

December 2022

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.... My Future
Alanna Soares - Newton High School



My Anti-Drug is.... Baking
Tanya Makhija - Hardyston Middle School

FAMILY

Newsletter

Dinner Table Trivia
Recipe for a Conversation
Holiday Craft Projects
Local Resources





This is the 22nd 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 500 Sussex County students from 29 different schools, in grades 4-12th submitted an entry to the annual WYAD Contest or submitted an entry to “What Makes You Happy?”, a special 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’s Your Anti-Drug?

Celebrating A Drug-Free Majority

This year the Coalition for Healthy and Safe Communities celebrates its 22nd annual What’s Your Anti-Drug? Supplement! The Coalition thanks all of their active Coalition partners including NJ Herald, Sussex County YMCA, Sussex County Prosecutor’s Office, iHeartMedia, Atlantic Health/Newton Medical Center, Sussex County Law Enforcement, 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!

Parents can be the #1 reason why kids don't drink alcohol. In 2022, 88% of Sussex County 6th-12th graders reported their parents perceive underage drinking as wrong or very wrong.

— Source: Sussex County Student Survey 2022

HELP THEM REACH THEIR FULL POTENTIAL

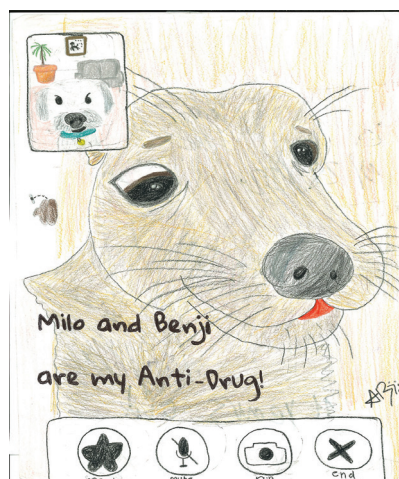
REFUSE TO PROVIDE ALCOHOL TO UNDERAGE KIDS.



Coalition
for Healthy & Safe Communities

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?



Milo and Benji

Adrianna Bonilla
Glen Meadow Middle School



My Dog!

