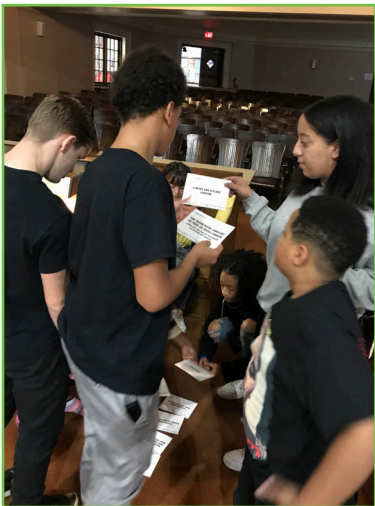


LCCAP Youth Newsletter

Winter 2019

PREP students have a lot to be thankful for in 2019



Lawrence County youth ages 11-18 participated in the Personal Responsibility Education Program (PREP), a program that encouraged youth to make proud and responsible choices when it comes to their future and their sexual health. The youth sacrificed two Saturdays in November to attend this educational program. Youth were provided with breakfast, lunch, a certificate of completion, along with a \$100.00 gift card to Wal-Mart for

attending the two day session. The workshops covered positive adolescent development, healthy attitudes and values, body image, and racial and ethnic diversity. Healthy life skills such as goal-setting, decision making, negotiation, communication and interpersonal skills and stress management, along with healthy relationships, were packed into the two day sessions. The next workshop sessions are scheduled for January. If you think your teen would benefit from this program, please contact Tiffany McKnight at 724-658-7258 extension 1415 or by e-mail at tmcknight@lccap.org; or you may contact Kristin Green at 724-658-7258 extension 1517 or by her e-mail at kgreen@lccap.org.

Members of Cray Top Club spread holiday cheer at Edison Manor.

The youth played BINGO and made crafts with the residents of the Nursing and Rehabilitation Center in New Castle.



Holiday Staff Memories!



My favorite holiday memory is lighting candles with my family year after year. It was the one tradition we stuck with amidst all the chaos that can be found growing up. For eight nights, we'd turn down the lights, sing two or three little blessings, and light the Hanukkiyah, a special menorah for Hanukkah with two extra candles. After lighting the candles, we'd share gifts, usually smaller for at least the first few nights.

-Shaun



When I was growing up, my Grandmother's dining table glowed with love and abundance. She would light candles down the middle in memory of those we had lost and we had to pull up extra chairs for all the family and special guests that would pack in around it. She always insisted that everyone have a place to go during the holidays and she always made room at her table! Now we light a candle at our Holiday table for her.

-Kristin

One Christmas when I was in 3rd grade, I woke up to our living room filled with people. My sisters and brothers who were all older than me came over and stayed the night. There were bodies on the couch and on the floor by our tree. It was great because all 10 of my siblings were together at the same time. Usually we don't get together or we are missing one or two, but this was the first time that I can remember we were all together. That holiday the food and the toys were good, but for a little boy who always looked up to his big brothers, having them all at the house at once was the greatest gift!

-David

My favorite holiday memory would be the first Christmas with my Saint Bernard FREDO CORLEONE. I start off the season with his Saint Bernard Elf on the Shelf, Vinny. Vinny brings him doggy treats every day and he has a special Elf Cam ornament that watches him to make sure he is a good doggy before Santa arrives. Having an animal to share the holidays with is so very special, he loves opening his gifts and playing in boxes. Just seeing the Joy in his face and his tail wagging makes Christmas so special.

-Kim

A favorite holiday memory of mine was staying up all night with my sister seeing if we could "catch" Santa. We would be tucked tightly in bed and listen so closely for any noise that could possibly be Santa's reindeer on the rooftop. I remember taking turns as to who would sneak down the steps to see if there were presents under the tree, and when there were, wondering how he got past us! I'll never forget those butterflies in my stomach and the excitement I had every Christmas. Now having two small children, I get to relive the magic of the holidays through them. There's nothing like believing!

-Melissa

Oh the weather outside is frightful... well, maybe it is, but with this list of **FREE**, family-centered activities being offered in our **HOMETOWN**, you have no reason to stay in this winter!

Now through 12/29/2019

Outdoor Ice Skating Rink Location: Corner of North & Mill Streets; in the former First Merit Parking Lot.

HOURS: Thursdays & Fridays from 4-9PM and Saturdays & Sundays from 1-9PM

Children 14 years and under skate for free. \$5 for 14 and older.

