



# ELI WHITNEY TECHNICAL HIGH SCHOOL



**Dear Whitney Families,**

## **A Strong Start to the School Year!**

We're excited to share that the new school year is off to a fantastic start! The energy throughout the building has been both positive and productive. It has been especially heartwarming to see our upper-grade students stepping up as leaders, offering support and guidance to our incoming Grade 9 students. That's the Whitney way!

### **★ Highlights from the Week:**

#### **Opening Day Visit from the Superintendent**

We were honored to welcome our Superintendent on the first day of school. He visited several classrooms and shops, engaging with students and making meaningful connections with our school community.

#### **First Advisory of the Year**

This week also marked our first Advisory period, a dedicated time for building community, strengthening relationships, and fostering personal growth. Through thoughtful conversations and team-building activities, students began the year feeling seen, heard, and supported.

### **📌 Important Reminders for a Smooth School Year:**

#### **✅ PowerSchool Paperwork – Action Required**

If you have not yet completed the annual forms in PowerSchool, we kindly ask that you do so as soon as possible. These forms are essential for maintaining accurate emergency contact information and ensuring your child's safety.

If you need assistance accessing PowerSchool, please contact Ms. Maria.



# ELI WHITNEY TECHNICAL HIGH SCHOOL

## Uniform Expectations

Thank you for supporting our commitment to a professional and respectful school environment.

**Skirt & Short Length:** All skirts and shorts must be school appropriate length.

**Cooler Weather Guidelines:** As fall approaches, students may wear a non-hooded zip-up, crewneck, or sweatshirt with the official Whitney logo.

- Official school apparel is available on the Darter website.
- Students may also purchase an iron-on Whitney logo for plain zip-ups or crewnecks.

## Attendance Matters – Every Day Counts

Consistent attendance is crucial to academic success. Students who miss school also miss valuable instruction and classroom engagement.

- Parents may excuse up to the first 9 absences.
- Excessive unexcused absences may result in credit denial for certain courses.
- Please ensure your child arrives on time daily. If you're facing any challenges related to attendance, don't hesitate to reach out, we're here to help.

## Vape Detectors in Bathrooms

To support a safe and healthy learning environment, vape detectors have been installed in school bathrooms. These devices deter the use of harmful substances and enable staff to respond promptly, promoting accountability and student wellness.

## Period 1 Tardy

With the new safety procedures in place, including bag checks and metal detectors, entry has taken longer than usual, leading to some first-period tardies. These are not currently being counted as unexcused. As students adjust to the process and entry routes, we expect this to improve quickly.

## Upcoming Events & Reminders:

- PFO Meeting: September 15 at 4:00 PM. For more information, please email Ms. Santell.
- Zuppardi's Pizza Fundraiser: All orders are due by September 15. Proceeds will help reduce class dues.
- Picture Day: September 19 – Students will take their school ID photos.

### **ELI WHITNEY'S VISION STATEMENT**

WE ASPIRE TO GRADUATE THE MOST PREPARED SKILLED LABOR WORKFORCE IN CONNECTICUT.

### **ELI WHITNEY'S MISSION STATEMENT**

OUR MISSION IS TO PROVIDE OUR STUDENTS WITH THE ACADEMIC AND TECHNICAL SKILLS NEEDED TO BECOME PROFESSIONALS WHO MEET THE 21ST CENTURY DEMANDS OF OUR COMMUNITIES IN AN ENVIRONMENT THAT IS SAFE AND CULTURALLY RESPONSIVE.



