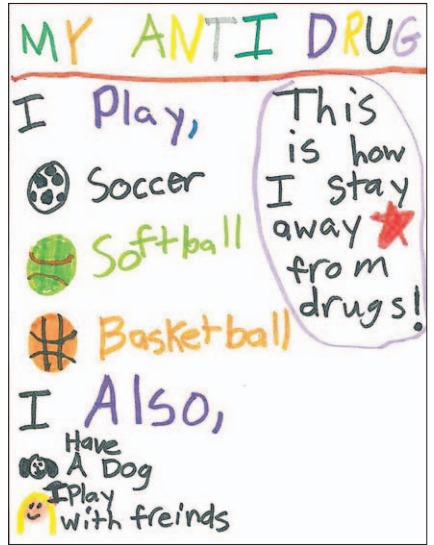
Marching Band
Gina-Marie Zoccoli & Tayia Lombardi, High Point Regional High School



Sports and Phys. Ed
Adrienn and Alicia Kovacs, Lounsberry Hollow School



Running
Kathryn Sills, Kittatinny Regional High School



Sports, friends and my dog
Kyla Bitondo, Fredon Township School

Majority Rules ... What's Your Anti-Drug



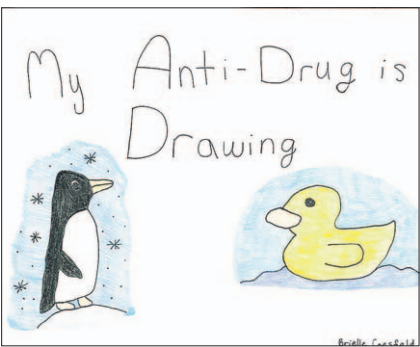
Swimming

Liliana Appleby
Lounsberry Hollow School



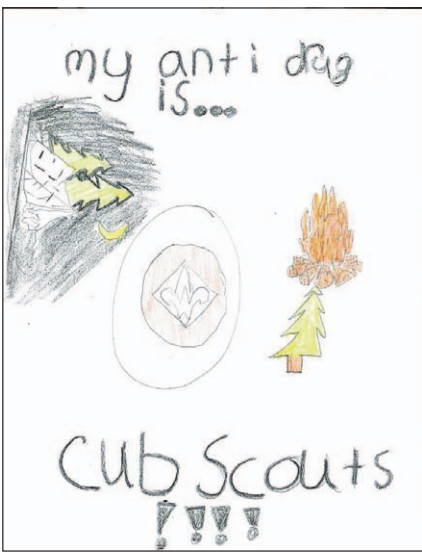
Disc Golf

Dean Schneider
Montague Township School



Drawing

Brielle Coesfeld
Marian E. McKeown Elementary School



Club Scouts

Nick Devery, Lounsberry Hollow School

EXERCISE is my Anti-Drug

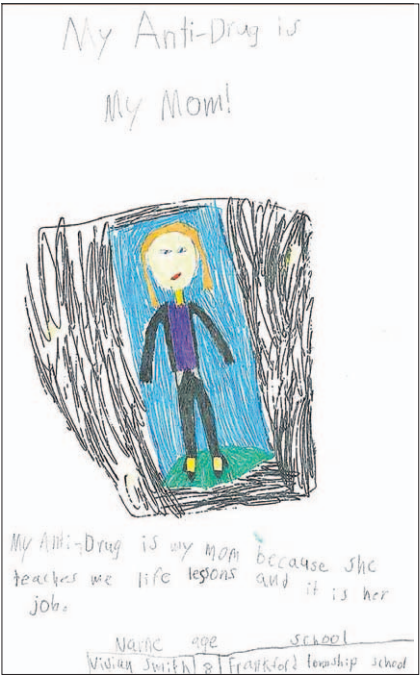
Exercise is my anti-drug.
It keeps my body healthy and strong.
I like to run, swim, tumble and cheer.
It makes me want to perservere.
Exercise

