

# WSSCC

WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD.

## Newsletter

JULY | 2025



### SUN'S OUT, FUN'S ON

Summer is the perfect time for teens to unplug, get active, and enjoy the outdoors. From biking, swimming, hiking, or just hanging out on the porch, spending time outside helps boost mood, reduce stress, and actually improves academic performance, according to [a study by BMC Health](#).

With all that time in the sun, it's essential to remember UV protection. In one study, sunscreen use reduced the incidence of one type of skin cancer [by 40%](#). That's why we should remind teens to apply a sunscreen with an SPF of at least 30 every two hours, wear sunglasses and a hat, and seek shade during peak sun hours. While skin protection may not feel urgent to teens now, it helps prevent long-term damage and keeps their skin healthy. With the right balance of fun and sun safety, summer can be both active and healthy for teens. You can learn more about sun protection for teens [here](#).

### BRIGHT MINDS, BOLD SKILLS: LIFTING UP YOUTH POTENTIAL

Every year on July 15<sup>th</sup>, we celebrate World Youth Skills Day. This year's theme is Youth Empowerment through AI and Digital Skills. The day shines a spotlight on the energy, talent, and potential of young people around the globe. It's all about recognizing the role skills play in shaping brighter futures.

From coding to carpentry to design and digital marketing, today's youth are mastering a wide range of abilities that fuel innovation and drive change. This day highlights the importance of training, education, and hands-on experience in helping young people succeed in work and life. Elevating youth voices should matter to us all. When they thrive, the community does too! Discover more information about Youth World Skills Day by visiting [the United Nations website](#).

### TO HELP PROMOTE WORLD YOUTH SKILLS DAY AMONG YOUNG PEOPLE, YOU COULD:

- Encourage their passions
- Share opportunities
- Learn together
- Showcase their work





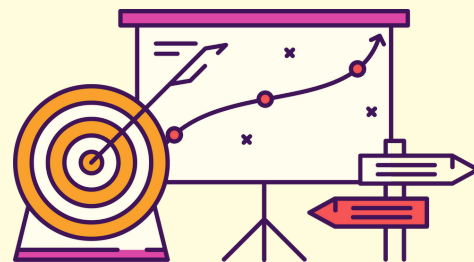
# YOUTH ADVISORY BOARD SPOTLIGHT



Youth Advisory Board Co-President Lily was recently crowned Miss Franklin 2025. As part of the pageant, contestants chose a cause to focus on during their time as titleholder, and Lily chose substance use prevention among youth. Lily's goal is to raise awareness in her local community about the risks of substance use. She recognized that some young people turn to substances not just for recreation but as a way to cope and deal with stress. She hopes to demonstrate that life offers better options. Lily says, "I want kids to be safe and live the life they want." In the future, Lily plans to intern or volunteer in substance use prevention.

**Congratulations, Lily!**

In April and May, the Youth Advisory Board (YAB) partnered with the Lindsey Meyer Teen Institute to host a special workshop called Action Planning 101. This valuable skill, which is not often taught to teens, helped YAB members learn how to address issues they've identified in their communities using skills and resources they already have. The Youth Advisory Board will continue using this framework throughout the year as they take on topics like navigating life after high school, self-advocacy, and more. It's a foundational leadership skill that will benefit these teens well beyond their time in school.



## Action Planning

Assessment- What's the Issue?

Capacity- What resources are available?

Planning- What will we do?

Implementation- Time to take action

Evaluation- How do we know it's working? What's the impact?



**@YAB\_NNJ**

**REACH OUT TO [RACHELK@CENTERFORPREVENTION.ORG](mailto: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](mailto:TAMARA@CENTERFORPREVENTION.ORG)**