PLPVOICES

A Parent Linking Program Publication where teens let their voices be heard!

WELCOME BACK

We hope you enjoyed your summer!

This year we are excited to introduce the PLP Voices newsletter. The purpose of this newsletter is to highlight the success of PLP participants and to allow your voice as a PLP student to be heard across the state.

This issue features advice or responses from PLP students who participated in the workshops at the PLP Conference in May, 2015. We hope you enjoy it!

Future issues of this newsletter will feature teen advice, articles and photographs all written or taken by PLP students. So we encourage you to...

LET YOUR VOICE BE HEARD!

T-Shirt Contest Winner

Congratulations to **Devin Grullon, Union City High School**, who won first place in the T-Shirt Design Contest. Devin received a \$100 gift card at the conference.

Recognition was also given to Harumi Abrego, Francy Hernandez, Luis Rodriguez and Johanny Martinez who also submitted designs. All received a \$25 gift card.



Devon Grullon's Drawing



PLP Students participating at the conference

Highlights from the 2015 PLP Teen Conference

In May teens from across the state gathered at The Imperia banquet hall in Somerset NJ to attend the annual PLP Conference. In case you missed it, here is a brief recap.

The conference started with students enjoying breakfast, vendors and checking out over 50 raffle prizes. The keynote speaker, Mr. Cole Williams, made his grand entrance to Drake's "Started From the Bottom" (clean version of course). Mr. Williams shared his experience about being a single teenage father. I think it's safe to say, everyone enjoyed him.

Students also attend workshops and visited the photo booth to take a few pictures.

During lunch, the winner of the T-Shirt Contest was announced and several students also received college scholarships.

Overall, it was a great conference. Everyone walked away with something; sippy cups, T-shirts and cookies! If you missed it last year, be sure to attend next year. You won't be disappointed!



Conference Keynote Speaker: Mr. Cole Williams

Scholarship Winners!!

Congratulations to five high school seniors who received college scholarships at the PLP Conference.

PLP Book Scholarship (\$500) Winners: Ixsi Alvarez Rodriguez, New Brunswick High School; Prayie Carbone & Angela

Ruiz, Union City High School; and **Johanny Martinez**, Passaic High School.

Diane Dellanno Scholarship (\$1,000) Winner: **Jennifer Rivas**, East Side High School.

WE NEED YOU! Want to be a writer or photographer for the PLP Voices Newsletter? Then why not lend your talent to the PLP Voices or perhaps you want to showcase a poem about parenthood or a drawing? If you are interested please submit your work to plpvoices@gmail.com. Be sure to include your name, age and name of your high school with your submission.

The Perfect Parenting Recipe: The Key Ingredients Recipe Child Needs Every Child Needs

1/2 teaspoon of hugs
Pinch of attention
1 teaspoon of quality time

6 Tablespoons of patience

2 Tablespoons of laughter

1 Cup of Guidance
1/2 Cup of Discipline

5 Daily Kisses

Mix support into a skillet. Bring mixture to a boil, discipline occasionally. Season with patience. Remove yelling. Let the mixture cool off. Pour patience onto a large platter. Serve to the family with love and lots of kisses. Recipe Yields: a lifetime of bonding and laughter.

When Mom and Dad Work Together

The conference keynote speaker shared his experience of being a single father. One of the things he mentioned is that he regretted not working together with his son's mother. In this session PLP Teens discussed the benefits of both parents working together for the sake of the child.

Benefits

- More attention for child
- · Child feels loved
- Sets a good example for child
- Won't have to struggle as much—Makes life easier

What it looks like:

- Good communication
- · Focus is on the child
- · Discipline together
- Having family time together
- Helping each other out
- · Support each other

DATING: LESSONS LEARNED

We asked PLP teens this question: "If you were to offer dating advice to another teen parent, what would you tell them?" Here's what they came up with.

- Trust and communication are a must
- 2. Once you have a baby, it is not about YOU!
- If you are in an abusive relationship, GET OUT & GET HELP
- Don't stay in a relationship, just for the sake of staying in it. If it is over, MOVE ON! You'll get over it.
- 5. Both parents have to work together, even if they are not together
- No secrets, No Lies, No Denies!

4 Tips on Being a Good Parent

Being a good parent means many things to different people. PLP teens brainstormed and came up with at least four tips to share with you on being a good parent.

- 1. **TEACH**: Show them (your child) everything. Remember we are there first teacher!!
- 2. **SUPERVISE**: Always have your eyes on them
- 3. **PATIENCE**: Always (have) understanding towards them

Advice Column

Imagine you received this anonymous letter in the mail. How would you respond? PLP teens offered up their best advice to a teenager who just found our she was pregnant.

Dear PLP Voices:

I am a sophomore in high school who just found out I am pregnant. I am scared and I don't know what to do. I don't know how many months I am because I haven't gone to the doctor yet, but I think I am 4 months. I am SO SCARED to tell my mother because I don't know how she will react and I know my dad will be disappointed. My boyfriend is a senior and thinks it is great and says he will support me and the baby, but I am not sure I want to be a teen mother. I am scared about so many things, like how am I going to finish school and have a baby, how am I supposed to pay for child care, what if my boyfriend leaves and how can I afford food and diapers and stuff for my baby? CAN YOU PLEASE GIVE ME SOME ADVICE?

Signed, Don't Know What to Do

Age 15



Dear Don't Know What to Do:

We know you are going through a hard time and feeling a wide range of emotions. It would be in your best interest to let your parents know so they can help you look at your different options and help you

come to a decision. Keep in mind that a child does not put limitations on your life but gives you more ambitions. Go out and look for programs that will help you if you decide to keep the baby.

Although it may be challenging for you to make a decision, there will always be someone to give you emotional support. Know that you are

not alone. There are other people going through the same situation. Be brave and stay strong. We wish you the best in any decision you decided to make.

Signed, Teen Moms



PARENT

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