

“Learn. Discover. Grow. Join Our 4-H Workshops!”



Register for all workshops here: www.morris4h.org/upcoming-events

Morris County 4-H Presents:
Saturday, October 4th, 2:00 PM at the 4-H office.

Clickbait and Credibility



The internet is full of clickbait and an overload of information. How do you know what to trust? This hands-on workshop equips participants with essential skills to analyze sources, check claims, and understand how social media influences the spread of information. We'll explore real-life examples and learn practical strategies for becoming savvy media consumers.

Register and find more detailed information here
<https://forms.gle/4QKMar3dnddAYt8>

Workshop Presenter:
Christine Jansen, FDU Research and Instruction Librarian/Adjunct Professor




Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

WHY YOUTH MENTAL HEALTH FIRST AID?
Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

- 10.2%** of youth will be diagnosed with a mental health condition. (Source: Youth Mental Health First Aid)
- 1 IN 5** children have a mental health condition. (Source: National Institute of Mental Health)
- 50%** of youth with a mental health condition do not receive treatment. (Source: American Psychiatric Association)

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?
- Teachers
- School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents
- Adults who work with Youth

WHAT MENTAL HEALTH FIRST AID COVERS
- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.
- Learners complete a 2-hour, self-paced online training.
- Then participate in a 5-5.5-hour, instructor-led training.

When: October 18th from 10:30 am-3:00 pm
Where: Public Safety Academy 500 West Hanover Avenue Morris Plains
RSVP HERE:
<https://forms.gle/A1eQRvCPXukTg5Gq9>

For more information about scheduling a class in Morris County
Contact Guth.Kaluski@njmhs.org



Come for the candy, stay for the fun

Trunk or Treat

presented by
Morris County 4-H and HighView Farms
Saturday, October 25th
Highview Farms
416 Sandshore Road Mt. Olive
11:00-1:00
Costume parade 12:30

18 USC 707

More than just candy:

- Hands-on activities and crafts
- "Spooky" corn maze (not too spooky)
- Fortune teller
- Photo spot
- Face painter for the final touches of Ghoulish gashes or wispy whiskers or your creative choice

No entrance fee
Questions: Call our office
973.285.8301



Nov. 1st
3:00 PM at The 4-H Office

NEWS OR NONSENSE

A media literacy workshop presented by Morris County 4-H in partnership with Gina Marcotilo, Ph.D. Associate Teaching Professor of the Journalism and Media Studies Department, School of Communication and Information at Rutgers University.

Helpful techniques to question videos and articles before sharing

Ages 10-18
No 4-H membership required Parents can stay and learn, too!
*All spaces allowed

Detect AI Fakes

Questions:
973.285.8318 or vsmitt@co.morris.nj.us

Register here for detailed information and to give your child the necessary tools to navigate and question this new landscape on the internet
<https://forms.gle/a1pE2Q775p9b29>

RUTGERS UNIVERSITY Cooperative Extension of Morris County
New Jersey Agricultural Experiment Station

For more workshops and registration links, go to morris4h.org/upcoming-events



Morris County 4-H is proud to sponsor these educational and engaging workshops! Our goal is to help our community stay up to date in today's fast-paced, ever-changing world. You do not need to be a 4-H member to participate. We are grateful to the dedicated Professionals who volunteer to make these valuable learning experiences possible.

Register today so you don't miss out!

Registration links can be found on our upcoming events page:
<https://www.morris4h.org/upcoming-events>

