

# THE grit

Welcome to the debut issue of *the grit*! A monthly paper for teenagers to recognize the grit we all have and the grit we can aim to have, and who can help us. Grit is more than simply succeeding and achieving your goals. It's using your drive to persevere through tough life experiences, knowing when to ask for help, and to use the grittiness within you to build your own resilience. Page through (or scroll, if you're more into the digital copies) our different sections. Oh, and don't forget about our #ExhaleCampaign - also found on our social media @eacsafeharbour!

*Know your peers, connect with your community. Know your grit.*

## IN THIS ISSUE...

**Message of the Month** - Grit staff choose a quote relating to self-worth, confidence, and, our favorite, grit. This month we spoke to Keryn Lemp of the Suffolk County Child Advocacy Center for her thoughts on some wise words from Albus Dumbledore.

**Creative Corner** - A chance for readers to show off those creative skills inspired by a prompt every month. Check out what Melissa S. brought to the table on "Originality." Want to join in? Check out this section for the May issue prompt and send your submissions to *the grit* staff.

**Who's Got Grit?** - Turns out we know a *lot* of people who have grit, past and present. Read on to learn about our feature for this issue - the accomplishments, and hardships Trevor Noah has overcome to get to where he is now.

**Program Highlight** - There are a ton of organizations in our community - let us connect you to some in this section, where we talk to a major player from a different program each month. *the grit* spoke with EAC Network's Safe Harbour to let you know who they talk to, why they talk to them, and what they do to help. Oh, and how you can talk to them, too.

**#ExhaleCampaign** - Feeling overwhelmed? Us, too. Don't forget about our #ExhaleCampaign. The back cover of *the grit* will always feature this social media tag, along with what we found helped us exhale this month.

Hey! Turn the page! Quickly!!



# MESSAGE OF THE MONTH

By Keryn Lemp  
Community Educator  
EAC Suffolk County Child Advocacy Center

**"It is our choices, Harry, that show what we truly are, far more than our abilities."**

- Albus Dumbledore, *Harry Potter and the Chamber of Secrets*

We asked Community Educator Keryn Lemp, from the Suffolk County Child Advocacy Center, about what this quote might mean to her:



## CREATIVE CORNER

*artwork by you, for you*

Artwork submitted by:

*Melissa S.*

This Month's Prompt:

*Originality*

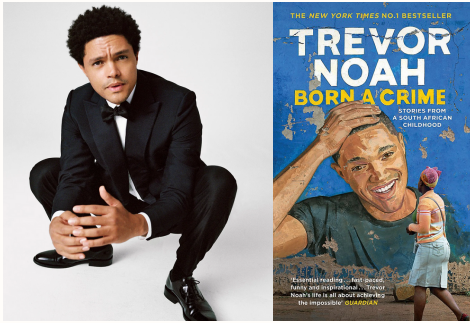
### May's prompt: Resilience

Show us what *resilience* means to you! Creative Corner submissions can be sent to [contact.thegrit@gmail.com](mailto:contact.thegrit@gmail.com). All submissions need to be sent by the last Friday of the month prior (April 30th). Please include your preferred name when sending submissions if you would like it attached to your work in our next issue.

"I could fill an entire room with all of the wise words Dumbledore says in the *Harry Potter* series. To me, Dumbledore is trying to tell Harry that abilities can only get you so far in life. Having talent is great, and helpful, but talent and bad choices are going to limit anyone (and sometimes hurt them). Now, don't get me wrong - I've made bad choices, that's a part of being human. It actually does make a difference to recognize a bad choice and learn from it. The people who genuinely care about you will still be there to support you, help you, and want to see you succeed.

To me this quote is also about how you *\*define\** yourself - a never-ending journey each one of us is on. Personally, reading this made me think, 'What did I *choose* to do today? Am I proud of those choices?', and I believe this was also part of Dumbledore's intention - to spark some self-reflection to his audience. All of our choices added up really do, over time, define who we are."





You probably recognize Trevor Noah from one, or all, of his achievements – whether it is his stand-up comedy specials, book publications, or seeing him host *The Daily Show*. Noah has seeped into American pop culture with quick wit and hilarious Instagram posts. As a child growing up in South Africa, this comedian was, as his book’s title says, “Born a Crime”. Noah was born to a black South African mother and a white European father; something considered a crime during Apartheid, which only ended in 1994. He spent his childhood surrounded by discrimination and segregation, and saw first-hand the effects this had on his family every single day.

If you have seen him in action, then you know that Noah uses how he grew up as a source for his comedy. But so much has happened between his experience with Apartheid laws and *The Daily Show* – and it is his grit that enabled him to succeed.

