

February Family Fun!

Brought to you by Rogue Valley Child Abuse Prevention
(RV CAP) (formerly called CAN)

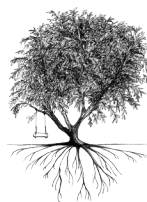
Families have fun and learn together
Look for a new one about once a month

Check out jcCommunityServicesConsortium.org/RVCAP/ for more information
and for past publications.



Jackson County
Community Services
Consortium

Rogue Valley
Child Abuse Prevention



February

Teen Dating Violence Awareness Month

Young people, especially females, can be at risk for partner violence. This can include physical violence, emotional abuse, sexual abuse and control tactics by one partner against the other. Unhealthy behaviors, such as teasing and name calling, can often be mistaken for “normal” and have the potential to escalate to be more obviously harmful.

What is Dating Violence?

Dating violence is controlling, abusive and aggressive behavior in a romantic relationship. This can include gay or straight relationships. It can consist of verbal, emotional, physical, or sexual abuse or a combination.

Dating Violence can have Long Lasting Effects:

The effects of early unhealthy relationships can have a long lasting impact on teens as they move into adulthood. Some of the effects that can be experienced by these youth are:

- Depression and anxiety
- Tobacco, drug and alcohol abuse
- Antisocial behaviors
- Suicidal thoughts and ideations
- Increased likelihood of engaging in future unhealthy relationships

Some signs of an Unhealthy Relationship:

- Excessive jealousy
- Insulting or putting down people that are close or important to the victim
- isolation of the victim from friends or family
- Controlling of partner’s decisions (Ex: telling their partner what to wear)
- Explosive temper
- Pressure to engage in sexual activities that their partner is not comfortable with
- Partner is constantly worried about how the aggressor will react, or scared of provoking them
- Refusal to allow the relationship to end

Healthy Ways to Show Affection



GOFORAWALK
HUGGING
RUBBINGFEET
WRITINGNOTES

GOINGTOLUNCH
KISSING
TALKING

HOLDINGHANDS
LISTENINGTOMUSIC
WATCHINGMOVIES

R V E Z S R G N I S S I K J E K K I H U G S F S G
Q L X R X E D N B L P T L D G C U U G U E Z D D P
T D M J L M I M M T W T I K N D G L R T H K O N A
J B C C K Q Q V Z N Y R W Y W G Y Q O M Z K X A T
A D G O I N G T O L U N C H I M C N A Y O I D H Q
U D J C D H W C B M S C B N H Y G U A K W P D G V
R H C E A D C V O Q G U G M M N O G G T K T S N W
N Z J K C C P V I A E N J M I P F W N L B S F I N
L W C G O R V K S Y P O I T B Y O R M I I I H D O
M Z K K T X U K Z H Q N I H B X R M D V K D P L N
R R U V P W V B F G O R Z K C X A D V I D L Z O E
A Z V L Y M W A B J W C Q D B T W V H Z H D A H L
C I S U M O T G N I N E T S I L A R B M S C K T Y
Z K G C Q H I D F Z N H F C Z J L W G V S T P E N
Y L X B O X L S E Z D G H P D L K H G R O V B B G
M B M Y U B V B L Q V K F N E J K V O G T Z T Z Z
E R Y B N P U Z N K C D Z E K G M V H N E N G P H
N O B A B C L A A O F V N I E F X D G L N T D R F
R V W H R F K S V A S B Y C H T C W S S C L Q C S
J N S H S S W W Z D D Y M N O I T V L C H C H Y R

Community Resources

If you think you or someone you know might be in a violent relationship, please refer to the following resources:

For immediate threats	911
Non-immediate threats and to report abuse please call police dispatch	541-770-4784
Community Works Help Line	541-779-HELP (4357) 1-888-609-4357 (toll free)
Jackson County Mental Health	541-774-8201

Other helpful resources for youth:

Oregon Coalition Against Domestic and Sexual Violence	1-877-330-1951
Department of Human Services	541-776-6120
Jackson County Sexual Assault Response Team	541-840-0904
Lifetrack Art Studio (free art studio for teens)	206-605-7066
Hearts with a Mission (youth shelter)	541-646-7385
Magdalene Home (shelter for teen moms)	541-773-5040
Lotus Rising (support for LGBTQ+ youth)	1-877-577-2244
Youth MOVE (support drop-in center)	541-690-6056

Love is Respect: Online resource with a mission to engage, educate and empower young people to prevent and end abusive relationships: <http://www.loveisrespect.org/>

A MONTH OF PREVENTION!!

