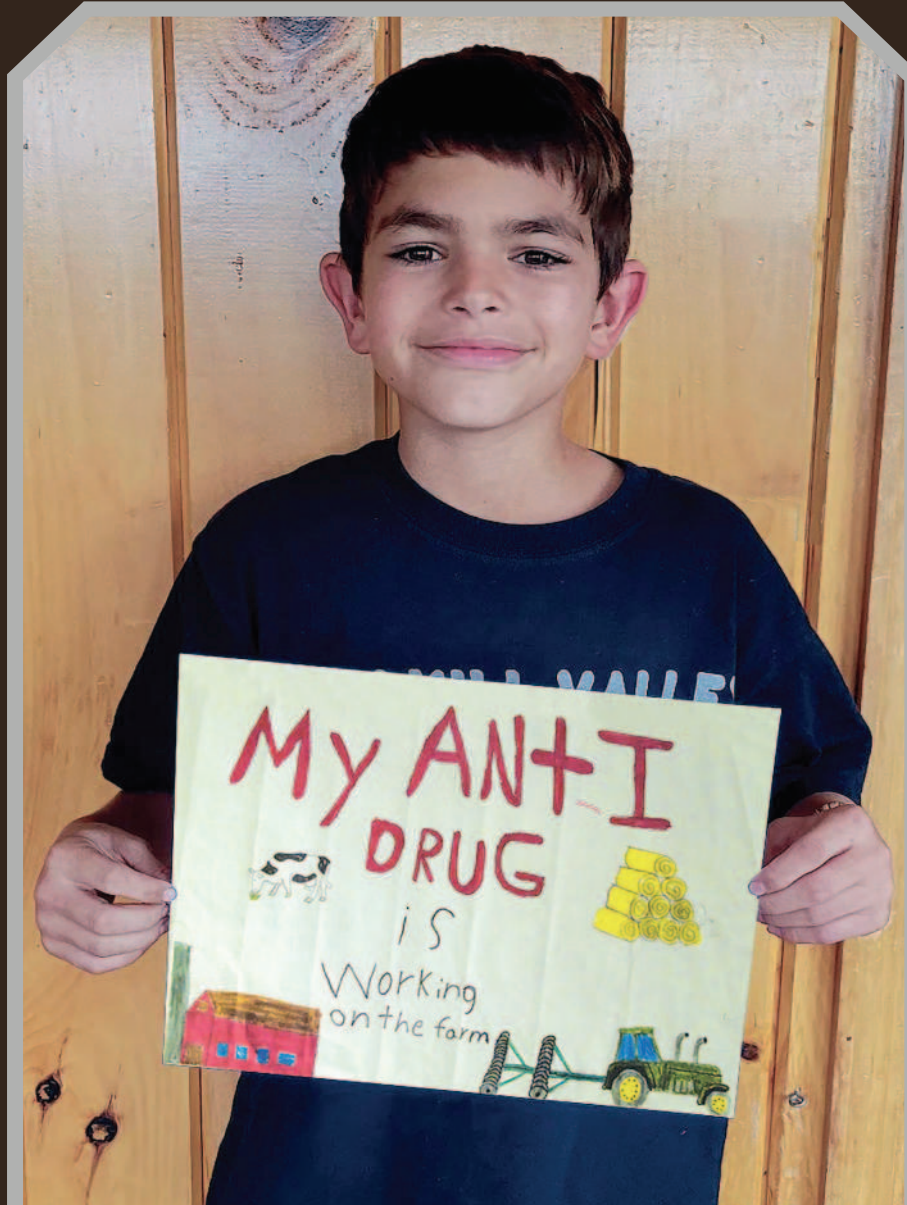


Monday, November 8, 2021

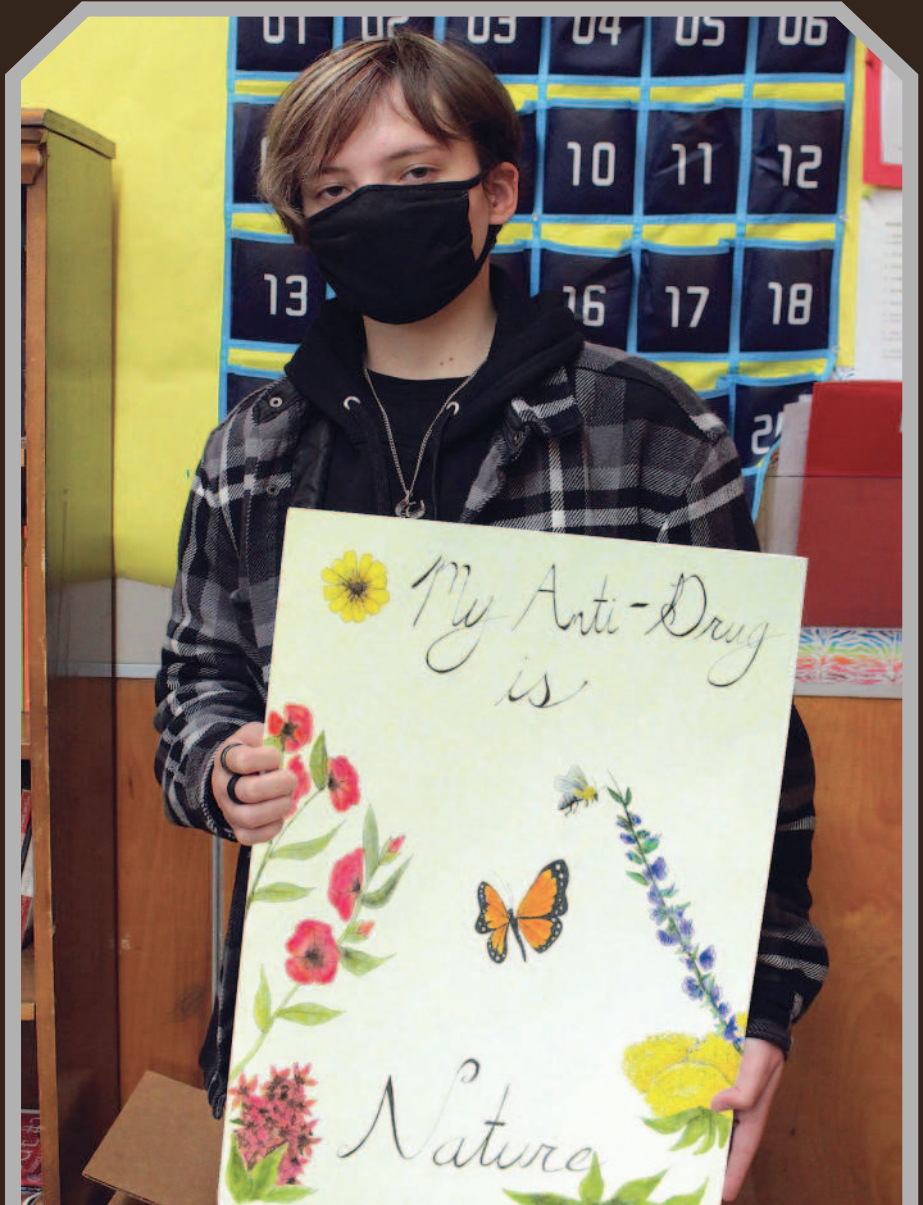
What's Your Anti-Drug?

Majority Rules ... Most kids don't use drugs.

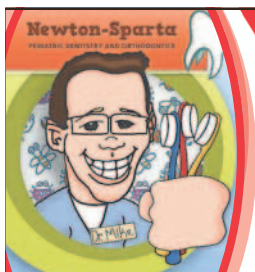
Most of us have something in our lives that's important enough to stand between us and drugs. As these pages show, we are making good choices — great choices — for ourselves. Featured here are many of the personal “anti-drugs” that we really care about and that we want to share with each other.



My Anti-Drug is.... Working on the farm
Melo Acevedo - Hardyston Middle School



My Anti-Drug is.... Nature
Cassidy Sibbern - Sussex County Technical School



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MU-0001037519-01



This is the 21st 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 and Counseling, have collaborated on. This year over 700 Sussex County students from 28 different schools, in grades K-12th submitted an entry to the annual WYAD Contest or submitted an entry to “What Makes You Happy?”, a special small addition that was created to recognize students in grades K-3, in effort to promote healthy and positive messages, at a young age!

The “What’s Your Anti-Drug” message and the opportunity for students to share something important to them really appeals to all 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 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 congratulate winners, and ask youth in your life, What is Your Anti-Drug?

Celebrating A Drug-Free Majority

This year the Coalition for Healthy and Safe Communities celebrates its 21st annual What’s Your Anti-Drug? Supplement! The Coalition thanks all of their active Coalition partners including New Jersey Herald, Strauss News, iHeartMedia, Atlantic Health/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. Most of all, we thank Sussex County youth for being involved and sharing their stories!

