



NEW JERSEY DEPARTMENT OF CHILDREN AND FAMILIES

Dear SBYS provider,

Per Commissioner Beyer, please see information below regarding the QR code that NJ DCF developed for students/youth and our mindfulness page content.

NJ DCF has designed [several posters](#) to raise awareness about child abuse and neglect during these unprecedented times. While we have [several resources online](#), it's the [QR code](#), in particular, that can be used by teachers and others serving youth in online presentations. Using any mobile device's camera, one can 'capture' a web address that leads to [a poster designed specifically for children](#), with a list of hotlines and helplines. The QR code is discreet, which allows children to access the information or resources they need to be safe. We're asking all providers of youth services to use this QR code in their interactions. It can be embedded into [PowerPoint presentations](#), Zoom or Google classroom backgrounds or into email signatures. Together we can help to keep our state's children safe, healthy and connected.

NJ DCF has also created a mindfulness webpage for staff that includes links to various resources such as webinars and reading materials focused on resilience and healing. While the page itself is reserved for our staff, below are some links that may be helpful for you and your staff.

Reading/Materials

- A Psychologist Explains the [Power of Affirmations](#)
- How To Use Positive Affirmations To [Soothe Your COVID-19 Anxiety](#)
- Top [40 Positive Affirmations](#) to Reduce Coronavirus Stress
- [Build Your Resilience](#) in the Face of a Crisis by Rasmus Hougaard, Jacqueline Carter and Moses Mohan March 19, 2020
- [What Is Resilience?](#) By Kendra Cherry Reviewed by Amy Morin, LCSW, November 27, 2019
- [Building resilience in ourselves and our children](#) by Parenting Now! For the Register-Guard, Posted Mar 30, 2020
- [Building Resilience in the Era of COVID-19](#): 5 practices for growth amidst pressing challenges, Psychology Today, Mar 30, 2020
- [9 Essential Skills That Make You Resilient](#), Everyday Health, By Amit Sood, MD and Medically Reviewed by Allison Young, MD, Last updated on September 17, 2019
- [Unleashing the Power of Resiliency](#): The Teacher's Super Power, By ASCD Guest Blogger, October 6, 2015

Thank you for your continued work to ensure the safety of children and youth during COVID-19. Be well. Stay well.

- The New Jersey Department of Children and Families