## WHO'S GOT GRIT?

Trevor Noah  
Comedian, Writer and Host of *The Daily Show*



He moved to the United States in 2011, where he took on more difficulty - being an immigrant in a country where everything was new and very different from what he was used to. Grit means overcoming hardships, and it’s usually not just one, but a series of tough days, and really taking pride in the small steps with the big picture in mind. And, by the way, no one gets their grittiness all by themselves.

It takes imagination to aspire for a life in which you can feel safe and happy. It takes grit to make that life into a reality. Though Trevor Noah’s early life was difficult and he was presented with challenges that felt isolating and difficult to navigate because of fear, he did not let it take over his life. He built resilience from adversity. **This guy’s got grit.**

*Photograph by Shaniqwa Jarvis/ Book: Born A Crime by Trevor Noah*

## PROGRAM HIGHLIGHT

EAC Network - Safe Harbour  
*Laura Zappia, Program Supervisor*



### What is the EAC Network Safe Harbour program?

Safe Harbour is for kids and teens up to age 21 in Suffolk County, NY. This program provides something called Case Management. We teach about safety with friendships, romantic relationships, the internet and more. A big part of what we do is help kids to know their own strengths, find supports, and deal with trauma. The program mostly works with teens that are at-risk of Trafficking.

### Trafficking?

Well, the definition of Trafficking is the business of selling freedom for profit. This can be through tricking, defrauding, physically forcing, assaulting, threatening, or manipulating.

But this looks different when we have Case Management with kids who are “at-risk” of trafficking. We know that all people have vulnerabilities. We work with kids and teens that have been exploited and with teens that have not. We work to help them understand their vulnerabilities and be there when they need someone to get through some tough times.



### How does this Case Management work?

Teens are in a time of discovery. You are exploring and figuring out who you are through relationships, hobbies, and building your identity. Your idea of safety might be super different than what your teachers or guardians might think, right? Since there are so many different ideas of what safety looks like – this can make some kids vulnerable to trafficking.

Case Managers play a part as an extra support to help speak with teens about their idea of safety. We work to help teens understand vulnerabilities, or what can potentially be “risky” and empower them in handling this!

A big part of what we do is help create safety plans. We want to hear the voices of the kids we work with, not just tell them what we think. Then we are there as that extra support, while they create a plan that works for them and their life to help keep them safe! *FYI: This program is voluntary. Teens can join and leave the program at any time and they will not be judged!*

### Are there groups?

Safe Harbour Case Managers facilitate a Girls Circle empowerment group. In this group, they focus on healthy relationships, internet safety, communication, goal setting, bullying, trauma, consent, and cultural diversity. This group is free to participate in too!

EAC Network Safe Harbour is linked to additional youth support groups for all genders as well, and we can help you to find one that is a good fit for you.

**Call us at 631-439-0480 to learn more!**



# EXHALE CAMPAIGN

*Our thoughts, feelings and memories can be overwhelming. It can almost feel like everything is all tangled up!*

**Exhale.**

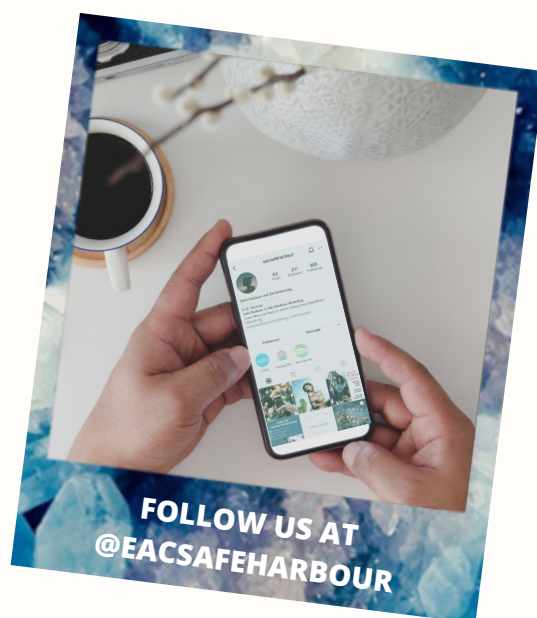
*You are not alone and there is support available. Talking it out with someone can be helpful to start processing thoughts, feelings and emotions from a kind and nonjudgmental point of view.*

**Exhale.**

**We are here for you.**

*Follow our tag, #ExhaleCampaign on Instagram for more resources and information.*

✨ Thanks for joining us! ✨



## THE GRIT IS BROUGHT TO YOU BY:

EAC Suffolk County Child Advocacy Center  
EAC Safe Harbour  
EAC Safe Harbour Mentoring Program

***Wanna talk? Don't DM us. We're old school - send us an email at  
contact.thegrit@gmail.com.***