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

– Source: PRIDE Plus Survey 2019



A program of The Center for Prevention and Counseling
61 Spring Street, Newton, NJ 07860
973-383-4787

MAJORITY RULES What's Your Anti-Drug?



Sports, spreading love and kindness, helping the Earth and drawing.

Adrianna Perea
Ogdensburg School District



Play soccer and self care

Bianca Vasquez
Hardyston Middle School



Drawing Anime

Brielle Lessard
Helen Morgan School



Camping & Outdoors

Cera Steinwand
Long Pond School



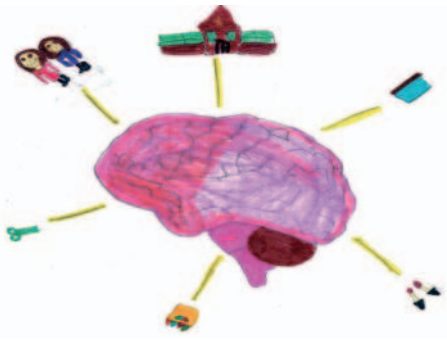
Swimming

Ava Morley
Lounsbury Hollow School



Drawing

Brayden Stoeckel
Wantage School



Going to school to keep my brain healthy

Bryn Wagner
Helen Morgan School



Dogs Not Drugs (playing with my dogs)

Carter Bambara
Frankford Township School



Having a healthy tool kit

Sofia DeLeon
Helen Morgan School



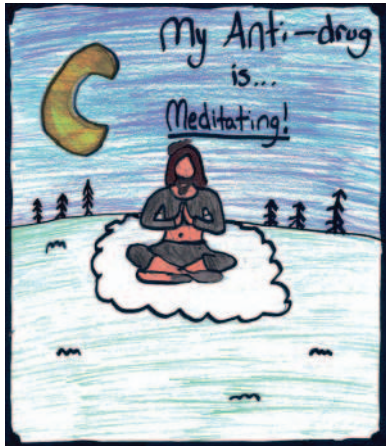
Painting

Sofia Cabezas
Kittatinny Regional High School



Sports, playing with friends

Brielle Vera
Helen Morgan School



Meditating

Shelby Jones
Marian E. McKeown School

Aunt Jessica

My anti-drug is my Aunt Jessica. In 2016 my 31-year-old aunt overdosed in her apartment. That devastated my whole family and still hurts to this day. She was my mom's only sister, and now my mom can't give advice to her little sister or talk to her. My nana and pop lost their youngest daughter, I lost my only aunt on my mom's side, and my uncle lost his wife. I would not want to leave because I want my older sister to give me all the advice and have sisterly talks, then when my younger sister is a little older I will give her the advice that my older sister gave me. Even though she is gone she will never be forgotten.



Hannah Masten
Hamburg School

MAJORITY RULES What’s Your Anti-Drug?



Math Grace Wiseman Valley Road School



Irish Dance Faith Anderson Valley Road School



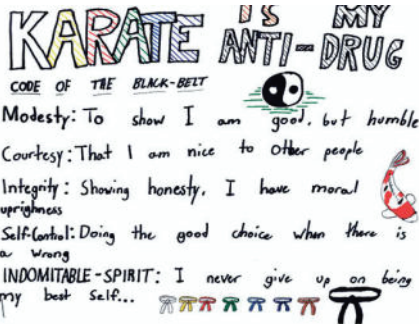
Video Games Emma Garcia Lounsberry Hollow School



Hugs not Drugs Elianna Dybus Halsted Middle School



Baking Gabriella Panas Helen Morgan School



Karate Chase Vince-Cruz Green Hills School



Music and basketball Gavin Kiefer Lounsberry Hollow School



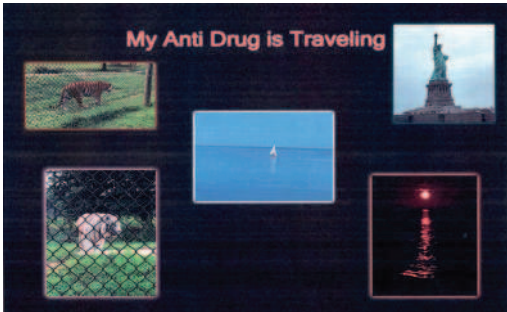
Sports with my friends Joey Melillo Green Hills School



Drawing Julien Riera Green Hills School



Sports Gabrielle Cox Franklin Elementary School



Traveling Ian Driscoll Kittatinny Regional High School



Searching for the details that nobody else notices Sierra Viggiano High Point Regional High School



Art Lana Morgan Lounsberry Hollow School



Skiing Cole Johnson Wantage Elementary School



Exploring Zack Bourdette Valley Road 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.