12/20/2019

Horse Drawn Wagon Rides 6-9 PM at the Ice Rink

Scrooge Musical 7PM at the Warner Theater Location: 11 S Mill St New Castle PA

12/21/2019

Movie- Elf 12PM and 7 PM Warner Theater

Elf Party 2-3PM New Castle Public Library Location: 207 E North St, New Castle, PA 16101

Live Nativity at the Riverwalk Park, 5-9PM

Location: corner of Washington and East Streets

12/22/2019

Live Nativity at the Riverwalk Park, 5-9PM

12/23/2019

Oreo Taste Test 6-8PM New Castle Public Library for Teens in grades 6-12 ONLY. Classic? Birthday cake? Mint? Taste test different types of Oreos and vote on your favorite

12/26/2019

Live Music at the Confluence 6-8 PM

12/28/2019

Battle Royale Indoor Snowball Fight 2-3PM

New Castle Public Library

1/6/2020

FANTastic Fandoms 6-8PM Marvel vs. DC? Dr. Who or Sherlock? Anime vs. cartoons? Table games? Join us for the fun— fans of this genre should make plans to attend and discuss your favorites with other like-minded fans

1/8/2020

Family Movie Night at the New Castle Public Library

5:30-8PM (Movie Nights are held every Wednesday through 2020)

3/21/2019

Creative Play at the Hoyt

Classes are Free Call the Hoyt for more information 124 East Leasure Ave, New Castle

Craft Corner!

Snowman Texture Art Project

A craft project you can create at home!

SUPPLIES NEEDED:

- Construction paper to glue project to
- Cotton balls to make the body
- Colorful buttons or beads for the snowman's eyes and buttons
- Scrap of fabric for hat and scarf (can use construction paper)
- For arms- you can draw with a marker/crayon or use small pieces of yarn or twigs
- Glue
- Stickers (optional)



Meet Shaun! Our new TOP Facilitator!

I grew up about two hours north of New Castle just a few minutes away from Lake Erie. I've lived in New York and California, and before I moved back I worked with teens at a community college in the mountains of Mammoth Lakes, CA. I love working at LCCAP! I love story-telling and working with others to help them achieve their goals!

Promoting the change we wish to see- Healthy Citizenship

The Teen Outreach Program, or TOP Clubs, at Cray and New Castle High Schools emphasize Community Service Learning in their approach to engage young people with their peers and surrounding communities. Why is it such an important component of TOP Club and teen lives?

“Healthy communities begin with everyone playing a role in civic life.” Martin Sandelin, Vice President of CSR and Community Involvement at Nokia, helps lead global teen and youth programs with the International Youth Foundation. All over the world, from Poland to Argentina, teens are getting involved in their communities, creating the change they wish to see.

In Belgium, for instance, young people created a hip-hop album dedicated to global warming issues. In Poland – a pottery studio for all ages to connect with each other and learn new skills. In Thailand, a group of students addressed excessive noise by bringing the community together, including motorcyclists, law enforcement, and mechanics to refit bikes and reinforce traffic laws! (IYF Field Notes, Dec. 2007).

Here in northwest PA, there are a host of programs that teens can get involved with to gain new skills and have an immediate positive impact on their communities. Along with LCCAP’s TOP Clubs, the Lawrence County 4-H offers over 60 clubs that allow youth “hands on” experiences. Check out the Penn State Extension office at the Courthouse, call 724-654-8370, or search for Lawrence County 4-H online. They can also be reached at lawrenceext@psu.edu. You can also see what kids are doing around the world at www.wkcd.org, the online site for the Providence, RI based national non-profit, What Kids Can Do.

We are excited to continue working with our youth to find what they love within our community, and to help them be a part of the ever-changing, and ever-growing place we call home!

TEAMWORK makes the DREAM work!

Check out what our youth have been up to in their community service ventures!



Dealing With the Most Stressful Time of the Year.

<http://blog.johnsonmemorial.org/dealing-with-the-most-stressful-time-of-the-year>.

Happy Holidays? Yeah, right.

Unreasonable expectations for a perfect celebration, family squabbling and hordes of crazy shoppers can turn you into a real Grouchy Grinch during the holiday season.

If you feel like Peace on Earth just isn't obtainable this time of year, you are not alone. Fortunately, there are ways to cope with your holiday anxieties.

