Churchill Junior High School

RESOURCES FOR PARENTS/GUARDIANS

General Website with Multiple Resources

- NJ Parent Link
- Churchill Counseling Website

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

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.

8th Grade Counselors:

- Adrian Bennett (A-Gn) adrian.bennett@ebnet.org
- Stephanie Schweighardt (GO-O) sschweighardt@ebnet.org
- Steven Pecesy (P-Z) specesy@ebnet.org
- Melissa Barna (Student Assistance) mbarna@ebnet.org

9th Grade Counselors:

- Rob Sampson (A-HAN) rsampson@ebnet.org
- Marissa Valeriano (HAO-PA) marissa.valeriano@ebnet.org
- Courtney Schnidler (PB-Z) cschnidler@ebnet.org
- Leigh-Ann Young (Student Assistance) lyoung@ebnet.org

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