

The

HiTOPS Guardian

20 years of helping adolescents make responsible decisions for brighter futures

Spring/Summer 2007

HiTOPS Advocacy

In December of 2006, HiTOPS received letters from the providers of our birth control indicating that, due to the Federal Deficit Reduction Act (FDRA), the price of our contraceptives would be rising by 1,000%. Yes, you read that correctly, 1,000%. We knew that this was unsustainable for the young people who come to HiTOPS, and for the future of the Health Center. So we got to work.

HiTOPS' Health Center Director immediately began to look for generic versions of contraceptives. Staff reached out to organizations like the National Family Planning and Reproductive Health Association (NFPRHA), the New Jersey Department of Health and Senior Services and the Offices of the Governor, Senators and Representatives. Our Board of Directors pitched in to help. We spoke with most of the other organizations in New Jersey affected by this legislation, and learned as much as we were able; both they and we were surprised to learn that the staff of HiTOPS was way ahead of the curve in the information we had, the outreach we were doing and the plans we were making.

We have secured generic contraceptives at rates reasonable enough for our young clients to afford; we've had to raise our prices, but not as much as we originally thought. NFPRHA has been working diligently on getting this part of the FDRA repealed and we are hopeful that the legislation will soon be reversed.



Advocacy is an important element of HiTOPS' work to provide services to young people.

All of this has brought home to us that even though HiTOPS is not political as an organization, political decisions do affect the services we provide to youth. Staff of HiTOPS is looking into ways to keep ourselves informed of policy changes that impact us; this includes joining organizations that make information available, attending conferences and linking with area organizations that provide similar services. Through these efforts, HiTOPS can be proactive instead of reactive, ensuring the best possible services for the young people (and those who love them) who come to us! ☘

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HiTOPS, Inc., Teen Health and Education Center

21 Wiggins Street, Princeton, NJ 08540

Tel: 609-683-5155 Fax: 609-683-9507 Email: hitops@hitops.org

See a copy of our annual report on our website, www.hitops.org, or call HiTOPS for a printed copy

Parent Place

Keeping Your Kids Safe

Q: "What can I do to keep my kids safe, especially as they get older and I am not there when they make decisions?"

A: Strong evidence suggests that kids make more positive choices about their own behavior when they have strong self-esteem, which is the belief that one matters in the world, is competent and capable, and is loving and lovable. Even though peers are important to young people, parents can best foster self-esteem so kids make better choices. Here are some practical ways to boost self-esteem:

Give regular chores at home

Assigning chores with clear expectations about when and how they are to be done helps kids feel part of something larger than themselves. Reward

with praise and remove privileges when chores are not done as expected.

Share Family Meals as Often as Possible

When adults make family meals a priority, all members of the family benefit. Talking about the day, being together and showing that time together is important helps kids feel cared for and appreciated. Even if it can only happen once a week, it has an impact.

Give Kids a Place to be Exactly Who They Are

School, sports, clubs and lessons are all places where kids are expected to compete and perform. At home, they need a place where they can be accepted for exactly who they are. Find opportunities to appreciate their

quirks and idiosyncrasies, ask them about what interests them and limit criticism to essential issues only.

Provide a Social Safety Net

Give your child something to do when the social scene becomes too much. If your adolescent is home on a Friday night, he or she may appreciate an invitation from you to play a game, go to a movie or just hang out.

Look for the HiTOPS Parent Program "Risk-Proof Your Kids: Practical Ways to Boost Self Esteem" coming in Fall 2007.

For more information, contact Elizabeth M. Casparian, Ph.D. at 609-683-5155 x234 ☎

Teen Spot

Answered by HiTOPS Education Staff

QUESTION: "I'm graduating high school in June, and going to college in the fall. I heard that date rape is a big issue on college campuses. What can I do to stay safe and help keep my friends safe?"

