

What's Your Anti-Drug?

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

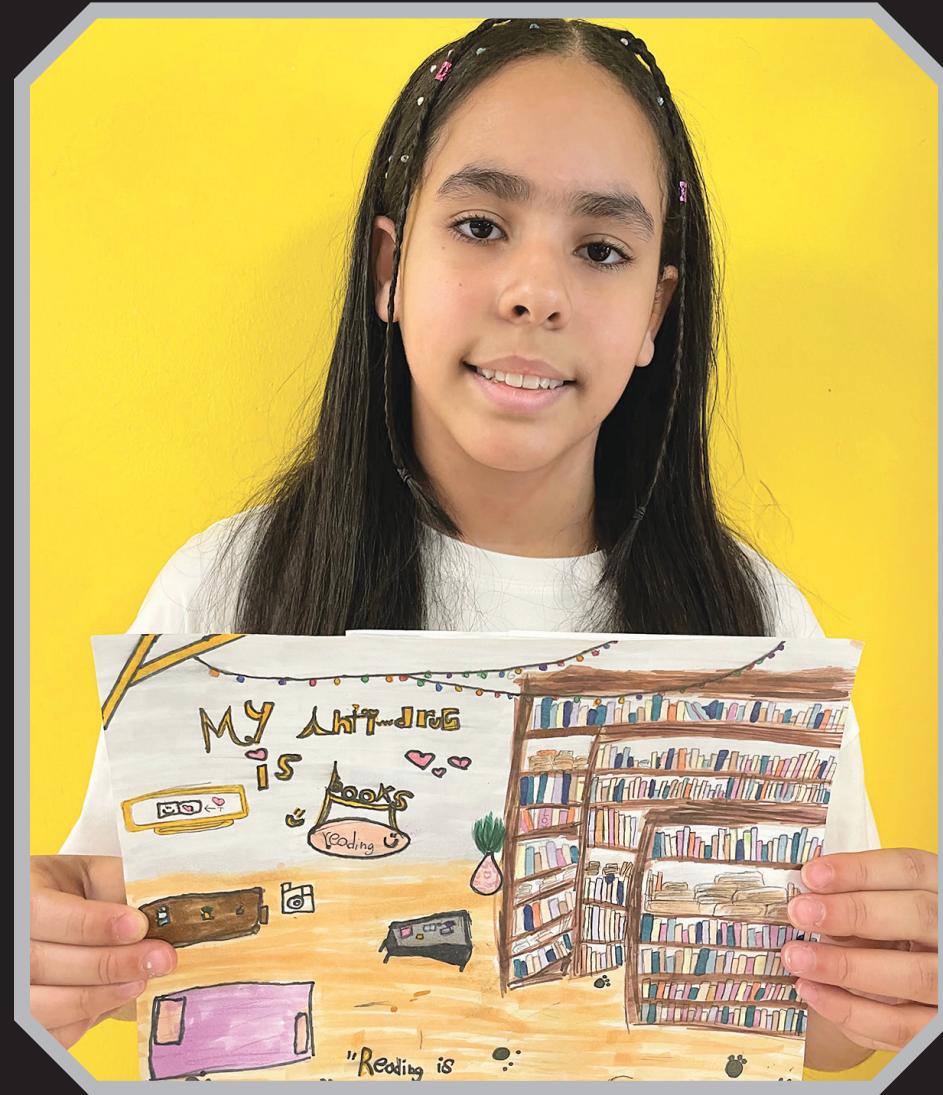
Most of us have something in our lives that's important enough to stand between us and drugs.

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.... GOLF
Grayson Sarafin

Florence M. Burd School



My Anti-Drug is.... READING
Loren Liz

Lounsberry Hollow School

FAMILY NEWSLETTER

Dinner Table Trivia

Conversation Tips

Holiday Crafts

Local Resources





The Coalition for Healthy and Safe Communities, a program of the Center for Prevention and Counseling, in partnership and collaboration with the New Jersey Herald, is proud to present the 23rd Annual “What’s Your Anti-Drug” (WYAD) supplement. This year, **around 500 Sussex County students** from **26 different schools**, in grades 4-12th submitted an entry to the annual WYAD Contest or submitted an entry to “What Makes You Happy?” – a delightful addition designed to recognize and celebrate students in grades K-3, in an effort to promote healthy and positive messages, at a young age!