I  MY  
SCHOOL



 FIRST  
DAY  
OF  
SCHOOL

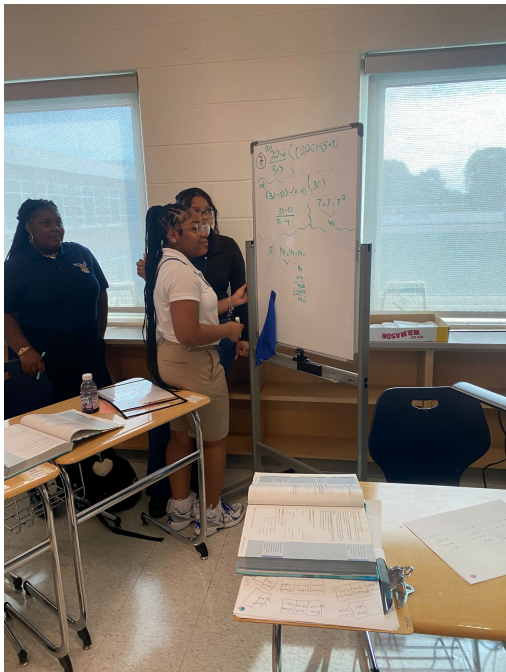


Week 1



NEW  
SCHOOL YEAR





## Connecticut Technical Education and Career System

# Vision of a Graduate

*A CTECS Graduate is...*

### A Problem Solver

- Collaborative
- Practices creative, outside of the box thinking
- Can persevere and adapt
- Able to determine the root cause of issues
- Identifies multiple solutions and selects the most sensible approach
- Always follows through



### An Effective Communicator

- Clearly and concisely conveys information for shared understanding
- Able to use multiple modes of communication
- Command of the language; written and verbal
- Actively listens



### Respectful

- Embraces cultural diversity
- Practices kindness and consideration
- Understands and respects organizational structures
- Demonstrates professionalism
- Communicates with care and professionalism



### Skilled Socially

- Uses effective verbal and non-verbal communication skills
- Ability to work as part of a team
- Interacts with diverse audiences in a manner appropriate for the setting
- Empathizes with and values others



### A Critical Thinker

- Applies unbiased analysis and evaluation
- Evaluates sources of information for reliability
- Innovates
- Willing to adapt to new information and question things
- Makes rational decisions based on application of evidence and observation



### Work Ready

- Motivated to continue learning
- Possess the knowledge and skills for industry area
- Models employability skills; i.e. punctual, dressed appropriately, dependable, good attitude and time management
- Strong work ethic



## WHAT is SKILLSUSA?

SkillsUSA is the path to connect with valuable professional opportunities that will enable you to become career ready! SkillsUSA is a national partnership of students, teachers and industry working together. This partnership allows you to receive a direct connection with business and industry leaders and allows partners a connection to career-ready students!



## WHAT DO WE DO?

SkillsUSA chapters complete activities focused around six categories called the SkillsUSA Program of Work.



**SkillsUSA**

## WHY JOIN SKILLSUSA?



- Join a community of like-minded peers from diverse backgrounds.
- Grow your Personal, Workplace and Technical Skills.
- Achieve a sense of accomplishment and belonging.
- Lead and participate in chapter activities.
- Explore various career paths and practice hands-on application of skills.



## WHAT CAN I GAIN?

- Test skills and earn recognition through SkillsUSA's local, state and national career competition programs.
- Gain access to exclusive scholarship opportunities.
- Life changing connections as you network with business and industry leaders and obtain work opportunities.
- Strengthen your resume through participation in professional development opportunities.



Learn more about SkillsUSA!

GO SEE  
IN



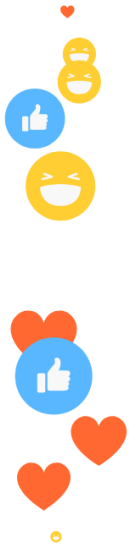
Scan for more, learn about SkillsUSA membership and programs, call 844-875-4557 or visit [www.skillsusa.org](http://www.skillsusa.org) Copyright © 2023 SkillsUSA Inc.

# Follow us ☑

**GET READY, OWLS! 🦉 WE'RE KICKING OFF THE ELI WHITNEY # SOCIAL MEDIA COMPETITION, AND WE NEED YOUR CREATIVITY TO HELP US SHINE ONLINE.**

**WHAT SHOULD OUR SCHOOL'S OFFICIAL HASHTAG BE? PUT ON YOUR THINKING CAPS AND COME UP WITH SOMETHING CATCHY, FUN, AND ORIGINAL TO REPRESENT US ON SOCIAL MEDIA. STAY TUNED—MORE DETAILS COMING SOON!**