Alana Bessette
Lounsbury Hollow School



Music

Alessa Soares
Newton High School



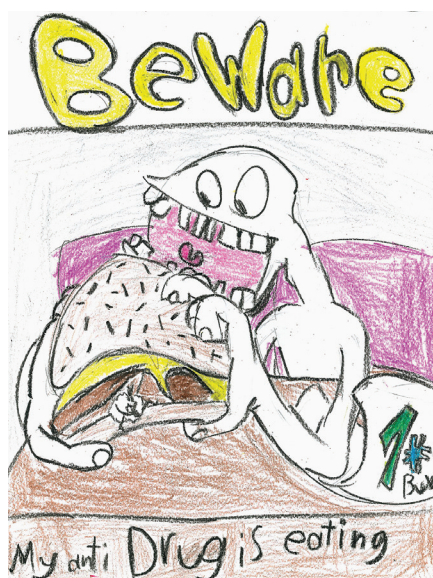
Kayaking

Andrew Mehninger
Kittatinny High School



Family

Arianna Johnson
Glen Meadow Middle School



Eating

Brayden Stoeckel
Wantage Elementary School



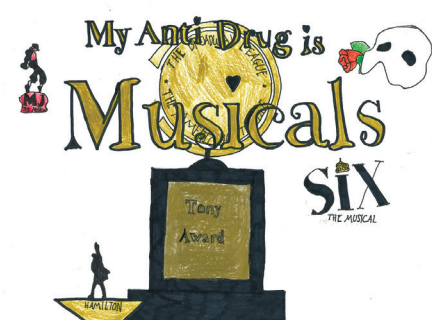
Marching Band

Brenna Philson
Kittatinny High School



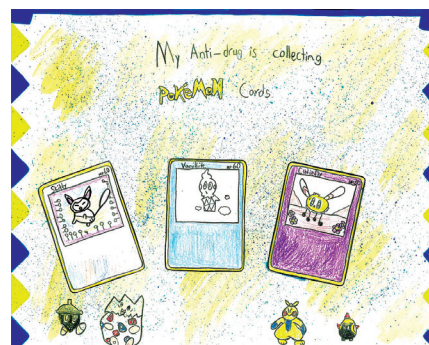
Acting

Brielle Lessard
Sparta Middle School



Musicals

Caeley Arellano
Hardyston Middle School



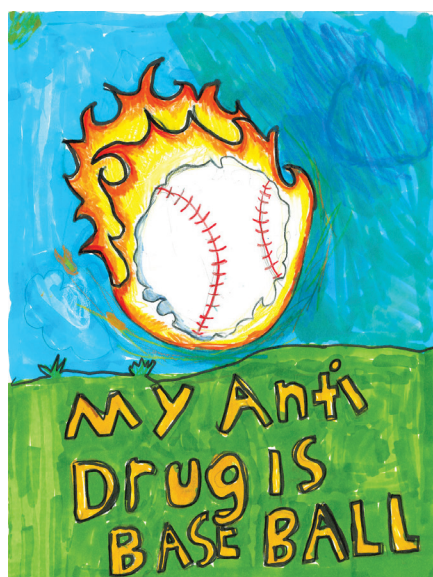
Pokemon

Brynn Lessard
Helen Morgan School



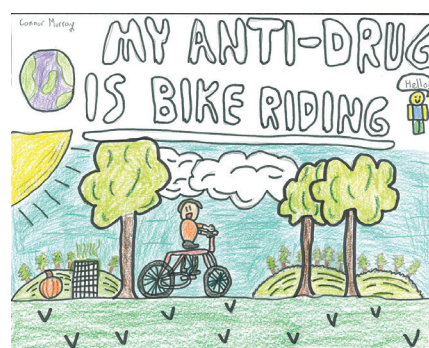
Painting

Cheyenne Tamboer
Hardyston Middle School



Baseball

Clay Lubanski
Sussex Middle School



Bike Riding

Connor Murray
Wantage School

Reading.....

Reading is a thing I can do
anyplace,
I like having a book in my face,
When I read, I feel at home,
And I can read books when
I'm alone.
Books can be adventurous,
creative and fun,
And there are books for every-
one.
I like sagas that have a sequel,
But I like other books just as
equal.

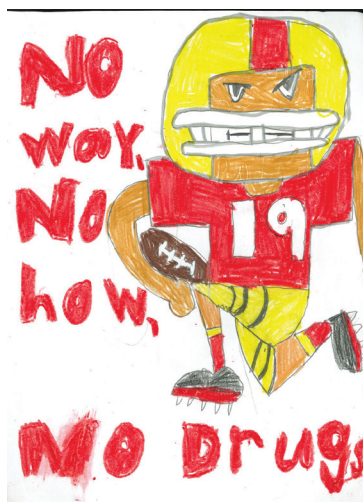
Arden Durkin
Sussex County Charter School

MAJORITY RULES What's Your Anti-Drug?

Soccer....

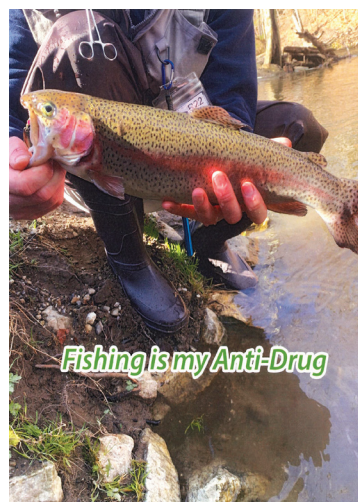
My Anti-Drug is Soccer because it makes me happy and not want to do drugs. Soccer makes me get my mind off of things, When I am upset or mad it helps a lot because I can get my anger out. When I'm at my soccer games I pass the ball hardly so I get my anger out. Soccer makes me really happy and I get to spend time with my friends and also my family can watch me play.