Kareena Dash
Mohawk Avenue School



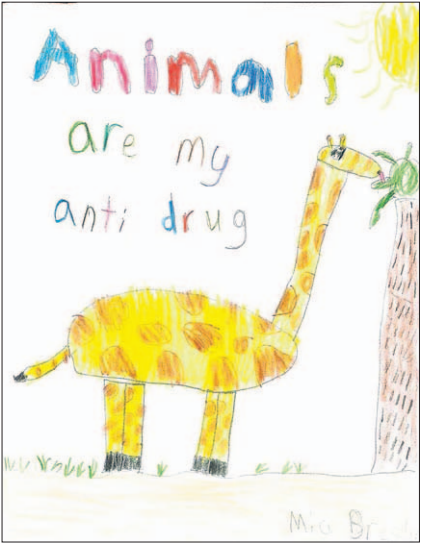
Playing basketball

Ruthvik Veerapaneni
Marian E. McKeown Elementary School



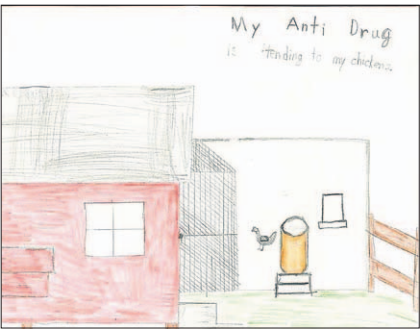
My Mom!

Vivian Smith
Frankford Township School



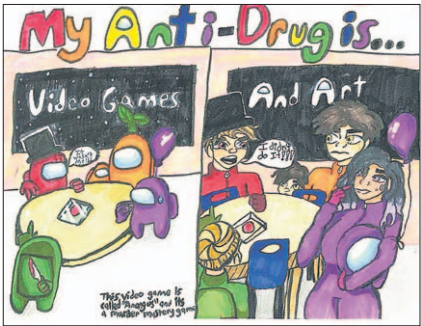
Animals

Mia Bressler, Lounsberry Hollow School



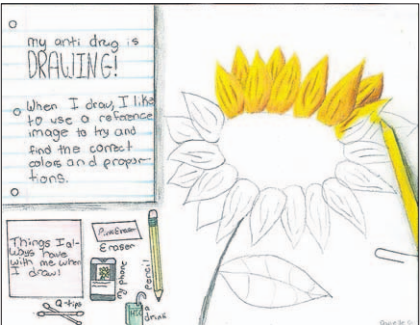
Tending to chickens

Wade Corter, Marian E. McKeown
Elementary School



Video games and art

Jaylah Rodriguez, Glen Meadow School



Drawing

Danielle Getz, Glen Meadow Schho



Camping

Grace McEvoy
Frankford Township School

• Since 2011, the percentage of Sussex County students drinking alcohol underage in the past 30 days has decreased in 6th – 12th grades.

