



"I am not the best writer, but it does not stop me from sharing."

INSPIRTATION FROM YOUR 2016 TEEN CONFERENCE KEYNOTE:

My books have taken me onto the stage in front of thousands and have given me a sense of passion, purpose, and happiness that money could never buy.

What if I didn't push beyond my fears and self-doubt, to find the courage to share my thoughts and feelings with others? **None of this would have happened!**

The only reason I have published 5 books, started a movement that has reached around the world, sold art I have created, and spoken in front of tens of thousands at this point is because I chose to share the things that mattered to me, and pursue without abandon the passions, visions, ideas, and messages of my heart.

Whatever your passions are. Whatever your ideas are. Whatever your way of expression is. Share them with the world! Don't share them because of what you expect to get, but because you know you have to. Everything that you have to offer, whether it be a song, dance routine, sculpture, poem, story, message, and/or idea, it is meant to be shared. You do not have certain gifts, talents, and bursts of inspiration for no reason. You have them because you are meant to share them with others.

Is it easy? Nope. Is it scary? Yes. Is it possible? Absolutely.

YOU have so many gifts and talents within you that are anxiously waiting to be realized. Only YOU can CHOOSE TO MAKE THEM HAPPEN, or not!

THE WORLD IS WAITING FOR YOU!

~Ricky Roberts

Want to be in the next issue?
PLP Voices needs your skills!
Connect with me:

jkaufman@preventchildabuse.nj.org

A Note from Me to You:

Congrats! You are almost finished with the 2015-2016 school year! Was it the best year yet?

Thank you to all of the fabulous voices that submitted entries for this Issue of YOUR newsletter.

Always remember that what matters most is learning to trust your own voice. It is the one thing that makes you, you. Everyday, be bold enough to use your voice, and brave enough to believe in yourself.

Have a wonderful & sunny summer.

**Jill
-PLP VOICES EDITOR**

Issue Two



PLP VOICES

"BE A VOICE, NOT AN ECHO"

**A Parent Linking Program Student Newsletter
Spring 2016**



The energy, thoughtfulness, and passion that was demonstrated at this year's conference was nothing short of amazing! The dreams, goals, and hopes you shared are inspiring, and we are confident that these dreams will come true. Keep striving! Keep thriving! You are already doing amazing things – we can't wait to see all the success to come.

Congratulations to all of our scholarship recipients, you are incredible models of hard work, ambition, and success: **Shenia Chinchay, Francy Hernandez, Shebana Ramache, Cristal Ramirez, Verania Gonzalez Ramirez, & Jennifer Sararia** Congratulations to our photo contest winners, thank you for sharing your talent and your stories, you are inspirations: **Itzel Alvarez, Leslie Herrera, & Francy Hernandez**



What's Trending: 1) Conference Wrap-up 2) Feature Scoops 3) Extraordinary Voices Corner 4) Cooking with PLP 5) Teen Dad 101 6) Union City Does Nutrition 7) Lets be Real Advice Column 8) Words from Ricky Roberts

Keep Changing. Keep Asking. Keep Growing. Keep Evolving. Keep Succeeding. Keep Moving. Keep Shining.

Mildred's Favorite Meal

This is a picture of Basic Sautéed Chicken with Duchess Potatoes. We made this in Culinary Class. The chicken is full of flavor but the potatoes were like mashed potatoes but better. You should try it!

50 Minutes
Prep: 20 Minutes
Cook: 25 Minutes
Level: Easy Peasy



Let's Be Real: Advice Column

It Takes Two: Tips for Teen Dads, from Teen Moms

By, Mildred, Shakira & Elva Vineland High School

1. When you have free time, spend it with your son or daughter.
2. Try to be the dad you wish you had in your life.
3. Be mindful of what you do, your child looks up to you.
4. Talk to us!

Teen Dad 101:



In February, **Johan Garcia**, a Vineland PLP Father and Vineland High School wrestler was featured in the local newspaper, *The Daily Journal*. Johan talked about balancing fatherhood with his future wrestling goals.