**Don't forget to snap a pic at our photo station, post it, and tag us to show your school pride! 📸**





# September Fall Sports Schedule

All Games - Whitney Tech

September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Boys Soccer Varsity 3:30 PM Vinial Tech. @ Whitney Tech	6
7	8 Girls Volleyball Junior Varsity 3:30 PM Prince Tech. @ Whitney Tech  Girls Volleyball Varsity 5:00 PM Prince Tech. @ Whitney Tech	9 Boys Soccer Varsity 3:30 PM Whitney Tech. @ Platt Tech	10 Girls Volleyball Junior Varsity 4:00 PM Whitney Tech. @ Bassick  Girls Volleyball Varsity 5:30 PM Whitney Tech. @ Bassick	11 Boys Soccer Varsity 3:30 PM Whitney Tech. @ Abbott Tech	12 Girls Volleyball Junior Varsity 3:45 PM Whitney Tech. @ Platt Tech  Girls Volleyball Varsity 5:15 PM Whitney Tech. @ Platt Tech	13
14	15 Girls Volleyball Junior Varsity 3:30 PM O'Brien Tech. @ Whitney Tech  Girls Volleyball Varsity 5:00 PM O'Brien Tech. @ Whitney Tech	16 Boys Soccer Varsity 3:30 PM O'Brien Tech. @ Whitney Tech	17 Girls Volleyball Junior Varsity 3:30 PM Kaynor Tech. @ Whitney Tech  Girls Volleyball Varsity 5:00 PM Kaynor Tech. @ Whitney Tech	18 Boys Soccer Varsity 3:30 PM Wolcott Tech. @ Whitney Tech  Girls Volleyball Junior Varsity 4:30 PM Whitney Tech. @ Harding  Girls Volleyball Varsity 5:00 PM Whitney Tech. @ Harding	19	20
21	22 Girls Volleyball Junior Varsity 3:45 PM Whitney Tech. @ Wilcox Tech  Girls Volleyball Varsity 5:15 PM Whitney Tech. @ Wilcox Tech	23 Boys Soccer Varsity 3:30 PM Kaynor Tech. @ Whitney Tech	24 Girls Volleyball Junior Varsity 4:00 PM Whitney Tech. @ Wolcott Tech  Girls Volleyball Varsity 5:30 PM Whitney Tech. @ Wolcott Tech	25 Boys Soccer Varsity 3:30 PM Bullard Havens Tech. @ Whitney Tech	26 Girls Volleyball Junior Varsity 3:30 PM Wright Tech. @ Whitney Tech  Girls Volleyball Varsity 5:30 PM Wright Tech. @ Whitney Tech	27
28	29 Girls Volleyball Junior Varsity 3:30 PM Bassick. @ Whitney Tech  Girls Volleyball Varsity 5:30 PM Bassick. @ Whitney Tech  Bassick: 2:30 PM + 1 Bus	30 Boys Soccer Varsity 3:45 PM Whitney Tech. @ Kaynor Tech				

**Note: Subject to change. Check CIAC website for most up to date sports information**

# LUNCH

## Lunch

## SEPTEMBER 2025 Connecticut Technical Education & Career System

DID YOU KNOW? A balanced, healthy breakfast is available to ALL students AT NO CHARGE every school morning. Get your day off to a great start with SCHOOL BREAKFAST!

### MONDAY

**1**  
**Labor Day**  
**No School!**

### TUESDAY

**2**  
Beef Tacos  
Cuban Black Beans  
Pico de Gallo  
Fruit Choices  
Milk Choice

### WEDNESDAY

**3**  
Sausage, Egg, & Cheese  
On English muffin  
Home Fried Potatoes  
Fresh Baby Carrots  
Fruit Choices Milk Choice

### THURSDAY

**4**  
Meatball Grinder  
Steamed Broccoli Florets  
Cucumbers w/ Dill  
Fruit Choices  
Milk Choice

### FRIDAY

**5**  
Breaded Cheese Ravioli  
w/ marinara  
Cucumber/Tomato salad  
Sautéed Summer Squash  
Fruit Choices Milk Choice

**8**  
Nardone's Cheese Pizza  
w/ Assorted Toppings  
Mixed Garden Salad  
Marinated Broccoli  
Fruit Choices Milk Choice

**9**  
Beef & Cheese Nachos  
Spanish Rice  
Fiesta Red Beans  
Pico de Gallo  
Fruit Choices Milk Choice

**10**  
Philly Cheese Steak Sandwich  
Sweet Potato Fries  
Steamed Green Beans  
Fruit Choices  
Milk Choice

**11**  
General Tso's Rice Bowl  
Popcorn Snackers, Rice,  
Steamed Broccoli Florets  
Honey Glazed Carrots  
Fruit Choices Milk Choice