The “What’s Your Anti-Drug” message provides students the opportunity to share something important to them, which appeals to all our Sussex County youth. The message’s simplicity showcases how “anti-drugs” are powerful motivators. Whether the “anti-drug” is an internal factor, like a desire to succeed, or external, like family support, both generate feelings of confidence and self-respect, which drives students to take care of themselves emotionally and physically. The contest is an opportunity to strengthen a vital connection to these positive influences, activities, or beliefs in an adolescent’s life that help them 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 incredible 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 23rd annual “What’s Your Anti-Drug?” Supplement! The Coalition thanks all of its active Coalition partners including the 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 the Sussex County youth for being involved and sharing their stories!***

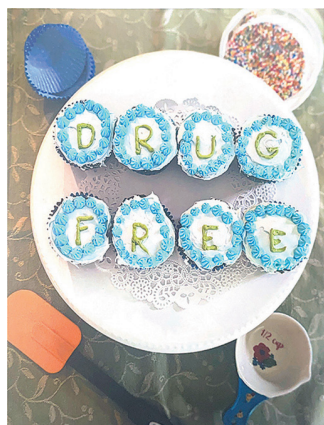
Parents can be the #1 reason why kids don't drink alcohol. In 2022, 88% of Sussex County 6th-12th graders reported their parents perceive underage drinking as wrong or very wrong.

— Source: Sussex County Student Survey 2022



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

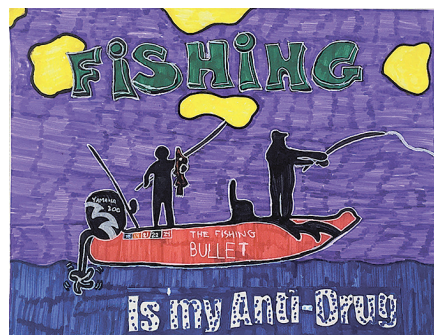
MAJORITY RULES What's Your Anti-Drug?



Baking

Lily Geaney

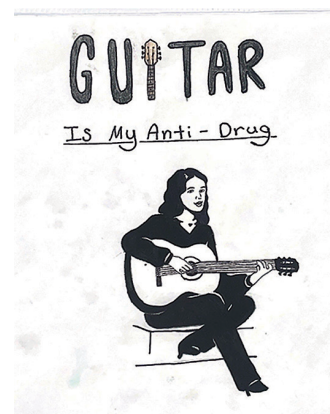
Frankford Township School



Fishing

Victor Sudacki

Glen Meadow Middle School



Guitar

Annabelle Kiss

Franklin Borough School



Singing and Drawing

Jessica Romash

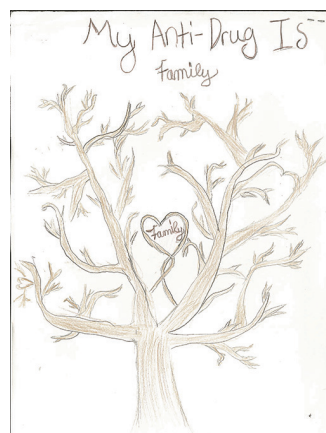
Sussex County Charter School



Fishing

Cooper Gulino

Sussex County Charter School



Family

Elianna Solis

Frankford Township School



Volleyball

Mia Damms

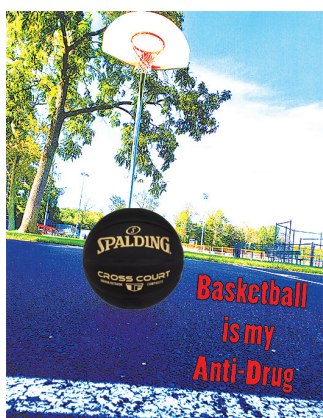
Hamburg School



Space

Colby Remington

Glen Meadow Middle School



Basketball

Dominic Buff

Kittatinny Regional High School

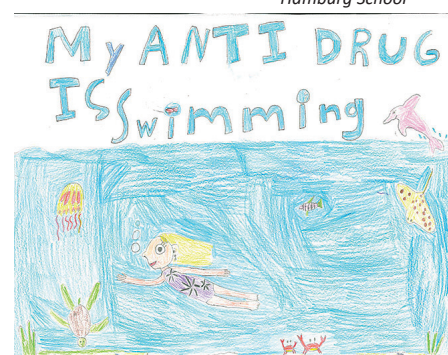
Playing with my friends

When I gather with my friends
All the negatives go away
With every joke, a dose of dopamine I take

No chemicals required
My friends are my truest anti-drug
While drugs are temporary
Memories with your friends are permanent