Avery Dunkerley
Wantage School



Football

Daniel Cullinane
Wantage School



Fishing

Daniel Manser
Kittatinny Regional High School



Friends

Coralee Santa
Hopatcong Middle School



Softball

Delilah Taylor
Lounsberry Hollow School



Animals

Lily Swanson
Stillwater School



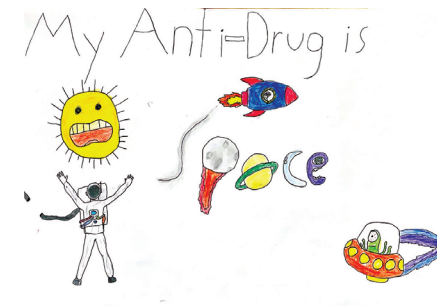
Running

Emily Gulick
Wantage Elementary School



Taking A Walk and Listening to Music

Ellie Harmon
Lounsberry Hollow School



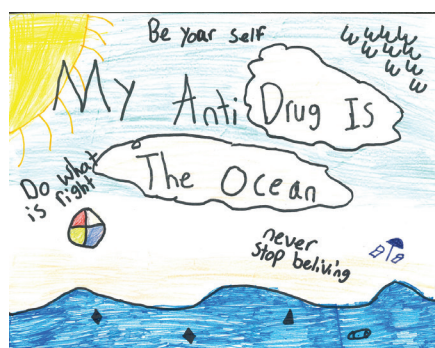
Space

Joseph Heintz
Glen Meadow School



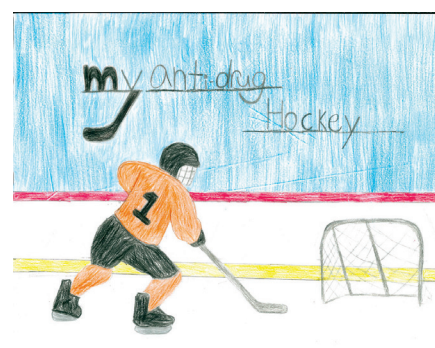
Gymnastics

Emma DeBree
Hardyston Elementary School



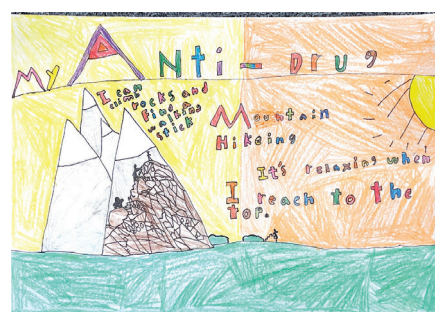
The Ocean

Gabriella Lentini
Hardyston Elementary School



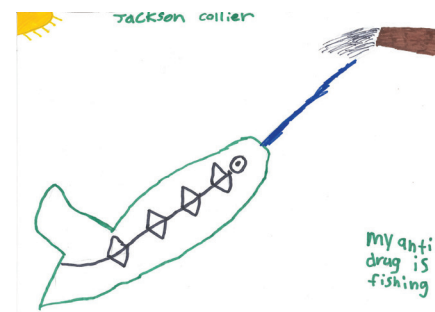
Hockey

Jacen Dearolf
Lounsberry Hollow School



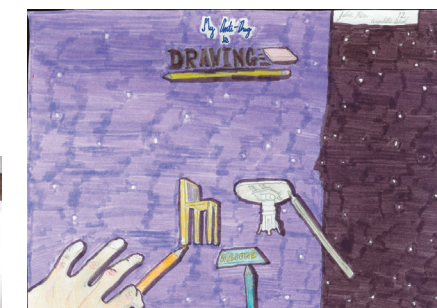
Mountain Hiking

Genesis Ponce Perez
Valley Road School



Fishing

Jackson Collier
Florence M. Burd School



Drawing

Julien Riera
Green Hills School

MAJORITY RULES What's Your Anti-Drug?

MY FUTURE IS MY ANTI DRUG.

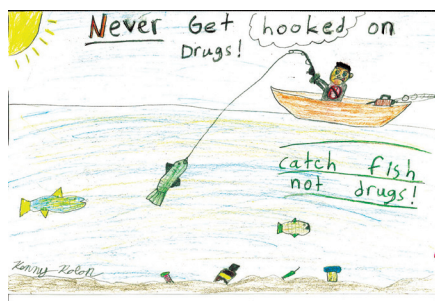


WHAT'S YOURS?



