



Port Jervis High School presents the...



JANUARY

Newsletter



PJHS CHARACTER TRAIT OF THE MONTH IS FORGIVENESS:

Forgiveness is a conscious + deliberate decision to release one's feelings of resentment/anger toward a person who has harmed you. Remember to wear **pink** on Wednesdays to represent forgiveness!

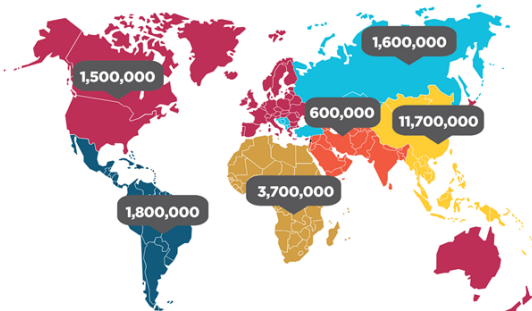


FYI: JANUARY IS HUMAN TRAFFICKING AWARENESS MONTH

Human trafficking is a crime that involves the use of force, deception, or coercion to exploit someone for the purposes of forced labor or a commercial sex act. Human trafficking affects people all throughout the world, including in the United States, and is widely considered one of the most serious human rights concerns of our time. Human trafficking affects people of all ages, genders, ethnicities, and socioeconomic origins in the United States.



21 million people victims of forced labour



Human Trafficking Facts

- Human trafficking is a prevalent problem in the United States
- A significant amount of trafficking cases starts in relationships
- Women, men, and children can be victims



RESOURCES



National Human Trafficking Hotline: 1 (888) 373-7888
 National Suicide Prevention Lifeline
 1-800-273-(TALK) 8255
 Text 4 Teens: 845-391-1000
 Orange County Crisis Call Center:
 311 OR 800-832-1200
 Crisis Text Line:
 text "got5" to 741-741
 or stop in PJHS Guidance for info!

New year, new beginnings ...

- Set your 2022 goals
- Prioritize old + new commitments
- Refocus on self care
- Eat right & hydrate
- Get enough sleep