No need for substances
When life challenges
I turn to my friends
Which is more than enough

Damien Dimitui
Hamburg School



Swimming

Miley McCorkle

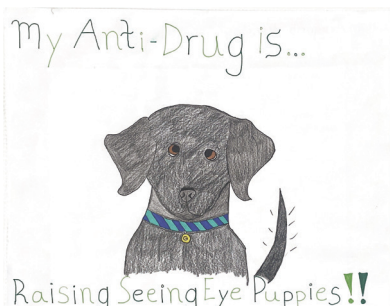
Florence M. Burd School



Singing

Brielle Lessard

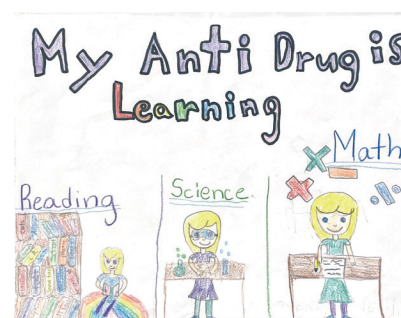
Sparta Middle School



Raising Seeing Eye Puppies!

Lillian Aragona-Hensley

Sussex Middle School



Learning

Rileigh Spangler

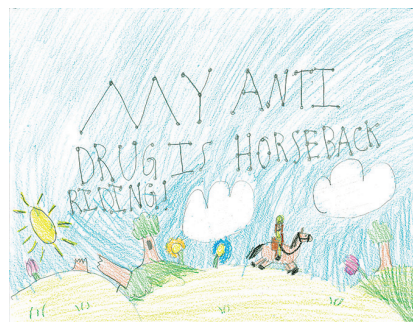
Lounsbury Hollow School

MAJORITY RULES What's Your Anti-Drug?



Pokemon

Brynn Lessard
Helen Morgan School



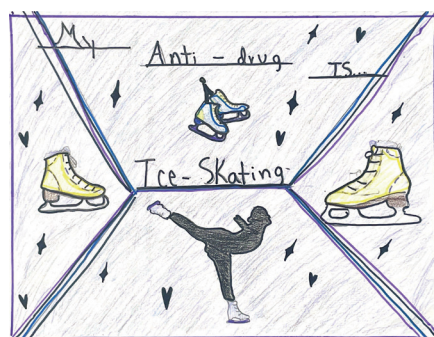
Horseback Riding

Avery O'Brien
Hopatcong Middle School



Playing with my dog

Ramona Uschnig
Lounsberry Hollow School



Ice-Skating

Blayke Weber
Lounsberry Hollow School



Painting

Isabella Hernandez
Hopatcong Middle School



Writing

Christopher Molina
Glen Meadow Middle School



Art and Creative Ideas

Antonina Huether
Kittatinny Regional High School



Playing outside with friends!

Connor Murray
Sussex Middle School



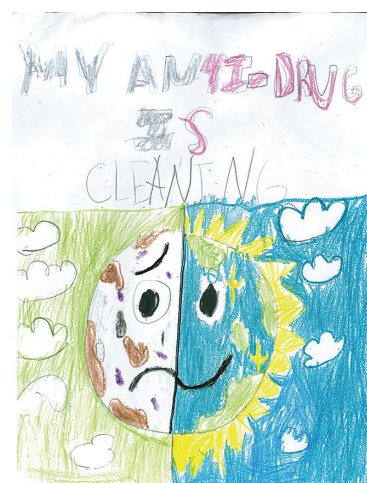
**Softball, Drawing, Dogs,
Family, School**

Grace Bitondo
Fredon Township School

Family.....

I have always had a loving relationship with my family and have never wanted or had any reason to do drugs. When I was 12 years-old two of my family members passed away from a fentanyl overdose and it strengthened my beliefs. I saw the effects of drugs to people I cared about and it was a disturbing example as to never partake in them. I learned that there is no excuse to do drugs and it doesn't add value into anyone's life. I know how it feels to lose my loved ones to something so scary and it has prevented any desire from even forming to do drugs. My anti drug has always been my family but having two less family members, from drug abuse, has educated me into prioritizing my health in positive ways.

~ Anonymous



Cleaning

Camryn Meza
Wantage Elementary School

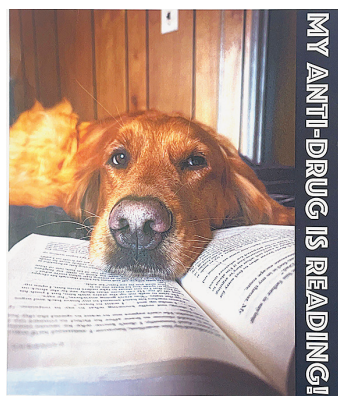
MAJORITY RULES What's Your Anti-Drug?

