



OCTOBER | 2024

#10

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH: HOW PARENTS, TEACHERS & COMMUNITIES CAN HELP

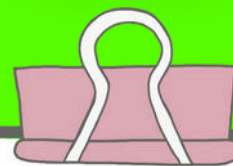
Bullying in schools can have a big impact, but we have the power to create a fun and supportive environment where everyone feels safe and valued. By fostering a culture of respect and inclusivity, we empower students to recognize and stand up against bullying. Exciting training sessions for staff and students provide the tools they need to tackle bullying head-on, while student-led initiatives like peer mentorship programs and awareness campaigns turn students into champions for change. You can find resources on how to get started [here](#).

Clear reporting procedures ensure that students can confidently share their concerns, knowing they'll be heard and taken seriously. By continuously updating our policies, we keep our anti-bullying efforts fresh and effective.

Prioritizing these initiatives helps us build an atmosphere where every student can shine and thrive. [Stopbullying.gov](#) is a [great resource for more insight, helpful tips and resources](#). Together, we can create a vibrant community where everyone plays a role in making school a positive place to be.



1 in 4
high school
students have
been bullied in
the past year



Here are some actions you can take during school to create a more positive environment:

- Ask students about a happy moment they've had this week
- Share an empowering quote
- Highlight a student for a positive character trait
- Display student work throughout the classroom
- Write a thank you note to a student or teacher

YOUTH ADVISORY BOARD SPOTLIGHT

ELIZABETH

Youth Advisory Board member and Northern Valley Demarest Regional High School junior, Elizabeth, completed Emergency Medical Responder (EMR) training over the summer. EMR training will allow her to serve her community through providing emergency medical assistance alongside EMS. Additionally, the completion of this program has empowered her to take on leadership roles in her school's EMS club as well as allowed her to organize an EMS assembly and blood drive at her school. Join us in congratulating Elizabeth for her unwavering dedication and hard work!

ANDREA

Andrea, senior at West Caldwell Technical School and the Youth Advisory Board's Social Media Chair, was selected to participate in Amherst College's Access to Amherst Program. The program provides high school seniors throughout the country with educational programming and assistance with the college application process. Andrea will be flown in for a weekend of programming, shadowing classes, educational workshops, and more, all expenses paid. The Youth Advisory Board is so proud of Andrea and wish her the best on this opportunity!



FOLLOW
@YAB_NNJ!

Getting back into a school routine can be difficult after a long summer. During the month of September, the Northern NJ Youth Advisory Board (YAB) highlighted sleep hygiene and shared the back to school tips that help them focus on academics and their own well being.

HAPPY
Spooky
SEASON

REACH OUT TO RACHELK@CENTERFORPREVENTION.ORG FOR MORE INFORMATION ON HOW YOUR STUDENTS CAN GET INVOLVED WITH CFPC'S YAB!

**WHOLE SCHOOL
WHOLE COMMUNITY
WHOLE CHILD**



THE CENTER
FOR PREVENTION & COUNSELING

NJHealth
New Jersey Department of Health
Family Health Services

COMMENTS & QUESTIONS: EMAIL TAMARA@CENTERFORPREVENTION.ORG