

WSSCC

WHOLE SCHOOL. WHOLE COMMUNITY. WHOLE CHILD.

Newsletter

OCTOBER | 2025

PROMOTING RESPECT & HEALTHY CHOICES

This October, schools are celebrating two events that align with National Bullying Prevention Month: Week of Respect (October 6 to 10) and Red Ribbon Week (October 23 to 31). According to a federal survey, about 44 percent of students ages 12 to 18 who experienced bullying reported it to an adult at school, highlighting the importance of building trust and strong support systems.

Week of Respect embraces activities like spirit days and class discussions with the goal of fostering a culture of kindness, inclusion, and empathy in schools throughout New Jersey. Red Ribbon Week focuses on healthy decision making encouraging students to say no to risky behaviors through initiatives like Plant the Promise where students plant red tulip bulbs that bloom in the spring and serve as a reminder of the importance and beauty of living a drug free life.

Families also play a key role. Talking at home about kindness and smart decision making helps reinforce these messages beyond the classroom.

To support Week of Respect, the Coalition for Healthy and Safe Communities, a program of the Center for Prevention and Counseling, created a toolkit with daily themes, simple project ideas, and social media posts. It's a great way for schools to launch kindness and respect efforts that can be used all yearlong.



"HALLOWEEND" SAFETY TIPS

Halloween weekend can bring added social pressure, especially around parties and substance use. While it's important to remind teens that simply saying "no" is enough—a little extra support can go a long way. One helpful strategy is a "blame buddy", where they can use you as the reason they can't attend a gathering. Another option is to agree on a code—like "Did you feed the fish?"—that they can text to signal they need help or want to be picked up. It's also essential that teens know about New Jersey's Good Samaritan Law, which protects those who call for help in a drug or alcohol emergency. With open communication and a solid plan, teens can enjoy a safe Halloween and continue making healthy choices long after the night is over.



INNOVATING WELLNESS IN PATERSON



Paterson Technical High School's state-of-the-art Planetarium is more than just an astronomy hub, it's becoming a unique space for wellness, learning, and community. With support from the WSSCC NJDOH grant, P-TECH will launch mindfulness sessions, stress relief programs, social-emotional activities, and host events like guest speakers and professional development. Stay tuned for more out-of-this-world wellness and innovation from Paterson P-TECH!



SHARE!



NORTHERN NJ YOUTH ADVISORY BOARD

1ST THURSDAY
OF THE MONTH
@ 6 PM
VIA ZOOM

DO YOU WANT YOUR VOICE
TO BE HEARD?

DO YOU HAVE IDEAS TO
IMPROVE YOUR COMMUNITY?

WOULD YOU LIKE TO WORK WITH
OTHER YOUTH TO MAKE A CHANGE?

MEET
NEW
PEOPLE

LEARN
LEADERSHIP
SKILLS

WIN
COOL
STUFF

AND MUCH MORE!

OPEN TO
STUDENTS IN
GRADES 8-12

For more information contact
tamara@centerforprevention.org



Scan the QR code
to register



HAPPY HALLOWEEN



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COMMENTS & QUESTIONS: EMAIL TAMARA@CENTERFORPREVENTION.ORG