

Churchill Junior High School

RESOURCES FOR PARENTS/GUARDIANS

General Website with Multiple Resources

- [NJ Parent Link](#)
- [Churchill Counseling Website](#)

Did You Know?

- Teens spend on average 9 hours a day online
- 74 percent of teens rely on their parents and other adults for information about protecting themselves online.
- 43 percent of teens, ages 13 to 17, report being a victim of "cyberbullying" in the past year.
- 8 out of 100 teens report depression.
- Among adolescents with mental health needs, 70% do not receive needed care.

Harassment, Intimidating and Bullying Information

Tips to Prevent Cyberbullying:

- [Cyberbullying](#)

Teach Your Teen to Be an Upstander, Not a Bystander:

- [Be an upstander](#)

Warning Signs for Bullying:

- [Warning signs](#)

Social, Emotional, and Mental Wellness Information

National Alliance on Mental Illness (NAMI):

- www.naminj.org or (732) 940-0991

Helpful Guide to Social and Emotional Awareness:

- [Parent Guide to Awareness](#) - These examples are a guide to help you continue to be a strong positive influence on your child's social and emotional growth.

Teen Mental Health Website with Additional Websites for Supporting Loved Ones:

- [Teen Mental Health](#)

Please reach out to a counselor if you have any more questions or would like more information.

8th Grade Counselors:

Adrian Bennett (A-Gn)
Stephanie Schweighardt (GO-O)
Steven Pecesky (P-Z)
Melissa Barna (Student Assistance)

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9th Grade Counselors:

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