ANSWER: According to the National College Women Sexual Victimization Study, 20-25% of college women have experienced a rape or an attempted rape during their college years. Here are three specific ways to reduce the risk of sexual assault (rape):

1) Have and Give Consent

The first way to decrease risk is to be sure you have and give consent for any sexual behavior. Also be sure your partner is sober enough to consent. Pay attention to body language – if your partner acts uncomfortable, check out your behavior. Don't be afraid to tell your partner what you want/don't want.

2) Trust Your Instincts

Oftentimes, we encounter situations that bring up "Red Flags" – when something happens that doesn't feel quite right. Recognizing a red flag is using your intuition, or trusting your instincts. Intuition is like a sixth sense.

When something doesn't feel right, trust your instincts and do your best to get out of the situation.

3) Be a Friend

Intervene in a situation when you think something is happening that might not be safe (a really drunk person going off to a secluded place, or a friend who has "disappeared" and you're not sure where they are or who they are with). Don't be afraid to ask the person if they are okay, get the person fresh air or knock on a door and ask if they are okay. It can be hard or even embarrassing to intervene, but you could save someone from a dangerous situation.

*Note: HiTOPS has a support group, SASS (Sexual Assault Survivor Support), for survivors of sexual assault. If you or someone you know has experienced sexual assault and you would like more information, contact Elizabeth Walters, CNM, MS at 609-683-5155 x218 ☎

HiTOPS Happenings

20th Anniversary Guardian Award Gala

On Friday, April 27th, HiTOPS hosted our 20th Anniversary Guardian Award Gala honoring HiTOPS founder Bonnie Parker and youth honoree Erin Kenny. Over 200 attendees reflected on what HiTOPS meant to them, learned about HiTOPS' goals and plans for the future and, of course, danced the night away.

The event would not have been possible without the tremendous support of our supporters and sponsors. Event Benefactors included Church & Dwight Co. Inc., IBM, Johnson & Johnson and Monomoy Capital Partners, L.P. Event Patrons included Cooper Levenson, Attorneys at Law

and Delaware Valley OBGYN & Infertility Group, PC.

HiTOPS clearly owes a big thank you to all involved with the event. First and foremost, we'd like to recognize our inspirational gala co-chairs: Jenner Beck, Lisa D. Fischetti and Lesli Godfrey. Under their leadership the evening soared. We are also grateful to all of our committee members, attendees, additional corporate sponsors and in-kind donors. So many people played a part and it made a huge difference. Though the gala may be over, we are



HiTOPS 2007 Guardian Award Winner and former Executive Director, Bonnie Parker, and HiTOPS Board President Carolyn McQuade.

still celebrating! If you were planning on attending and missed it, or, if you'd like to get more involved with HiTOPS now – please call us at 609-683-5155 x216. ❁

Planning Your Legacy

Americans are a generous people. Giving reached an estimated \$260.28 billion in 2005, an increase of 6.1% from 2004. We give for a variety of reasons and our gifts are generally made in one of three ways: annual appeals, capital campaigns and planned or “legacy” gifts. HiTOPS' funding includes gifts of all three types.

Annual appeals are regular ongoing gifts; HiTOPS' mail solicitations are an example. Capital campaigns are often restricted, with a definitive beginning and end date and a well-

publicized financial goal, for example, HiTOPS' successful endowment campaign.

Planned giving (legacy) gifts are generally given as a result of affection and concern for an organization and in support of its work. The question a donor contemplates while considering a planned or legacy gift is, “Will my assets be safe?” A bequest via a will is an example of a legacy gift. All types of financial generosity can be actively budgeted through the financial planning process; it is particularly important to carefully plan legacy gifts to ensure the donor's generosity is used as intended, even after the donor's death.

Legacy gifts may be made via a number of methods: specific bequests via a will, beneficiary designations on retirement accounts and life insurance policies, or trust vehicles such

as Charitable Remainder or Lead Trusts. Legacy gifts often create immediate income tax benefits to the donor and income creation to the charity or named individuals. Legacy gifts can be complex, however, so always consult with trusted tax, legal and financial planners to ensure that your generosity yields the greatest impact. HiTOPS has benefited greatly from legacy gifts; please consider a planned gift to HiTOPS in your will, as a beneficiary or in the form of a trust. Your contribution will enable HiTOPS to serve youth for years to come!