MY ANTI-DRUG
IS MUSIC



Music

Molly Jurgaitis
Hopatcong Middle School



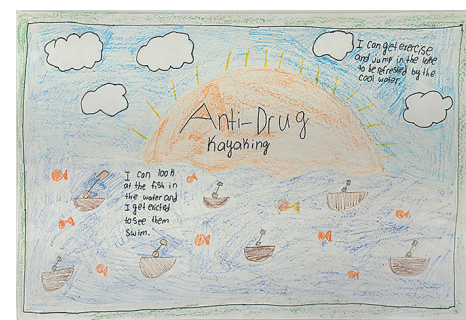
Reading

Luxy Dutzi
Kittatinny Regional High School



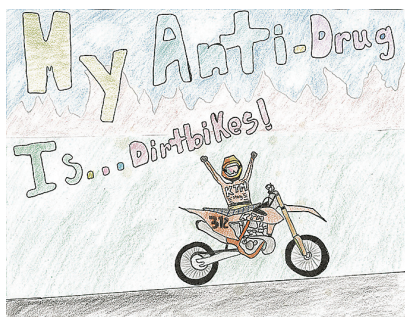
Irish Dance

Grace Anderson
Valley Road School



Kayaking

Anaya Morales
Valley Road School



Dirtbikes

Noah Vargas
Hopatcong Middle School



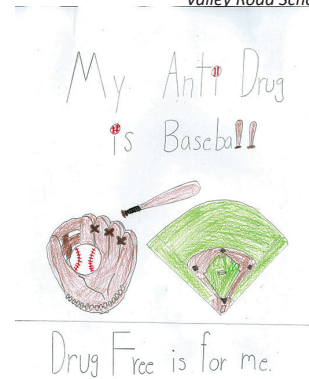
Snowboarding

Livia Teiner
Lounsberry Hollow School



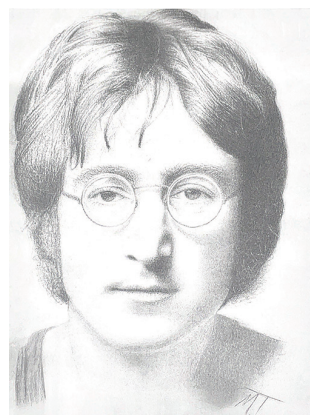
Love

Amelia Verheek
Marian E. McKeown School



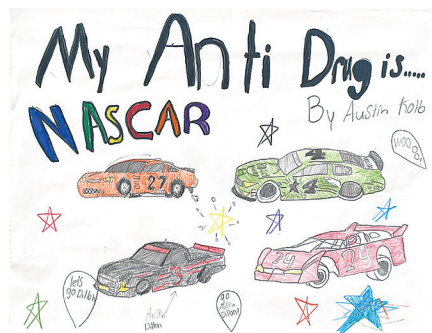
Baseball

Vincent Chinga
Wantage Elementary School



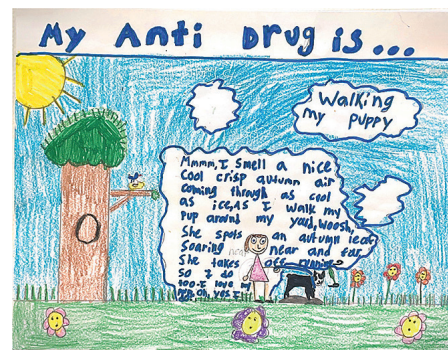
Drawing

Makannah Torppey
Kittatinny Regional High School



Nascar

Austin Kolb
Wantage Elementary School



Walking my puppy

Abigail Smalling
Wantage Elementary School



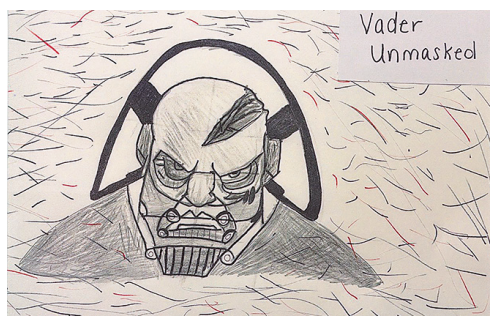
Walking Pugs

Andrew Cerutti
Wantage Elementary School



School

Alejandro Segura-Velez
Wantage Elementary School



Drawing

Niko Marchitto
Valley Road School



Drawing

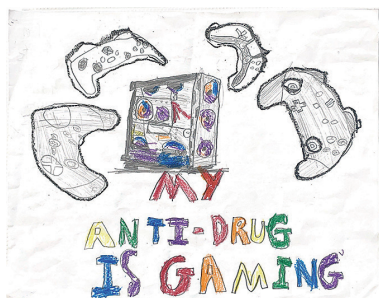
Arabella Marchitto
Valley Road School



Reading

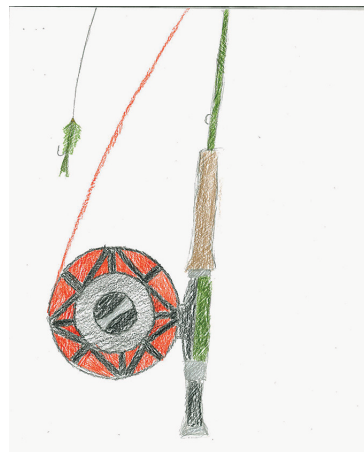
Arielle Groves
Wantage Elementary School

MAJORITY RULES What's Your Anti-Drug?



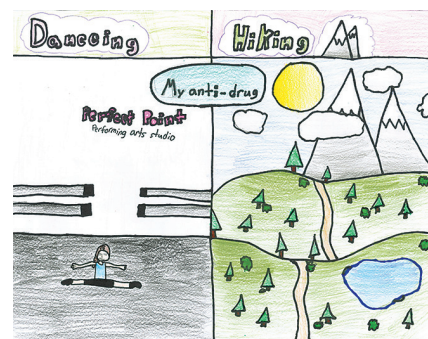
Video Games

Rylan Stanitz
Hopatcong Middle School



Fly Fishing

Samuel Wykoff
Kittatinny Regional High School



Dancing and Hiking

Olivia Blanco