Find the Article at: <http://www.thedailyjournal.com/story/sports/2016/02/12/mat-pack-q-vineland-johan-garcia/80288916/>

Photo Credit: Sean M. Fitzgerald/Staff Photographer for The Daily Journal

Speaking of Food...

Union City PLP held a three-hour "Mommy Made & Daddy Too" Nutrition Workshop for nineteen of their students on May 12th. The students learned to make fresh baby food for their little ones at home. Everyone worked together to prepare Egg & Cheese Mini Muffins, Chicken & Vegetable Stir Fry, and Chicken Soup with Parmesan! When all of the recipes were cooked, the group participated in the best part....taste testing. Even the fresh and organic pureed baby food was delicious!



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Did you know?: Kids who eat meals with their families on a regular basis consume more fruits & veggies, and have a lower risk of becoming obese and even get better grades.

Fact Found: CuriousChef.com

Kindness, but Firm Guidance

By: Francy Hernandez, Union City High School, Class of 2016

Sometimes you get someone so great in your life, you wish for a way to let the whole world know how lucky you are! Our high school was asking for nominations for The Sage Award, presented to people or educators who make a difference in your school experience. I could only think of my PLP Social Worker, Alexie. School is my world and here was my chance to let them all know just what I was so lucky about.

She is unconditionally there for me. Whether I am doing everything right, or not, she makes time and let's me know it's not solely out of obligation to her job, but from her heart. She will help us find ways to do better and encourages each of us to be more than a statistic. She wants us to set a new statistic in where a teen parent with support is as successful, as a teen without a child.

If being a teen mom gives others the impression that we are just girls who messed up our lives and will never go far in life, they don't know that we have something that will make us just the opposite. Alexie never looks at us like that, and she makes sure that we don't either. She treats us with kindness, but gives us firm guidance. She inspires us to believe that no matter what we decide, our future will always start with us. Whenever I am indecisive (what teenager isn't?), I know I can turn to Alexie. She leads me softly, giving her suggestions and advice, and finally, I get to choose what's best. We can all walk into her office, where it is usual to find groups of PLP girls gathered and laughing. We are not only welcome there to release but to solve problems.

Her work is not always easy, and I see this. She puts all her efforts for each and all of us to graduate and beat the odds. Even with little things, as in working with the Principal to acknowledge perfect attendance by a PLP student. We are taught that even small actions can make a big difference in our success. I love her dedication to her job. I am proud to have nominated her for the Sage Award, and even happier that she won!



A Voices Superstar!

Vineland PLP is honored to have **Nayarith Lopez** as a part of the program and we wish her luck as she will continue to achieve her goals. Nayarith is a 17 year old senior at Vineland High School. She is an exceptional student holding a GPA of 4.1 and is ranked number 28 out of 622 students. She will be attending Rowan University starting in September 2016 for Biology.

Entry Provided by Stephanie Lang
Vineland High School PLP

Extraordinary Voices Corner:
Diane Ashley Toribio (pictured right →),
2015 Boys & Girls Club Youth of the Year!



Choices & Chances

Message from a Former PLP Student, turned PLP Caregiver

*By: Ashley Arocho
Vineland Day Care Center*

How did I decide to become a caregiver in the center? If I answer because I always wanted to be a daycare teacher that would be wrong. Truth is I am a mother of three children and I really enjoy the opportunity to mold, love, transform and care for children in order for them to reach their full potential and to become successful in their future.

As a former PLP student, I want you all to know that it's okay to make mistakes and mess up as long as you learn from them. Whenever you can take the opportunity, try to learn from other people's mistakes. Making better choices is going to be hard, it's not meant to be easy. If it were everyone will be doing it. Listen to the wise when they share their stories in doing so you will save yourself so much more time to get your life right. Never allow someone tell you, you can't do something. Chances are there only telling you this because they couldn't do it. Always try to see the positive in things even when you're at your lowest. When you're down you can't get any lower. Your only option is up or stagnate. The choice is yours.

Don't worry about what your friends may think or what they're doing because chances are once you graduate you most likely are not going to see them ever again, and when you do see them they most likely will be right where you left them so believe me when I tell you, you won't be missing out on anything. Except the opportunity to reach your full potential in whatever you decide your purpose is in this world.