If you're interested in learning more about planned giving opportunities at HiTOPS, please call 609.683.5155 x. 216

-- Paul Knodel, Financial Advisor and HiTOPS Board Member ❁

TEEN HEALTH CENTER

Hours for appointments:

Mon, Tue, Wed, Fri 1–5pm
Thurs 10am–Noon & 1–6.30pm
Two Sats/month 9am–Noon

Tel: 609-683-5155 x211

Meet Our Staff

Lindsey Fraser: A Woman who Wears Many Hats

Spend a few minutes talking to Lindsey Fraser about her job as HiTOPS' Operations Manager and you will find yourself looking around her office for a hat rack. She certainly needs one as she seems to have worn many different hats during her tenure at HiTOPS.

Lindsey arrived at HiTOPS in February 1996, after working at the Princeton YWCA for five years. Her experience at the YW as an administrative assistant for three active departments – Gymnastics, Health & Fitness, and Aquatics – was good preparation for juggling many activities throughout a day. “A friend of mine who volunteered at HiTOPS was aware of an opening at the organization, and encouraged me to apply as she felt I would be a valuable addition to the staff,” recalls Lindsey.

“HiTOPS had three full-time and three part-time employees then. The person who handled my job was changing positions to focus solely on fundraising and development. My job was to answer phones,

schedule appointments in the health center, interact with clients, input data in both the clinical and the development databases, order supplies, act as a liaison with the bookkeeper and auditor, and assist the

Executive and Development Directors as needed. I also attended Board meetings and recorded the minutes of those meetings. When people learned I was not afraid of computers, I suddenly became the ‘computer expert’ and was always asked to troubleshoot when someone encountered a computer problem.”

As the organization has grown, Lindsey's role



Lindsey Fraser, Operations Manager

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In My Own Words

For teenagers, HiTOPS has a certain mythical aura about it. They know that free condoms, health check-ups, birth control and all of those things that satisfy (and check) an adolescent's roaming curiosity can be found in that little house at 21 Wiggins Street. What most probably don't realize is that those people in the health center and the building beside it work tirelessly every day to support an organization whose only goal is to protect us through education, technology and compassion. When I decided to volunteer at HiTOPS, I certainly was not conscious of the overwhelming effort that these members of the HiTOPS community put into ensuring a safer, more knowledgeable, and healthier

environment for younger generations. Now, about a year later, I find myself still sometimes in disbelief about how unconditionally willing HiTOPS is to help young adults make the best decisions they can. I am beyond grateful that I have had the opportunity to help this organization that has helped so many teenagers like me.



-- Denise Xu,
Princeton High School Senior & HiTOPS Volunteer

Support Youth Through HiTOPS!

HiTOPS envisions a world where youth have the resources they need to live healthy and responsible lives.

Your ongoing support is crucial to maintaining and expanding the important services and programs we provide for adolescents and their parents.

Many, many thanks to those of you who are already donors to HiTOPS! Your generous support of HiTOPS is greatly appreciated — without you our work would not be possible!

Two EASY Ways to Support HiTOPS Every Day!

What if HiTOPS had a penny for every time you searched the Internet?

Here's a new easy way to raise money for HiTOPS. Just start using

www.goodsearch.com as your search engine and home page. Every time you search, they'll make a donation to HiTOPS. It's powered by Yahoo! so you get the same great search results you're used to!

Remember to search the web with www.goodsearch.com — and money from Yahoo advertisers will go directly to HiTOPS without you spending a dime!

Give Flowers — and Give to HiTOPS!

Go to <http://hitops.flowerpetal.com> as part of a new fundraising initiative, when you purchase flowers and gift baskets online from our Flower Petal website, you will receive delivery at no additional charge, and 12% of the proceeds are sent to

HiTOPS. That's \$6 for a \$50 purchase and \$12 for a \$100 purchase. There are no additional fees for delivery — even same day delivery. So every purchase puts a smile on many faces — including yours and ours!

