




Like

Bullies are relentless. But so are we.

To stop bullying in your school, contact us at 732.663.1800.

prevention first[™]
KEEPING CHILDREN HEALTHY, SAFE & DRUG-FREE[™]
preventionfirst.net



KICK ME.

Then throw me to the ground
and shove my head into the toilet.
Call me a punkass then text me
to meet you at the playground
so you can steal my backpack
and put the video online so
everyone can laugh at me.

Find Us Online!



Join Our Mailing List!

Prevention First is Seeking Ambassadors!

Help Us to Help You

Prevention First is embarking on a new outreach program with the goal of recruiting a parent from each school in Monmouth County and Ocean County to serve as a liaison to his or her school's community.

Ambassadors will learn about the Prevention First programs and services that are available to students. Current issues related to the health of our youth will be discussed at our quarterly meetings, and our professional staff will provide updates on bullying and substance abuse issues and trends. Ambassadors will also receive our quarterly e-newsletter, "Prevention Matters," which will provide insight into the various issues related to

What does Prevention First mean to us?

Prevention First's mission is to keep children healthy, safe and drug-free. This can represent a wide variety of issues that children face every day. Our agency therefore works tirelessly to accomplish each element contained within our mission by implementing carefully designed programs in classrooms across all of Monmouth and Ocean counties. The work Prevention First educators do is vital to our society's future because our children **are** our future. Studies show that for every dollar spent on prevention, fifteen dollars are saved in future societal costs. Thus, not only does Prevention First provide children with the tools necessary to live their young lives happily, but we also teach them how to become strong and responsible as adults, ultimately leading to a strong and responsible society at large.

To us, keeping children healthy means teaching them about the dangerous effects of tobacco use; it means strengthening their self-esteem; it means showing them how to eat properly and exercise to live a healthy lifestyle. Keeping children safe means teaching them how to deal with the ever-prominent bullying problem that exists in today's society; it means showing them the best ways to avoid violent situations with their peers; it means showing them that the decisions they make will follow them into their future. Keeping children drug-free means educating them about the dangers of drugs and alcohol; it means showing them how to say "No!" when they are pressured by their peers to engage in dangerous behaviors; it means teaching them that what goes into their bodies will affect every aspect of their lives.

It has been said time and time again that children are our future. Help us to make the future bright. **How can you help? Like us on Facebook.**



Not only will you hear about the latest and greatest from Prevention First, including our upcoming events, seminars and trainings, and agency news, but you will also be the first to hear of news and trends in the realm of prevention.

You can also contribute to our Facebook page by leaving us a comment. Tell us what you think of our programs, share your personal experiences, and even give us suggestions for the future!

Prevention First strives to bring Monmouth and Ocean county community members together to create a stronger, healthier

prevention and will also announce Prevention First's upcoming events and current news about the agency.

If you would like to join us in this new endeavor, or if you would like to recommend someone to become an ambassador to Prevention First for your school, please contact [Michelle Cicalese](#).

community for all.

Like us on Facebook and become a part of the ever-growing Prevention First community today!

STOP DATING VIOLENCE

Prevention First's 3rd Annual Safe Dates Poster Exhibit

MAKE EVERY DATE A SAFE DATE!

Come see and hear what Monmouth County teens and professionals have to say about dating violence.

Tuesday, June 14

7:00 - 9:00 pm

SICA

20 Third Avenue
Long Branch, NJ

*Support teens in developing
HEALTHY RELATIONSHIPS
in Monmouth County!*

For more information, contact [Karen Gillespie](#), 732.663.1800 ext. 267

Sponsored by a grant from the Robert Wood Johnson
New Jersey Health Initiatives Program.

Save \$\$\$\$

CHOOSE VIRIDIAN AS YOUR ENERGY SUPPLIER TODAY!

Prevention First is excited to announce our partnership with Viridian Energy, a socially responsible energy company. When you choose Viridian as your energy supplier, you can save money and do something good for the environment.

And now, through our fundraising partnership with Viridian, you can support Prevention First every time you pay your electric bill! Prevention First receives income each month someone we refer is a customer with Viridian Energy. You can help Prevention First without ever needing to take out your checkbook!



We receive an initial bonus of \$5,000 when we enroll 500 customers, plus we'll earn up to \$2 a month for every customer we refer to Viridian Energy. Go green for less money and feel great about making a difference. Sign up today!

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