


# prevention matters

prevention first



Child and teen bullying and cyber-bullying are at an **all-time high**—Over 30% of children are bullied and 42% of children have been bullied while online.<sup>1</sup>

5.7 million children are estimated to be **involved in bullying** either as a bully, a target of bullying, or both.<sup>2</sup>

282,000 students are **physically attacked** in secondary schools each month.

90% of **4th through 8th graders** report being victims of bullying.

In one study, 60% of those characterized as **bullies** in grades 6-9 had at least one **criminal conviction** by age 24.<sup>3</sup>

Sources on back

## BOARD OF TRUSTEES

Grace M. Hanlon

### PRESIDENT

Domenick M. Servodio

### VICE PRESIDENT

Carolyn Ozar-Diakon

### SECRETARY

Stephen E. Trimboli, Esq.

### TREASURER

Mary Pat Angelini

### EXECUTIVE DIRECTOR & CEO

Matt Appel

Elizabeth Battaglini Cahill

Tyler Blackmore

Tracy Brown

Anthony R. Coppola, Jr.

Diane Carlton Kazalski

Thomas DeFelice, Jr.

Jeanne Kelly

Ross F. Licitra

Lynne Mangini

Michele McBride

Frederick C. Raffetto, Esq.

Beau Roffman

John P. Szeliga

Peter S. Thorne

Kim Widener

## 2010 LEADERSHIP CABINET

Susan A. Doctorian

### CHAIRPERSON

Mitchell J. Ansell, Esq.

James B. Barlow

Michael E. Bitterly

Brian Buckelew

Judy Stanley-Coleman

Diane Gooch

John T. Gribbin

Jim Hickey

Hon. Joseph M. Kyrillos, Jr.

Hon. William F. Larkin

John K. Lloyd, FACHE

Mary Anne Nagy

Michael L. Oster

Rosellen Otrakji

Hon. Frank Pallone, Jr.

Louis Pappozzi

Michael Pasterchick, Jr.

Eric Sambol

James S. Vaccaro

Luis A. Valentin

Frank J. Vozos, MD, FACS

## EMERITUS

John P. Maldjian, Esq.

Mary Ann Martin



DRIVE TO THE HOOP 2010



Come Together Gala 2010—photo by Louise Conover

## Dear Friends,

Bullying is one of the toughest problems children face in today's society. Over 30% of youth in the United States--over 5.7 million children--are estimated to be involved in bullying either as a bully, a target of bullying or both, according to [safeyouth.org](http://safeyouth.org). The prevalence and problem of bullying has become increasingly alarming.

Our strategy is to use every resource available to us to counter the negative influence bullying has on our society as well as the associated violence, crime and pain. When a teacher writes to us to say that one of our programs "...was able to reach a child with extremely serious problems, and the child is now getting the help that he needs," or when a mother says "...your prevention program opened the dialog door for my son and I, and I will forever be grateful..." ...then we know we've been successful!

Prevention First's mission is to keep children, healthy, safe and drug-free. "Courageous Kids," one of the many programs offered to schools focuses on bullying. It challenges participants to reflect on the reasons behind bullying and their personal role in stopping and preventing bullying behaviors. The interactive class engages children with storytelling, skill practice and arts and crafts. The lessons empower children with skills needed to stop the taunting and intimidation that plague so many of their lives. This is just one of the many services that Prevention First provides to our schools and community.

Thank you for your support and generosity,

Mary Pat Angelini  
Executive Director & CEO

Grace Hanlon  
Board President

# Events | Prevention First

## ROCK TO PREVENT

Wednesday, August 11, 2010  
Festival Plaza, Pier Village  
Quincy Mumford  
6 Volt



Goodnight Bravado  
Linda Chorney  
The Call Out  
Breathing Blue  
The Minor Lift  
Virginia

## EXCELLENCE IN PREVENTION LUNCHEON

Tuesday, September 21, 2010  
Branches Catering

Honoring individuals for outstanding contributions to prevention education.



## CHESSFEST

Saturday, September 25, 2010  
Asbury Park Convention Hall

Chess is a healthy activity that aids in the development of logic, reasoning and problem-solving abilities, memory and concentration, visualization skills, critical thinking, **patience and determination.**



## ANNUAL GOLF OUTING

Monday, October 18, 2010  
Eagle Oaks Golf Club

Join Prevention First for our Fall 2010 Annual Golf Outing. Participate in live and silent auction, win prizes, and enjoy lunch in the club.