Studies about holiday emotions by the American Psychological Association show that up to 69 percent of people are stressed by the feeling of having a "lack of time," 69 percent are stressed by perceiving a "lack of money," and 51 percent are stressed out about the "pressure to give or get gifts".

While many people look forward to the holidays, others dread the season. The obligations at holiday time can take their toll on even the most cheerful of people.

What Causes Holiday Stress

Before dealing with holiday anxiety, it is important to first understand the root cause. You should ask yourself what exactly about the season makes you feel stressed.



Your feelings may be triggered by the following:

- Unhappy childhood memories.
- Relatives that are particularly difficult.
- Reflecting on how life has negatively changed over the course of the year.
- The monotony of the season—seeing the same faces, eating the same food and going through the same motions.
- Lowered immune defenses because of colder temperatures, high incidence of the flu, eating more and sleeping less.
- Financial concerns, especially if you are buying lots of gifts using credit cards and you really cannot afford them.

How to Minimize Holiday Stress

Here are some tips to help reduce stress this holiday season:

- Do not feel you must meet all family obligations. Make a list of the reasons why you engage in various holiday traditions to help you decide what events you should avoid and what to join in on. Do not simply do something or go somewhere because of tradition, especially if it makes you unhappy.
 - Ask others for assistance. For example, ask a relative to host the family get-together, or make it a potluck and have everyone contribute to the meal.
 - Make a to-do list in chronological order to minimize stress.
 - Enjoy the present and try not to worry about what may be lacking.
 - Stay active and continue to eat a balanced diet.
 - Create a new tradition, such as volunteering, especially if you feel lonely.
 - Make time for yourself and your needs, even when hosting guests in your house.
 - Keep tabs on your holiday spending. Make a budget and stick to it, no exceptions.
 - Learn to say no. It's OK not to do everything.
- No matter what happens this season, take deep breaths, stay calm and carry on!



Parenting 101. Cyber bullying and how to monitor your child's online habits

The internet is a wonderful tool that children are increasingly expected to use to support their learning. However, the online world does have a dark side. Just as the use of technology itself has evolved, so has the ability to bully. Bullying, once restricted to the school or neighborhood, has now moved into the online world. Cyberbullying is intentional and repeated harm inflicted on others through the use of electronic devices. There are several challenges for addressing cyberbullying. Parents suggest they lack the technical skills to keep up with their children's' online behaviors. As a modern parent, it is your responsibility to protect your children from online as well as offline dangers. Let's take a look at how you can monitor your child's internet usage.

Where Has Your Child Been Online?

The most basic way to find out what sites your child has been visiting is to check the browser history. All internet browsers save a record of the sites that have been visited. In Internet Explorer, you can access the internet history via the "Tools" menu, whereas in Chrome you will need to press the wrench button in the top right and select "History."

Sites that have been visited are shown in reverse chronological order, so you can easily scroll through to see what your child has been looking at. However, a child who resents you snooping could easily delete items from the history, so you will need to consider other ways of monitoring your child's internet usage.

- Talking to Your Child about Internet Safety.
- Using Your Wireless Router to Monitor Internet Usage.
- Using Software to Monitor Your Child's Internet Usage.

(www.safetyweb.com) Safety Web monitors your child's activity on social networking sites such as Facebook and Twitter. When it detects explicit content in your child's messages, Safety Web sends you an alert. To use Safety Web, you just need your child's email address.

(www.socialshield.com) How can you know who your child is talking to online? Social Shield monitors your child's social networking accounts and lets you know if someone suspicious tries to connect with your child. This paid service checks your child's friends against a variety of databases and alerts you if there is a chance that a person in contact with your child is not who they claim to be.



Schools are educating about cyberbullying with policies, training, and assemblies, yet don't always know when and how to intervene in cyberbullying when it happens off school grounds. Law enforcement often can't get involved unless there is clear evidence of a crime. It really is up to parents to talk to their children daily and observe their children. Pay attention to the **10 silent signs your child is being bullied:**

1. Reluctant to go to school
2. Frequent headaches and stomachaches
3. Change in friendships
4. Troubled sleep
5. Crying spells or intense emotional reactions
6. Not wanting to interact with family
7. Obsession or withdrawal from devices
8. Torn clothing and physical marks
9. They develop the "victim stance,"
i.e. walking with head down and unwilling to comment
10. Pay special attention if your child is "the new kid."



<http://www.techaddiction.ca/monitor-internet-activity.html>

<https://kidshealth.org/>

Readers' Digest "Signs of Bullying Every Parent Should Know"