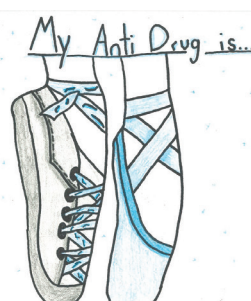
My Future

Kate King
High Point Regional High School



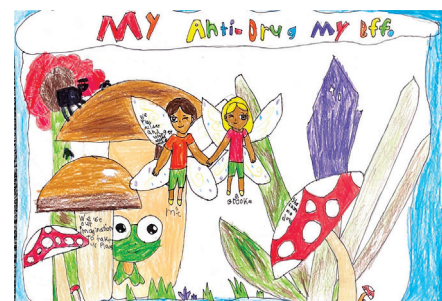
Fishing

Kenny Rolon
Frankford Township School



Dance

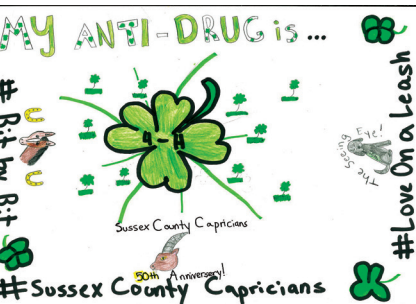
Kylie Schmidt
Franklin Borough School



Being with my friends

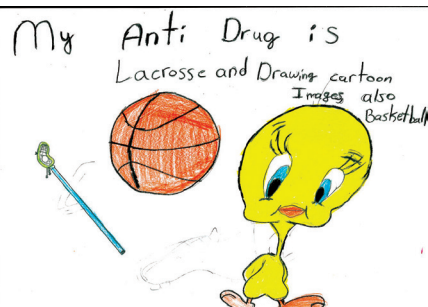
Leah Buck
Valley Road School

Thank you to the
teachers who shared this positive
message with their students!