## AMANDA FAITH REO MEMORIAL WALK

Sunday, September 12, 2010  
Pier Village

Amanda Faith Reo was a vibrant, spirited 17-year-old who loved life and all it had to offer. Her mom, Pam, was a kind, loving woman, and we are grateful for the gift of having known her.



## DRIVE TO THE HOOP

Saturday, March 19, 2011  
Monmouth University's MAC  
Play2Win presents 2011 basketball tournament DRIVE TO THE HOOP, benefiting Prevention First, to be held in Monmouth University's state-of-the-art Multipurpose Activity Center.



FOR TICKETS AND MORE INFORMATION, go to our website [www.PreventionFirst.net](http://www.PreventionFirst.net) or call Michelle Cicalese at 732.663.1800 ext. 219

If you would like a **Prevention First program** in your school, please contact **Barbara Sprechman** at 732.663.1800 ext. 211 or [bsprechman@preventionfirst.net](mailto:bsprechman@preventionfirst.net)



LOUISE CONOVER



LOUISE CONOVER



LOUISE CONOVER



LOUISE CONOVER



LOUISE CONOVER



LOUISE CONOVER



LOUISE CONOVER

# Come Together

I will make a tax-deductible contribution of \$\_\_\_\_\_

Name

Address

City, State, Zip

Phone, Fax

Email

Payment Method:  Cash  Check  Charge

Visa  Mastercard  AmEx

Card #:

Exp.:

Signature

Date

Please make checks payable to: Prevention First, 1405 Highway 35 N., Ocean, NJ 07712

**HELP US GO GREEN!**

email [JQuaranta@PreventionFirst.net](mailto:JQuaranta@PreventionFirst.net) to receive e-Newsletters!

# CHALLENGE DAY

Imagine a world, where every child feels safe, loved and celebrated; where bullying, violence, and oppression are things of the past. This is the work of Challenge Day!

Imagine a world where dedicated people work every day to keep children healthy, safe and drug-free! That place exists here in Monmouth County at Prevention First.

What if together we could reduce loneliness and hurt and increase friendship, forgiveness, understanding, and, most importantly, love?

Prevention First endorses the work of Challenge Day, and would love to help you bring this AMAZING program to your school! Prevention First can help you coordinate this incredible day and then provide additional follow-up classes to keep the CHANGE going! What if we didn't have to imagine and it could just be...What if?



Hugh Wallace and Nicki Francis at Challenge Day

## PREVENTION FIRST RAISES \$90,000 FOR BULLYING, SUBSTANCE ABUSE AND LIFE SKILLS TRAINING

On Friday, April 30th, Prevention First held its annual gala at Avenue/Le Club. Guests were dressed in the spirit of the '60s and enjoyed the entertainment of Carnaby Street and an impromptu performance by David Bryan. Bryan, who was recently nominated for a Tony Award for best score for "Memphis" on Broadway, is a keyboardist, songwriter and founding member of Bon Jovi.

Rumson couple Bob and Carolynn Diakon were honored for their outstanding contribution to the community. Carolynn, a member of Prevention First's board of directors, is the owner and founder of Resources Real Estate in Rumson. She joined her husband Bob, an executive of International Flavors and Fragrances, Inc. (IFF), with gratitude in being recognized with such distinction.

Prevention First Executive Director Mary Pat Angelini said, "In choosing this year's theme, we attempted to capture what is truly unique about the philanthropy and goodwill of Monmouth County residents, and to do so in a way that is timely and entertaining. 'Come Together' is a message of bringing our talents and skills to those who need our assistance and experience most – our children."

## WHAT EVERY PARENT SHOULD KNOW ABOUT FORMSPRING: THE NEW CYBER SCOURGE FOR TEENS By Rachel Simmons | March 29th, 2010

Last week, a Long Island high school senior committed suicide, and the website Formspring.me is suspected as a cause. Yet most parents don't even know it exists. Formspring is the latest cyber scourge for teens. It lets you open an account and allows your anonymous audience - usually your classmates - to communicate with brutal honesty. By which I mean breathtaking cruelty.

Formspring takes cyber cruelty to a new low by making it appear consensual. You sign up for your own account, literally inviting others to bash you with their honest opinions. Because it appears consensual, it no longer seems like cyber cruelty at all. It just becomes another avenue for teens to communicate, and it desensitizes them to what they're doing.

As you might expect, cyber bombs like this usually launch the account holder into an extended freak out about who could have written it. Imagine walking the halls or sitting in class, never knowing who is saying what on your Formspring. Not exactly conducive to good focus on your studies, if you get my drift.