MAJORITY RULES What's Your Anti-Drug?



Jazz
John Mabb
Sussex County Technical School



Cooking
Lore Hicks
Franklin Elementary School



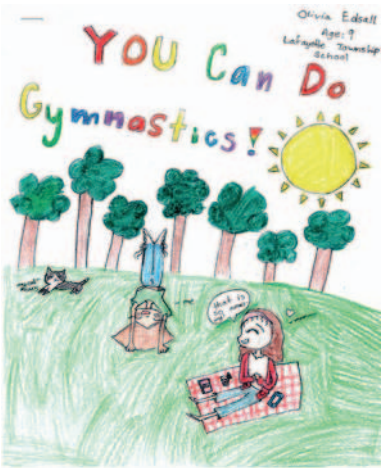
Comics
Jord Anthony Lugardo
Franklin Elementary School



Surfing
Layla Praschil
Wantage Elementary School



Playing with my baby brother
Kasmira Butkovich
Marian E. McKeown Elementary School



Gymnastics
Olivia Edsall
Lafayette Township School

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

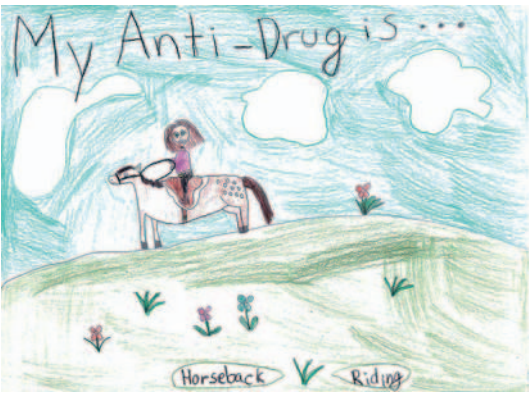
Source:
PRIDE Plus Survey 2019



Football,, family, friends,
video games, tests, sleepovers
Kayden Carney
Frankford Township School



Video Games
Mason Harrison
Hardyston Middle School



Horseback Riding
Lillian Aragona-Hensley
Wantage Elementary School

Across all grades
(8th, 10th, & 12th)
past-year use of illicit
drugs other than
marijuana hold steady
at the lowest levels in
over 20 years.

Monitoring the Future
(MTF) 2019 Survey

In 2019, According to Sussex County students in 6th to 12th grades, 71% of their parents talk to them about the dangers of alcohol and other drugs, while 29% of parents don't have the conversation at all.

Source: PRIDE Plus Survey 2019

MAJORITY RULES What's Your Anti-Drug?



Drawing, sports, family, animals, friends and math
Pierce Stout
Florence M. Burd School



Playing with my kitten
Paige Lonsky
Hardyston Elementary School

Cousin
This is my cousin Curt. He died last year of a drug overdose. He is my anti-drug. I don't want to leave my family like he did. I want to be healthy for my family and sports and stuff. I miss him every day and I don't want to leave that imprint on somebody else. My cousin wasn't a bad person, he was just in a tough spot in his life. He tried it once to cope with his pain and it killed him. So I don't even want to try drugs because I just know that even the littlest bit can kill you.



Carter Drouin
Hamburg School

2021 What Makes You Happy?
Winners grades K-3



My family, toys, house and my room all make me happy
Madison Gagliardi
Alpine School



The beach, the animals, Christmas
Stephanie Galindez
Cedar Mountain School



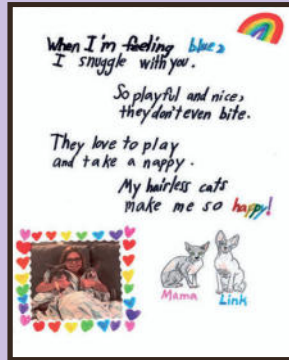
Eating spaghetti makes my happy
Justin Schulman
Marian E. McKeown Elementary School



Riding my bike & scooter
Jason Esposito Holt
Durban Avenue School



Find Turtles
Connor DeMeo
Ogdensburg School



My hairless cats
Regan Tedesco
Byram Lakes Elementary School



Going to the zoo to see giraffes and learning more facts about giraffes
Ella Pietrodangelo
Stillwater Township Elementary School



Finally getting to see my friends at school and making new friends
Charlotte Wolf
Mohawk Avenue School



Going on adventures when I read with my cat Atreyu
Rileigh Jane Spangler
Rolling Hills Primary School



Science makes me happy because I get to do fun and interesting experiments
Emma DeBree
Hardyston Elementary School