Majority Rules ... What's Your Anti-Drug



Staying active doing things I love

Ella Pietrodangelo
Stillwater Township Elementary School



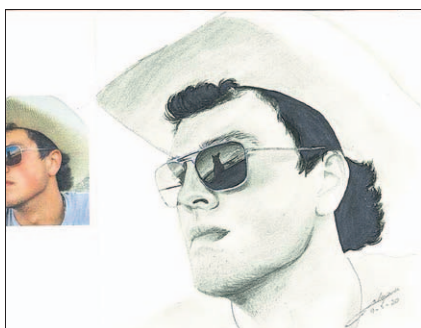
Family

Giianne Geodeke
Stillwater Elementary School



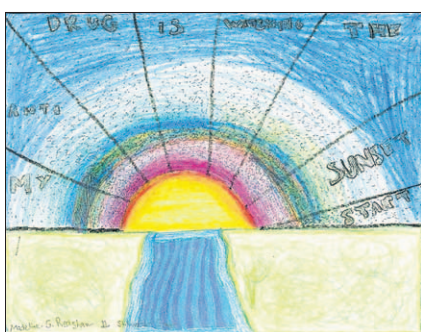
Baking

Michelle Vidal-Mendez
Montague Township School



Painting and Drawing

Julia Zonca, Newton High School



Watching the sunset start

Madeline Redshaw
Stillwater Township Elementary School



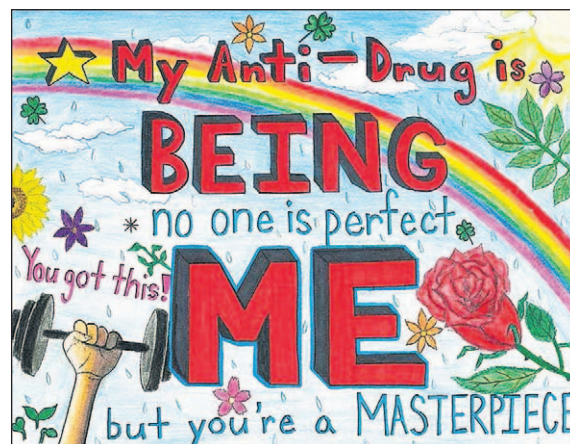
Music

Marissa Bouma, Montague Township School



Being with my guinea pigs

Joel Morales, High Point Regional High



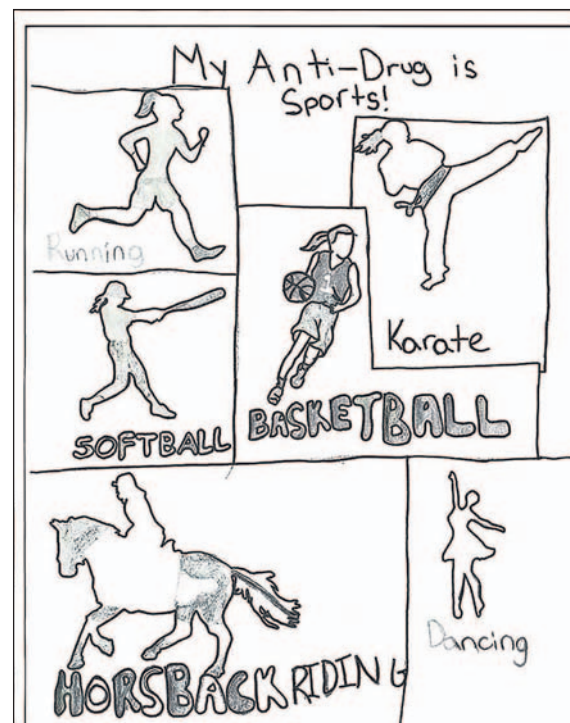
Being Me

Mina Lin, Montague Township School



Happiness and Colors

Valentina DeVecchni, Montague Township School

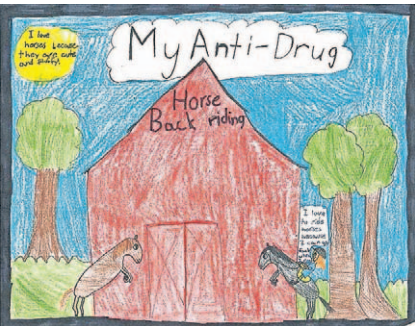


Sports

Mackenzie Zollinger, Wantage Elementary School

• In 2019, 80% of
Sussex County 6th-12th
graders reported they perceive
marijuana use as harmful.

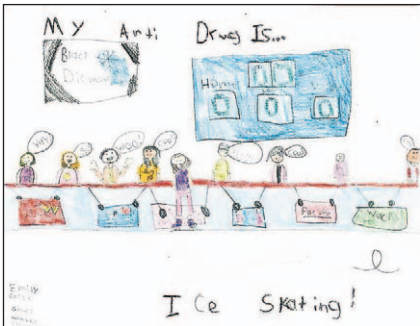
Majority Rules ... What's Your Anti-Drug



Horseback riding
Abby Andrews, Valley Road School



Art
Michelle Marks
Sussex Co. Technical School



Ice skating
Emily Gulick, Wantage Elementary School



Pugs
Layla Miller, Sussex Co Charter School for Technology



Swimming
Demi Small, Valley Road School



Penny Boarding
Alena Twam, Valley Road School



Music
Stella Stigers, Sussex Co. Technical School

• Parents are the #1 reason why kids don't drink alcohol. In 2019, 90% of Sussex County 6th-12th graders reported their parents perceive underage drinking as wrong or very wrong.

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