



Youth Advocate Newsletter

Spread Kindness

Special points of interest:

- Spread Kindness
- Recipes for Kids
- Network Services
- Trust and Privacy
- Activities for Kids

Bullying, meanness, rumor spreading, and all sorts of unkind behaviors are all too common on school grounds. These behaviors can have a major impact on students as individuals, as well as the whole school community. As young students head back to school this year, let's emphasize the importance of spreading kindness.

1. Teach kids to stand up for one another. Role play common scenarios in which someone could be hurt, and have your child/children practice ways to address it in a healthy manner.
2. Teach children to respect differences. It's okay if someone has a different opinion, a different interest, or a different style. Practice this yourself in how you talk to and about others.
3. All people will run into people they don't like, but there are kind ways

to handle it and not so kind ones. Teach children kind ways to not be friends.

4. Talk about gestures of kindness and polite behaviors.
5. Try to encourage youth to understand the other side in disagreements. Teach empathy.
6. Teach youth to think before they speak or post. How you say something matters.



You are always capable of KINDNESS

Pear and Avocado Sandwich from Parenting.com

Ingredients:

1 avocado
1 slice of lemon
2 slices of sourdough bread
1 Asian pear
Salt and pepper to taste

lemon juice and season to taste with salt and pepper. Spread the avocado evenly on 2 slices of sourdough bread. Add a layer of thinly sliced pear to 1 bread slice. Cover with the other slice and press gently to adhere.



Directions:

Mash 1/2 ripe avocado in a bowl. Add a squeeze of fresh

Strawberry and Goat Cheese English Muffins from Parenting.com



Split an English Muffin and lightly toast the halves. Spread each half with softened goat cheese or plain whipped cream cheese. Top with a thin layer of strawberry jam, followed by a layer of thin strawberry slices. Place the top half of the muffin over the bottom half, and press gently.

Peanut Butter and Jelly Sushi Rolls from Food.com

Ingredients:

2 tbsp creamy peanut butter
2 tbsp jam (your favorite)
2 slices of bread.



Directions:

Remove crusts from bread. With a rolling pin or large soup can, completely flatten bread.

Spread 1 tablespoon of peanut butter and 1 tablespoon of fruit spread on each slice of bread.

Roll each slice into a tight spiral. Cut each spiral into 4 pieces.

Network Services

At the Network, we provide a number of free services to promote healthy relationships, prevent domestic violence, and help individuals and families who are victims of domestic violence or dating violence.

For an emergency, someone to talk to, or assistance with finding a safe house, please call our 24/7 confidential hotline at 860-763-4542.

For general information on the Network, please call our office at 860-763-7430.

To talk with our adult advocate, Rosanne, about adult services, please call: 860-763-7430 ext. 302.

For information about our youth services or community education program, please contact Annalisa at 860-763-7430 ext. 305.



We have a Facebook page and twitter page as well!

<https://www.facebook.com/thenetworkct>

<https://twitter.com/TheNetwork5>

Trust and Privacy

In the fast paced and quickly changing world of young relationships, many youth fail to properly establish a sense of genuine trust. With all the access provided by electronics, youth sometimes turn to "snooping" practices to help prove a person is worthy of trusting. They might read their text messages, "stalk" their social media, etc. These behaviors set the groundwork for unhealthy relationships that are based in control over equality. It is important to talk to teens and pre-teens about the importance of setting boundaries around their digital

lives, knowing what behaviors are unhealthy, and explaining why it is so important to keep passwords private. They have a right to their privacy from peers and dating partners. That should not have to be sacrificed in an effort to gain trust, because it's not really trust. However, trust does need to be built in other ways. They can do so by:

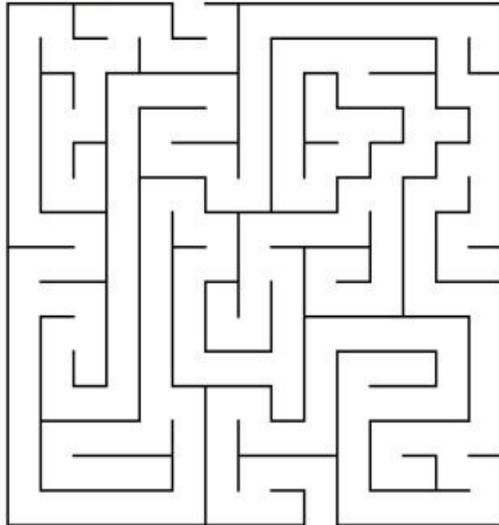
- Keeping their word.
- Being open and honest.
- Being there for each other.
- Being consistent in behaviors.

- Communicating feelings and concerns.
- Being non-judgmental and understanding when listening.
- Being able to control anger.
- Setting healthy boundaries.
- Making sure they are on the same page about key topics.
- Finding people who demonstrate trustworthy qualities in other areas of life.
- Role modeling trustworthy behaviors.



Back to School Maze

Help the boy find his way through the maze to the school bus.



Copyright © www.ActivityVillage.co.uk - Keeping Kids Busy

School Game

Help the student collect her school supplies and backpack!



education.com Copyright © 2013-2015 by Maastricht.com

More worksheets at www.education.com/worksheets

Back To School Word Search

B	Q	W	E	R	T	F	A	L	L	P	Y
A	P	C	R	A	Y	O	N	S	F	A	U
C	E	D	J	K	L	U	Z	X	R	P	Z
K	N	K	F	H	B	C	N	T	I	E	X
P	C	S	E	P	T	E	M	B	E	R	B
A	I	C	W	Q	S	S	F	U	N	G	R
C	L	H	T	Y	U	A	F	S	D	R	P
K	B	O	O	K	S	T	U	D	E	N	T
P	O	O	I	Y	T	R	E	W	H	G	O
S	A	L	D	S	C	I	S	S	O	R	S



school
books
pencil
fall

paper
friend
bus
student

scissors
September
crayons
backpack



www.activityvillage.co.uk