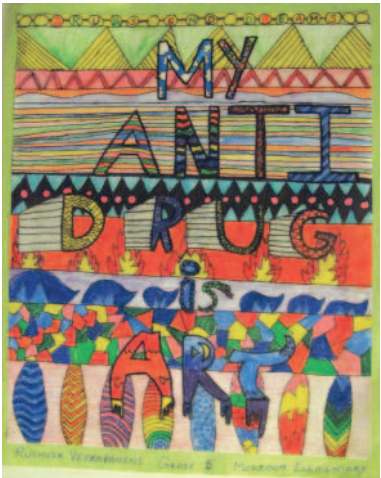
MAJORITY RULES What’s Your Anti-Drug?



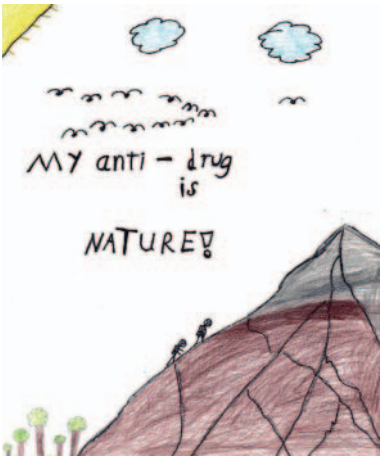
Being Myself Max Schmidt
Hardyston Middle School



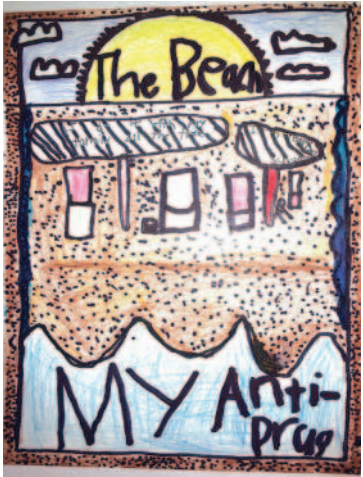
Drawing Zachary Neiper
Hamburg School



Art Ruthvik Veerapaneni
Marian E McKeown School



Hiking/Nature Steven “Noah” Gyarmati
Franklin Elementary School



Beach Violet Hanusek
Valley Road 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. Source: PRIDE Plus Survey 2019

My anti-drug is....
sports, family, pets and video games
One of my anti-drugs is sports because I love the adrenaline and the feel the sweat drop down and know that I worked hard. The reason that it is an anti drug for me is beacuse if I ever do anthing bad it would affect my body. Another reason that this is an anti drug for me is because it would affect my chance to get a sports career.

Another one of my anti-drug is my family. This is an anti-drug for me because it would affect my relationship with them. The reacon that it would affect my relationship with them is because it is a bad thing. Another reason is that it would affect my brain so that it would make me do bad things.

Another one of my anti-drug is all of my pets. This an anti-drug of mine because I really love my pets. One reason this is an anti-drug is because maybe it would change the way I would not see them like I do now because I might forget to feed them and they would go hungry.

My last anti-drug is video games. This is an anti-drug for me because if I do anthing bad wen I play video games I might think that it is real. The reason this is an anti-drug is because in my mind I would do something bad so I would be in trouble and then I could never play them again.

These are my anti-drugs and the reasons that I would never do drugs or drink alcohol.

Lucas E. Ascencio
Halsted Middle School



Farms Mia Bressler
Lounsberry Hollow School



Baking Grace Davenport
Sussex Middle School



Fishing Paul Mele
Sussex County Technical School



Singing Sierra Nicole O'Rourke
Hardyston Middle School



Firefighting Timothy Kopf
Sussex County Technical School



Playing with my sisters Sarah Conway
Lounsberry Hollow School



Soccer Taylor Coleman
Sussex Middle School

MAJORITY RULES What's Your Anti-Drug?



Loading up the truck.
A perfect moment to talk about alcohol.

For tips on how—and when—to begin the conversation, visit:
www.underagedrinking.samhsa.gov

i talk
they hear you®




SAMHSA
Substance Abuse and Mental Health Services Administration
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Substance Use Prevention

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 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.

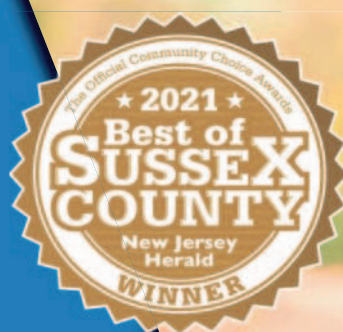
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