Wantage Elementary School



Drawing

Wade Corter
Kittatinny Regional High School

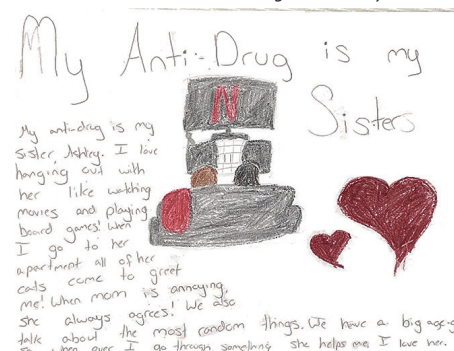


Roller Skating

Amaleigh Walsh
Wantage Elementary School

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

— Source: Sussex County Student
Survey 2022



My Sister

Aubrey Hayes
Marian E. McKeown School

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



Drawing

Kaiya Aukema
Wantage Elementary School



Sports, Arts, School, Music, Cartoons

Pierce Stout
Long Pond School



Walking in the forest

Kamilah Morales
Valley Road School



The great outdoors

Yuki Wykoff
Kittatinny Regional High School

Drawing

My "anti-drug is" drawing, so peaceful and quiet, Imagination filled with wonder, sparks and artist's light. Inspiration is the key to everything, a palette so bright, Filled with colors and vivid scenes, a soulful sight.

To create a masterpiece is my key,
And always will be, forever, my creative spree.
Holding my peace, drawing keeps me free,
In a confined space where wonder lets me be.

For me to create, as colors fill the page,
And create depth, an image comes of age.
As quick as that, breaking free
from the cage,
Drawing is my peace, on this
endless stage.

Forever will be, creating me a
wonderful island,
Of vivid scenes, my spirit's
highland.

Taylor Caraballo
Green Hills 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

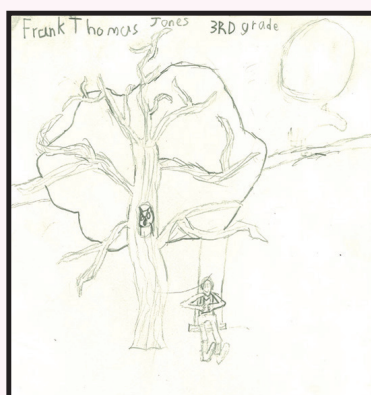
MAJORITY RULES What's Your Anti-Drug?