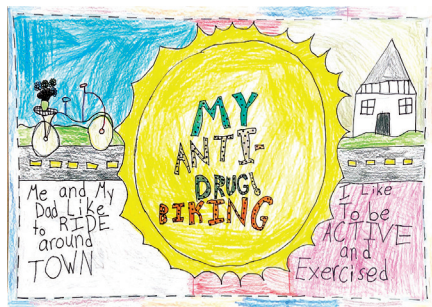


Sussex County Capricians

Lillian Aragona
Wantage Elementary School



Lacrosse, drawing cartoons and basketball
Olivia Clark
Marian Mckeown School



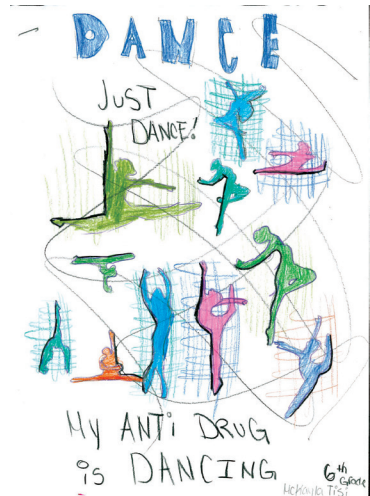
Biking

Natassha Bhagaloo
Valley Road School



My Heart

McKenna Murtagh
Merriam Avenue School



Dance

Mckayla Tisi
Sussex County Charter School



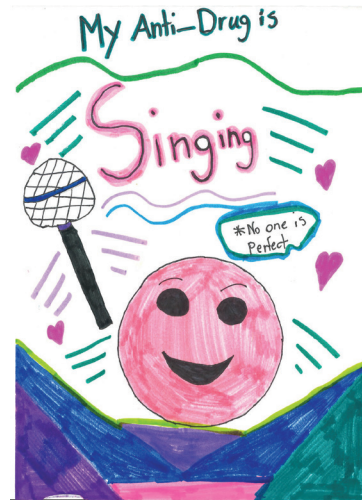
Drawing

Peyton Alviani
Kittatinny Regional High School



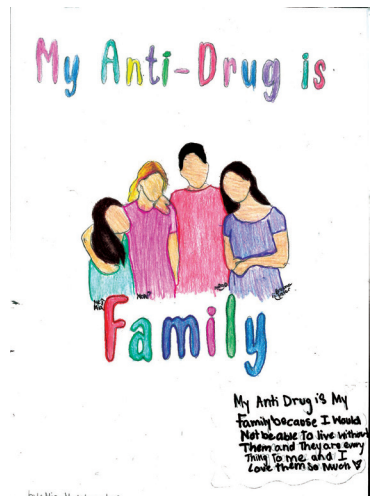
Hobbies

Pierce Stout
Long School Pond



Singing

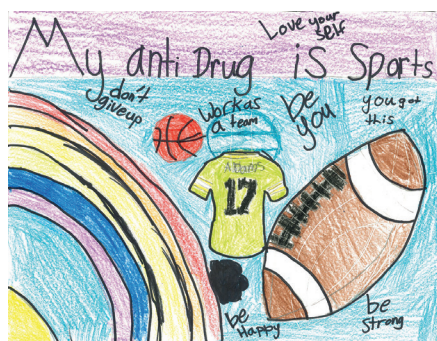
Noor Nakouzi
Hardyston Elementary School



Family

Mia Maldonado
Sussex Middle School

MAJORITY RULES What's Your Anti-Drug?



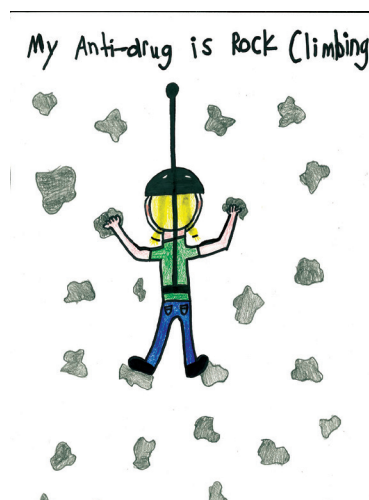
Sports

Rory Vanderwende
Hardyston Middle School



Helping Animals

Rhyleigh Tarrant
Wantage Elementary School



Rock Climbing

Sofia Lawrence
Ogdensburg Elementary School

My Anti-Drug is
My Family

They support me, give me challenges and make me succeed. They bring me camping so that I can travel and see different places. I also meet different people. They put kindness in the world, They help me with learning and show me how to do stuff on my own. They give me responsibilities of taking care of my animals and taking care of what I own. My mom loves to plant and shows me how to plant and make nature beautiful. My family goes around and helps the community and shows me how to help people in need. They have a good listening ear when people are upset. My family makes me happy.

Madisen Howell
Hopatcong Middle School



Watercolor

Sarang Lee
Hopatcong High School

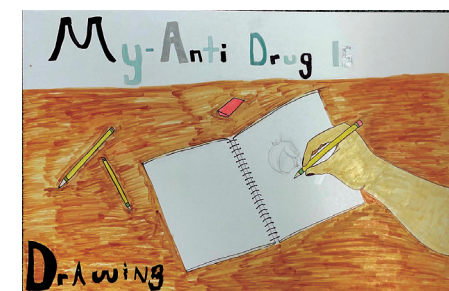


Playing Guitar

Sierra Viggiano
High Point Regional High School

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

— Source: Sussex County Student Survey 2022



Drawing

Sophia Lemanski
Sussex Technical School



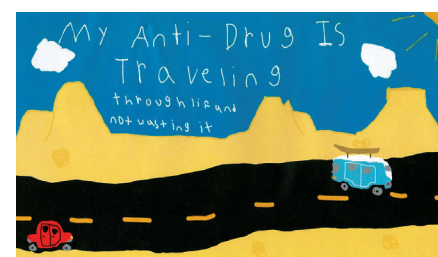
Dance

Temperance Settembrino
Hardyston Middle School



Football

William Kennedy
Frankford High School



Traveling

Zachary Smith
Newton High School

In 2022, 53% of Sussex County 6th-12th graders reported they perceive marijuana use as harmful.

— Source: Sussex County Student Survey 2022

MAJORITY RULES What's Your Anti-Drug?