**12**  
Hamburger/Cheeseburger  
On bun  
Coleslaw  
Seasoned Potato Wedges  
Fruit Choices Milk Choice

**15**  
Stuffed Crust Pizza  
w/ Assorted Toppings  
Mixed Garden Salad  
Steamed Green Beans  
Fruit Choices Milk Choice

**16**  
Chicken Parm on Roll  
Potato Salad  
Confetti Corn Salad  
Fruit Choices  
Milk Choice

**17**  
Baked Mac & Cheese  
Garlic Bread Stick  
Sweet Green Peas  
Steamed Broccoli Florets  
Fruit Choices Milk Choice

**18**  
BBQ Chicken Thighs  
Steamed Rice, Corn Bread  
Tuscan White Beans  
Smoky Cauliflower  
Fruit Choices Milk Choice

**19**  
Breaded Mozzarella Sticks  
w/ Marinara Sauce  
Dinner Roll, Lemon Carrots,  
Sautéed Zucchini & Tomatoes  
Fruit Choices Milk Choice

**22**  
Cheese Pizza  
w/ Assorted Toppings  
Mixed Garden Salad  
Fresh Baby Carrots  
Fruit Choices Milk Choice

**23**  
Chicken Fajitas  
Southwest Bean Salad  
Mexican Street Corn  
Fruit Choices  
Milk Choice

**24**  
**Professional Development**  
**No School!**

**25**  
Baked Potato Bar  
Chili, Cheese, Broccoli  
Garlic Knot Roll  
Steamed Rice  
Fruit Choices Milk Choice

**26**  
Breaded Chicken Filet  
On bun  
Smiley Fries  
Roasted Butternut Squash  
Fruit Choices Milk Choice

**29**  
Breaded Chicken Strips  
Warm Dinner Roll  
Buffalo Cauliflower  
Kale and Apple Salad  
Fruit Choices Milk Choice

**30**  
Beef Tacos  
Cuban Black Beans  
Pico de Gallo  
Fruit Choices  
Milk Choice



Daily entrée option may include assorted sandwiches and chef salads with roll. Fruit options include fresh, canned in light syrup or juice, dried, and 100% fruit juice. Milk choices include 1% white, fat free chocolate, & Lactaid. Due to unprecedented supply and delivery issues, this menu is subject to change. This institution is an equal opportunity provider.



ELI WHITNEY TECHNICAL  
HIGH SCHOOL



Join Us For...

# Back to SCHOOL

## PFO Meeting!



September 15<sup>th</sup> @ 4:00

Join us to get our PFO going for the new school year! Let's work together to make PFO the BEST it could be!

Coffee, planning, collaboration, fundraising, etc! Attendees will get free admission to our Girls Varsity Game starting at 5:00!

We hope to see you there!

# **ZUPPARD'S PIZZA**

## **FUNDRAISER**

All proceeds go toward student class dues.



**ALL PIZZAS  
ARE \$10**

**All orders are due by  
September 19th!  
Cash only.**

**Pizzas will be ready for  
pick-up October 9th!**

**Pizzas are 10" and come frozen in shrink packaging.  
Cook time is 10 - 12 minutes.**



## Keep Your Child On Track in Middle and High School: Pay Attention to Attendance

Showing up for school has a huge impact on a student's academic success. Even as children grow older and more independent, families play a key role in making sure students get to school every day and understand why attendance is so important for success in school and on the job.

### DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

### WHAT YOU CAN DO

#### Make school attendance a priority

- Talk about the importance of showing up to school every day.
- Help your children maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and non-urgent related medical appointments during the school day.
- Keep your student healthy. If you are concerned about a contagious illness, call your school or health care provider.
- If your children must stay home because they are sick, make sure they have asked teachers for resources and materials to make up for the missed learning time in the classroom.

#### Help your teen stay engaged

- Find out if your children feel engaged by their classes, and feel safe from bullies and other threats.
- Make sure your teens are not missing class because of challenges with behavioral issues or school discipline policies. If any of these are problems, contact the school and work with them to find a solution.
- Monitor your teen's academic progress and seek help from teachers or tutors when necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your child to join meaningful after-school activities, including sports and clubs.
- Support your students if you notice signs of anxiety, and if needed, seek advice from your school or health provider

#### Communicate with the school

- Know the school's attendance policy – incentives and penalties.
- Check on your child's attendance to be sure absences are not adding up.
- Seek help from school staff, other parents, or community agencies if you need support.