2023 What Makes You Happy? Winners grades K-3



Hanging with my mom

Allie D'Angelo
Merriam Avenue School



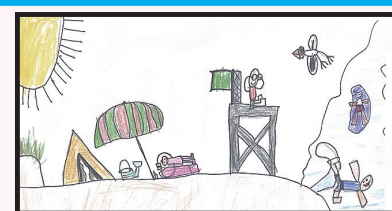
Reading under a tree

Frank T. Jones V
Green Hills School



Going Halloween Camping

Joseph Braccioforte
Lafayette Township School



The Beach Makes Me Happy

What makes me happy is easy to say
I love having a beach day.

It is as hot as a boiling pot.
But I can cool down in the ocean
with waves so high
That I feel I can almost reach the sky.

Seagulls all around
diving into the ground.
Trying to eat all our treats
until I chase them to the street.

I dig holes in the sand to make a moat
to sail my little tug boat
Building sand castles is so much fun
I love playing in the sun.

It's time to leave at the end of the day
I know I'll be back for another beach day!

JT Chestnutt
Alpine Elementary School



Playing catch with my dad

Jaden Garcia
Franklin Borough School



Sitting with my cats Thor and Loki

Chase Passafaro
Fredon Township School



Trail cameras with my dad

Kalyann Dingertopadre
Stillwater Township School



Sitting at the dinner table with my family

Rita Ferdinand
Frankford Township School



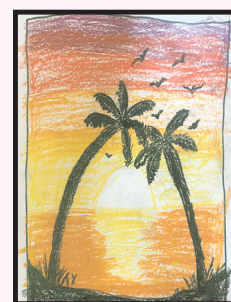
Run, play outside, play with brothers & family, doing arts & crafts, riding bike

Abel Simmons
Hardyston Elementary School

Going on vacation with my family

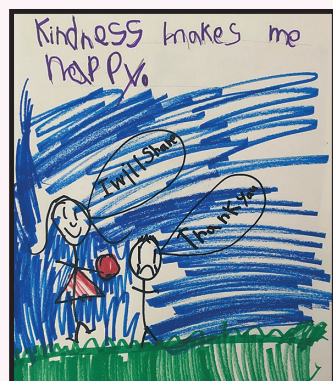
What makes me the happiest is going on vacation with my family every year. I love going to the beach and playing in the ocean. If I could pick one place to go on vacation, it would be Hawaii. If we get to go to Hawaii one day, I want to play in the ocean, stay all day at the beach until sunset under a palm tree.

Thomas Palmisano
Rolling Hills Primary School



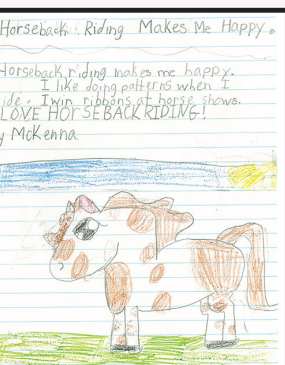
Going to the park with family

Emily Phillips
Durban Avenue School



Kindness

Amayah S. Perez
Durban Avenue School



Horseback Riding

McKenna Weite
Hamburg School

MAJORITY RULES What's Your Anti-Drug?



BE THEIR COACH THROUGH LIFE.

Look for ways to start conversations about alcohol and other drugs.

For tips on how on how - and when - to begin the conversation, visit **talktheyhearyou.samhsa.gov**



#TalkTheyHearYou



SAMHSA
Substance Abuse and Mental Health
Services Administration

PEP23-03-01-020

As parents, we all want what is best for our children. Simple everyday actions and conversations hold the potential to make a significant positive impact on your child's decision about alcohol and other drugs. Starting the conversation early and frequently helps build the foundation for future discussions, increases confidence, and keeps the lines of communication open with your youth. Research shows that parents, more than any other person or thing, influence their child's decision not to use alcohol. Take advantage of informal times to discuss underage drinking and communicate your family rules, whether during trips in the car or a family outing. Maybe a popular TV show glamorizes alcohol or a local incident involving substance use makes headlines; these instances serve as valuable teachable moments to reinforce your expectations and the risks regarding alcohol and other drugs. For more resources, call the Center for Prevention and Counseling in Newton at 973-383-4787.



**Substance Use
Prevention**

Building Assets and Empowering Our Youth

Our community is filled with people like you who want to help youth succeed. Each and every one of us has the power to provide youth with the tools, resources, and support they need to flourish into successful and resilient young adults. Learn more about building assets within our youth by checking out the educational toolkits and resources available to you.



SCAN TO READ



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

— Source: Sussex County Student Survey 2022