2022 What Makes You Happy? Winners grades K-3



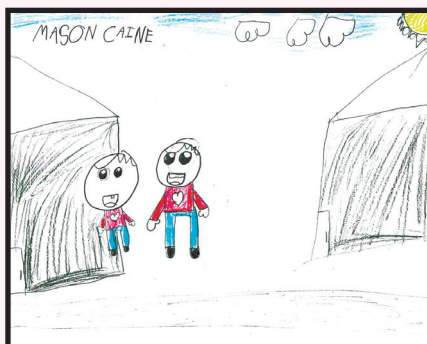
Fun in Sparta

Amy Loren Pagani
Alpine School



Playing Soccer

Bryce Mitchell
Wantage Elementary School



My brother Liam

Mason Caine
Hardyston Elementary School



Girls Scouts

Paige Espinosa
Reverend Brown School



Jumping on the trampoline

Angelo Martinez
Durban Avenue School



Giraffes

Emily Musco
Cedar Mountain School



Sports

Jace Olsyn
Green Hills School



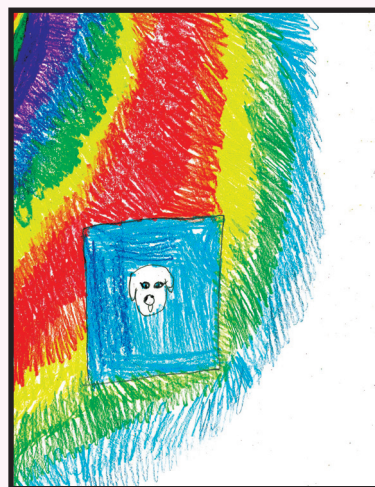
Lots of things

Madison Gagliardi
Mohawk Avenue School



Playing with my dogs

Kinsley Shadduck
Marian Mckeown School



My dog Cleo

Vivianne Sanchez
Ogdensburg School

80% of youth 6-12th grade reported their friends disapprove of tobacco use in 2022

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







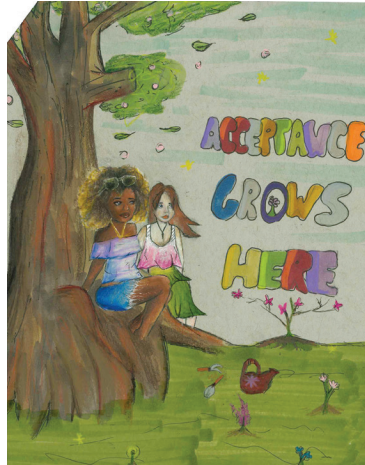

Substance Use Prevention

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.

Acceptance Grows Here- Contest Winners! (Grades 6-8)

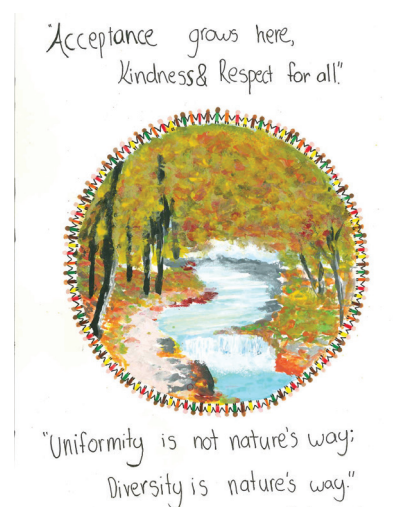
The Sussex County Prosecutor's Office joined with the Center for Prevention and Counseling at their annual Taking Flight to Change Middle School Summit to launch their "Acceptance Grows Here" art contest. The goal of the contest was to encourage students to create a community that supports all dimensions of human differences. Combatting bias and hate at an early age is pivotal, as it is understood that bias is not inherent, rather it is learned. The art contest provided students with a fun, hands-on activity that was designed to spark students' creativities while allowing them the opportunity to reflect on themselves, help spread a message that promotes the understanding of differences, and provide them with a chance to actively challenge bias and discrimination in their schools. First prize was a new iPad, and second and third prizes included an Amazon Gift card. All the artwork submitted was beautiful and creative. Congratulations to the three winners!



Abigail E Villanueva
Sparta Middle School



Isabella Pita
Byram Intermediate School



Karhika Murthy
Sparta Middle School

"Acceptance grows here,
Kindness & Respect for all."

"Uniformity is not nature's way;
Diversity is nature's way."
-Udada Shiva

@varthikamurthy