I suspect girls are especially vulnerable to Formspring for several reasons: 1. Most girls are passionately invested in their friendships and what others think of them. Formspring gives you a perverse chance to "really find out what others think of you." 2. Formspring lets hope spring eternal: you can open an account and maybe, just maybe, you won't get a mean comment. You'll be that girl who everyone really loves!

So what to do? Here's what I suggest. Start a conversation with your daughter about Formspring. Ask her if people at school use it (don't start off by grilling her about what she does or she may scare and fly away). Ask her what she thinks of it. Then ask her if she uses it. If she says yes, tell her she's banned for life from the website. Period. Here's what I tell kids when I suggest they to stop using it: 1. It's an invitation for people to be evil to each other without taking responsibility, which means people will exaggerate and even outright lie just to hurt you. 2. By inviting people to say harmful things to you, and spending time reading about it, you disrespect yourself. 3. There will always be haters.

**Rachel Simmons is a bestselling author, educator and co-founder of the Girls Leadership Institute. For this complete article, as well as weekly blogs and GirlTips, visit her website at [www.rachelsimmons.com](http://www.rachelsimmons.com).**

**What is Bullying?****Bullying is aggressive behavior that is:**

- Intentional
- Meant to cause harm or distress
- Occurs repeatedly
- Occurs in a relationship where there is an imbalance of power or strength

**How to deal with bullying:**

- Tell your parents or other trusted adults. They can help stop the bullying.
- If you are bullied at school, tell your teacher, school counselor, or principal. TELLING IS NOT TATTLING.
- Don't fight back. Don't try to bully those who bully you.
- Try not to show anger or fear. Students who bully like to see that they can upset you.
- Calmly tell the student to stop...or say nothing and then walk away.
- Use humor, if this is easy for you to do. (For example, if a student makes fun of your clothing, laugh and say "Yeah, I think this shirt is kind of funny-looking, too.")
- Try to avoid situations in which bullying is likely to happen. You might want to:
  - ◆ Avoid areas of the school where there are not many students or teachers around.
  - ◆ Make sure you aren't alone in the bathroom or locker room.
  - ◆ Sit near the front of the bus.
  - ◆ Don't bring expensive things or lots of money to school.
  - ◆ Sit with a group of friends at lunch.
  - ◆ Take a different route through hallways or walk with friends or a teacher to your classes.

-Sources:

U.S. Dept. of Health and Human Services, Health Resources and Services Administration. "What to Do if Your Child is Being Bullied." [Stop Bullying Now!](#)

Front Cover Sources:

1. [www.StompOutBullying.org](http://www.StompOutBullying.org)
2. Nansel, T.R., Overpeck, M., Pilla, R.S., Ruan, W.J., Simons-Morton, B., & Scheidt, P. (2001). Bullying Behaviors Among US Youth: Prevalence and Association With Psychological Adjustment. [Journal of the American Medical Association](#), 285(16), 2094-2100.
3. Olweus, D. (1993). *Bullying at School: What We Know and What We Can Do*. Cambridge, MA: Blackwell, ERIC Document Reproduction Service No. ED384 437.

**2NDFLOOR**  
**888-222-2228**  
 YOUTH HELPLINE  
 2NDFLOOR.ORG

**What to look for if you suspect your child is being bullied:**

- Unexplained bruises, cuts or scratches
- Missing or damaged belongings
- Invention of illnesses to avoid school
- Few friends with whom he/she spends time
- Loss of interest in schoolwork
- Appears sad, moody, teary or depressed
- Trouble sleeping
- Loss of appetite
- Appears anxious
- Suffers low self-esteem

**How to help your child deal with a bully:**

- FOCUS ON YOUR CHILD FIRST—Be supportive and do not blame your child for the bullying.
- Learn as much as you can about the bullying tactics used, when and where the bullying happened, and who else was present.
- Empathize with your child. Explain that bullying is not his/her fault and that he/she is brave for telling you about it.
- Do not criticize or encourage physical retaliation.
- CONTACT YOUR CHILD'S TEACHER OR PRINCIPAL—bullying will not stop without help from adults.
- Keep your emotions in check.
- Do not contact the parents of the child doing the bullying—school officials should do so.
- HELP YOUR CHILD BECOME RESILIENT TO BULLYING.
- Help your child develop talents or skills like music, athletics or art.
- Encourage your child to make new friends, both in the classroom and outside of school.
- Teach your child safety strategies, like how to seek help from adults.
- HOME IS WHERE THE HEART IS—make your child feel safe and loved at home, where he/she can take physical and emotional shelter.
- Keep the lines of communication open between you and your child.