Revised April 2024

Visit Attendance Works at [www.attendanceworks.org](http://www.attendanceworks.org) for free downloadable resources and tools!



## Mantenga a su hijo o hija en camino en la escuela intermedia y secundaria: preste atención a la asistencia escolar

*Al mismo tiempo que los niños crecen y se vuelven más independientes, las familias desempeñan un papel clave para asegurarse de que los estudiantes vayan a la escuela todos los días y comprendan por qué la asistencia escolar es tan importante para el éxito en la escuela y en el trabajo. Las familias también pueden solicitar los recursos para ayudar a los estudiantes a aprender si no pueden ir a la escuela personalmente.*

### ¿USTED SABÍA?

- Los estudiantes no deben perder más de 9 días de clases cada año para mantenerse involucrados, exitosos y encaminados hacia la graduación.
- Las ausencias frecuentes pueden ser una señal de que un estudiante está perdiendo interés en la escuela, teniendo problemas con el trabajo escolar, lidiando con un acosador o enfrentando alguna otra dificultad.
- Para el sexto grado, el ausentismo es una de las tres señales de que un estudiante puede abandonar la escuela secundaria.
- Para el noveno grado, la asistencia escolar es un mejor indicador de las tasas de graduación que los puntajes de las pruebas de octavo grado.
- Faltar un 10%, o 2 días al mes durante el transcurso del año escolar, puede afectar el éxito académico de un estudiante.

## LO QUE PUEDE HACER

### Haga de la asistencia escolar una prioridad

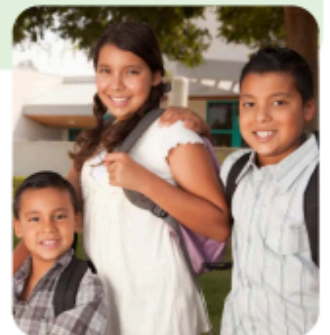
- Hable sobre la importancia de presentarse a la escuela todos los días.
- Ayude a su hijo o hija a mantener las rutinas diarias, como terminar la tarea y dormir bien por la noche.
- Trate de no programar las citas dentales y médicas durante el día escolar.
- Mantenga saludable a su estudiante y, si le preocupa una enfermedad contagiosa, pida consejo a su escuela.
- Si su hijo o hija debe quedarse en casa porque está enfermo/a o en cuarentena, asegúrese de que haya pedido a los docentes los recursos didácticos y materiales para compensar el tiempo de aprendizaje perdido en el aula.

### Ayude a su adolescente a mantenerse involucrado/a

- Averigüe si su hijo o hija se siente involucrado/a con sus clases y si se siente protegido/a de acosadores y otras amenazas.
- Asegúrese de que su hijo o hija no falte a clases debido a desafíos con problemas de conducta o políticas de disciplina escolar. Si hay alguno de esos problemas, comuníquese con la escuela y trabaje con ellos para encontrar una solución.
- Supervise el progreso académico de su hijo o hija y busque ayuda de docentes o tutores cuando sea necesario. Asegúrese de que los docentes sepan cómo comunicarse con usted.
- Manténgase al tanto de los contactos sociales de su hijo o hija. La presión de los compañeros puede llevar a faltar a la escuela, mientras que los estudiantes sin muchos amigos pueden sentirse aislados.
- Anime a su hijo o hija a participar en actividades significativas después de la escuela, incluidos deportes y clubes.
- Apoye a sus alumnos si nota signos de ansiedad y, si es necesario, busque consejo de su escuela o proveedor de atención médica.

### Comuníquese con la escuela

- Conozca la política de asistencia escolar de la escuela: incentivos y sanciones.
- Verifique la asistencia escolar de su hijo o hija para asegurarse de que las ausencias no se sumen.
- Busque ayuda del personal de la escuela, otros padres o agencias de la comunidad si necesita apoyo.



Revisado en junio de 2024

Visite el sitio web Attendance Works en [www.attendanceworks.org](http://www.attendanceworks.org) para obtener recursos didácticos y



SCAN FOR A  
MAP OF THE  
RESOURCES  
LISTED IN THIS  
GUIDE OR VISIT:

[bit.ly/nhvfoodmap](http://bit.ly/nhvfoodmap)

# FOOD ASSISTANCE RESOURCE GUIDE

## OPEN TO ALL

### FOOD PANTRIES

No proof of income or  
residency status required

- All agencies that distribute TEFAP/USDA food must distribute food to CT residents regardless of city or neighborhood.
- Individuals will be asked to complete and sign a self-declaratory form attesting to their eligibility.