Please tell everyone about <http://hitops.flowerpetal.com> and help us make a difference. We've tested it. The flowers are spectacular and the service is great!

Keep an eye out for more information about our upcoming brick campaign!! If you have questions or would like to purchase a brick, please call us at 609-683-5155 x216.

Why I Support HiTOPS

We've been supporting HiTOPS since early 2006 and expect to continue doing so for a very long time. In these times, teens have access to so much information about health-related issues, but frequently the information isn't intended for them and the framework in which they make decisions. We appreciate that HiTOPS doesn't talk around tough issues, it hits them head on. At the same time, the information is presented in realistic ways so kids don't feel like what's being presented is coming from someone who doesn't understand what it's like to be a teen in 2007. Thanks, HiTOPS, for helping our kids with tough issues in tough times.

-- Niki Fielding, President, Digital Brand Expressions

HiTOPS Staff

Lori Heninger, PhD,
Executive Director

Elizabeth M. Casparian, PhD,
Director of Educational Services

Sandra Friedman, CNM, MSN,
Director of Health Services

Julie Meyers, MA,
Director of Development & Marketing

Lindsey Fraser,
Operations Manager

Nikita Correa,
Co-Coordinator Teen Council, Educator

Carolyn Santoro, CHES,
Co-Coordinator Teen Council, Educator

Corrine O'Hara, RN,
Coordinator 1st & 3rd Project, Educator

Ivy Pearlstein, RN, MS, APNC,
Smoking Cessation Coordinator, Healthcare Provider

Steve Pitts,
Manager of Teen PEP

Connie Poor, RN,
Educator/Healthcare Provider/Coordinator, Parent Programs

Elizabeth Walters, CNM, MS,
Educator/Healthcare Provider/SASS Coordinator

Barbara Reeder,
Health Services Administrator

Janet Weber-McCarthy,
Manager Corporate and Foundation Stewardship

Amy Wasser,
Development Associate

Many thanks to Diana Quick for designing the newsletter. Thank you to Church & Dwight for their support of the newsletter.

HiTOPS Educational Programs: Responding to Our Community for 20 Years!

Save the Date for the Statewide GSA Forum! Saturday, October 27, 2007 at Princeton High School.

New Parent Series beginning September 2007

HiTOPS at the Library!

Thanks to support from the Princeton Area Community Foundation, HiTOPS has been offering fun, interactive and entertaining programs on health, wellness, fitness and nutrition to middle school children after school at the Princeton Public Library. We will be offering these programs in the Fall on October 12, 3:15-5pm, November 16, 3:15-5pm, December 7, 3:15-5pm. The program is free and healthy refreshments are served. For more information, please call Elizabeth Casparian at 609.683.5155 x 234

HiTOPS, Inc.
Teen Health and Education Center
21 Wiggins Street
Princeton, NJ 08540

Lindsey Fraser
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within it has evolved. She has done bookkeeping, coordinated annual appeals, designed databases, evaluated software, managed the facilities, updated the Web site, prepared payroll, handled all human resource matters, staffed health fairs, created budgets, written grant proposals and reports...almost everything except teaching classes and examining patients.

"I thoroughly enjoy my job at HiTOPS," says Lindsey. "Working for this valuable community resource, I get to utilize my mathematics background and the skills I honed as a volunteer. I also get to work with a talented and dedicated group of people, and the job is never boring."

Lindsey's co-workers affectionately refer to her as the HiTOPS Swiss Army knife, and are still looking for that hat rack in her office! 🌟

Calling All Former Teen Council Members!

We'd like to be in touch with you! We want to know what you are doing, where you are living, how you are faring. Contact us either by an email to Julie Meyers at Julie@hitops.org, or by phone at 609.683.5155 x 216. If you are not a former Teen Council member but know one, please forward this on to them. Thanks! 🌟

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