**Believe in Me Empowerment**  
427 Dixwell Ave.  
203-772-2771  
Temporarily closed; Call to  
arrange emergency food bag

**Bethel AME Church**  
255 Goffe St.  
203-865-0514  
203-915-2947  
3rd Sat of month, 10am-12pm

**Breakthrough Church & Life  
Kingdom Ministries -  
Newhallville Substation**  
203-691-9296  
596 Winchester Ave.,  
4th Tue of month, 4pm-6pm;  
481 Shelton Ave.,  
2nd & 3rd Sat of month,  
12pm-2pm  
Closed during June

**Cathedral of Higher Praise**  
155 Grand Ave.  
203-776-7676  
2nd & 4th Sat of month,  
9am-10am

**Centro San Jose**  
290 Grand Ave.  
203-777-6771  
Fri, 9am-12pm

**Christian Community Action**  
168 Davenport Ave.  
203-777-7848  
Scheduled appointments  
recommended for M, T, W  
9:30am-3:45pm; Walk-ins  
welcome on Tues 2pm-3pm.

**Christian Love  
Center-West River**  
154 Derby Ave.  
203-927-6039  
2nd & 4th Thurs of month,  
4pm-6pm

**Community Baptist  
Church**  
143 Shelton Ave.  
203-562-7060  
1st Wed of month,  
10am-11am

**Door of Salvation Church**  
3 Arch St.  
203-691-5608  
3rd Tue of month,  
10am-11am

**Downtown Pantry**  
311 Temple St.  
203-624-6426  
Wed, 1:30pm-3pm

**Glorified Deliverance**  
604 Dixwell Ave.  
4th Sat of month,  
11am-1pm

**Iglesia Jehovah Rohi**  
577 Howard Ave.  
203-605-8060  
Sat, 11:30am-12:30pm;  
By appointment only.

**Immanuel Missionary  
Baptist Church**  
1324 Chapel St.  
203-777-8744  
4th Sat of month,  
8am-9:30am

**Jewish Family Services**  
1440 Whalley Ave.  
203-397-0796  
June 30 & July 1,  
9am-11:45am; By  
appointment only.

**Liberty Educational  
Service Center**  
44 Eastern St.  
203-691-9494  
203-606-1905  
2nd & 4th Sat, 1pm-3pm  
Only open to New Haven  
residents. Must call on  
Friday after 2pm to make  
appt.

**Loaves & Fishes**  
57 Olive St.  
203-562-2691  
Sat, 8am-10:30am

**Mount Hope Recovery  
Center**  
565 Dixwell Ave.  
203-785-0656  
Two Fridays a month from  
5:30pm-6:15pm. Call first for  
the schedule.

**New Flame Restoration**  
1375 State Street  
203-843-8831  
Thurs, 3:30pm-5 pm

**New Haven Church of Christ**  
16 Gem St.  
203-777-2992  
2nd & 3rd Sat of month,  
starting at 12pm

**New Haven Inner City  
Enrichment (NICE)  
Program- Hill Substation**  
410 Howard Ave.  
203-479-0056  
Last Sat of month, 11am-1pm

**Salvation Army - New Haven  
Corps**  
450 George St.  
203-624-9891  
M, W, F, 9am-12pm

**Second Star of Jacob**  
185 Chapel St.  
203-776-9603  
Last two Thurs of month,  
10am-12pm

**St. Matthew's Church**  
388 Dixwell Ave.  
203-777-0472  
Temporarily closed

**Upon This Rock Ministries -  
Dwight Substation**  
150 Edgewood Ave.  
203-387-1215  
1st & 3rd Sat of month,  
9am-12pm

**Varick AME Zion**  
242-246 Dixwell Ave.  
203-624-6245  
1st Sat of month, 9am-12pm  
Mon-Thurs, 10am-4pm

**Vertical Church - Fair  
Haven Substation**  
296 Blatchley Ave.  
Phone: N/A  
3rd Sat of month,  
9am-11am

**Walk of Faith Church**  
104 Fairmont Ave.  
203-469-5134  
Wed, 12:00pm-2:00pm

**Women of the Village -  
Dixwell Substation**  
26 Charles St.  
203-675-9437  
203-376-2790  
Tue, 1pm-2pm

## Connecticut Food Bank Mobile Pantry

Pantry times vary by location  
and include morning,  
afternoon, and evening times  
to accommodate as many  
schedules as possible. Check  
the schedule at:

[bit.ly/mobilepantries](http://bit.ly/mobilepantries)

For additional resources,  
please dial: 2-1-1

For the latest guide,  
please visit:

[bit.ly/getconnectednhv](http://bit.ly/getconnectednhv)

# Help Kids Post, Comment, and Upload Responsibly

As tweens and teens start sharing content and engaging with others online, it's important for them to understand the tracks they're leaving behind and what those tracks might reveal. Parents can help guide kids toward creating the kind of footprint they can be proud of.

*Check out these 4 tips* 



## ***Be a role model.***

Before you post a photo of your tween or teen on social media, ask them if it's OK to share. Not only will you give them control over their own digital footprint, you'll be showing them what you expect them to do with others' photos.



## ***Use privacy settings.***

Sit down with tweens and teens to show the privacy settings you use on your apps and devices. Talk about why you keep certain information private or limited to a small group. Ask them what information they feel comfortable sharing and why.



## ***Look to the stars.***

Scroll through the Twitter or Instagram feed of a famous celebrity, artist, or politician. Discuss the image they project based on their posts. Ask your kid what kind of image they would like to create—and what kinds of things (funny stories, silly memes, heartfelt videos) add or detract from that.



## ***Search yourself.***

Take turns looking up your name and your kid's name on a search engine and a social platform. Discuss the results. Are you both comfortable with what information and images are available to strangers? Is there anyone whom you wouldn't want to see those results?



# Ayudemos a los niños a publicar, comentar y subir contenido con responsabilidad

A medida que los preadolescentes y adolescentes comienzan a compartir contenido y relacionarse con otros en línea, es importante que comprendan las huellas que van dejando y lo que esas huellas podrían revelar. Los padres pueden guiar a los niños a conformar el tipo de huella de la que pueden estar orgullosos.

*Lean estos 4 consejos* 📖

1

## ***Sean un modelo a seguir.***

Antes de publicar una foto de su preadolescente o adolescente en las redes sociales, pregúnteles si les dan permiso para compartirla. De esa manera no solo les dará control sobre su propia huella digital, sino que también les mostrará lo que espera que hagan con las fotos de los demás.

2

## ***Usen la configuración de privacidad.***

Siéntense con sus preadolescentes y adolescentes para mostrarles las configuraciones de privacidad que ustedes usan en sus aplicaciones y dispositivos. Comenten por qué mantienen privada cierta información o la comparten solo con grupos pequeños. Pregúnteles qué información se sienten cómodos compartiendo y por qué.

3

## ***Miren las estrellas.***

Revisen la cuenta de Twitter o Instagram de una celebridad, un artista o un político. Comenten la imagen que ellos proyectan en base a sus publicaciones. Pregúntenles a sus niños qué tipo de imagen quisieran ellos crear, y qué tipos de cosas (historias divertidas, memes tontos, videos francos) añaden o restar valor a esa imagen.

4

## ***Encuéntrense a sí mismos.***

Túrnense para buscar su nombre y el nombre de su hijo en un buscador de internet y en una red social. Comenten los resultados. ¿Se sienten cómodos con la información y las imágenes que otros pueden ver? ¿Hay alguien a quien no quisieran mostrar esos resultados?



# E-CIGARETTES

Among youth who vape, **87.6%** used a flavored e-cigarette in the past month.

**87.6%**



**Formaldehyde** and **acrolein**, which can cause **DNA damage** and lead to **cancer**, are present in e-cigarette aerosols.



In 2024, **5.9%** of **middle and high school** students reported current e-cigarette use.



**43.1%**



**43.1% of 15- to 20-year-olds** who vaped in 2022 got e-cigarettes from retail sources despite not being old enough to purchase them.

Young people who had ever used e-cigarettes had **7x higher odds of becoming smokers** one year later compared with those who had never vaped.

**7x**

Disposable e-cigarettes increased nearly **3x** in nicotine strength, **5x** in e-liquid capacity, and dropped in price by nearly **70%** between 2017 and 2022.



**70%**  
COST



**3x**  
NICOTINE  
STRENGTH



**5x**  
E-LIQUID  
CAPACITY