31 Activities to Help Teach Young Children Concepts of Gender Violence

There are several ways to approach the topics of Abusive Relationships, Sexual Assault and Gender Violence with children in an age appropriate way. To plant seeds of prevention, you can talk about concepts like: consent, body awareness/ownership, boundaries, safety planning, gut feelings, emotions, calming exercises, gender norms, secrets, communication and negotiation and more! Below are 31 activities you can do with your child to help them understand the underlying concepts of abuse. The activities are aimed to help you start conversations, feel free to use these ideas as a jumping off point. There are a lot of resources online that can help too.

Below is a short list of resources that can be used to further your conversations!

Directions: Cut along the dotted lines, fold up the strips of paper and put them in a jar or bowl, each day pick out an activity for you and your child to do together. Some of the activities may include some prep ahead of time.

Please feel free to adjust any of the activities to suit your needs!

Most importantly, have fun and keep the conversation going!!

Resource List

Websites

www.stopitnow.org

www.rainn.org

www.kidpower.org/child-abuse-prevention

www.siecus.org/_data/global/pubs/families/FAT_Newsletter_V3N3.pdf

Books

Your Body Belongs to You By, Cornelia Maude Spalman and Teri Weidner

I Said No! By, Kimberly King

My Body is Private By, Linda Walvoord

Some Secrets Should Never Be Kept. By Jaynnen Sanders

The Bearenstain Bears Learn About Strangers. By, Stan and Jan Berenstain

Youtube Videos

<https://www.youtube.com/watch?v=4KB1OtaMU1I>

<https://www.youtube.com/watch?v=tnkVJEZSu2I>

<https://www.youtube.com/watch?v=8iTPPh1d2j8>

Read a book from the book list and discuss it with your child.

Visit your local police station so your child can meet an officer and say, “Hi!”

NOTE: You will want to call first to be sure your police station will allow a visit, and what the best times would be to stop by.

Teach your child how to call 9-1-1, practice your address and phone numbers. Role play phone calls for help. Here’s a link to a 10 minute Youtube video that can be helpful...

Cellphone Sally911- “911: Getting Help is Easy”

<https://www.youtube.com/watch?v=lyJNSDLPHxY>

Make a list of all the important people in your life.

Next time you’re in public, have your child talk to a store clerk, food server, etc. Come up with something for them to ask- “Where’s the restroom?” is always a good one! When they come back to you, discuss the interaction.

How did it feel? Did the person listen to you? Were they helpful? Why, or Why not?

Make a list of three people that your child could turn to for help. Have them practice asking those people for help, by role playing. Let them know that adults, even adults that care about you, sometimes forget to slow down and listen. They may have to ask more than one adult for help. And you may have to play more than one part in the role play!

Practice consent! Work together to choose an activity; you can play a game? Draw a picture? Go for a walk? Practice making suggestions and asking, and saying “yes” and/or “no”. Talk about how it’s ok for people to say no, and it’s also ok for YOU to say “no” too! Even if they’re worried the other person’s feelings might be hurt. It’s important that both people feel good about the activity. An enthusiastic “yes” from both people, makes an activity so much more fun!

Paint a picture of what feeling safe looks like.

Talk about gut feelings. What does it feel like when you know something’s not right? What does it feel like when you know you’re safe? What does your “uh-oh” feeling feel like? Is it in your belly? Do you get a rush of heat in your body? Do you just know in your mind?

Talk about feelings. Draw pictures of what people look like when they’re happy, angry, sad, scared, silly, etc.

Make a gingerbread person and design a bathing suit for them. Talk about how our private parts are the parts covered by a bathing suit.. Give anatomically correct names, talk about privacy, and about times someone might need to see/touch your private parts to keep you healthy; for example parent/caretaker, a nurse or doctor. When someone tells you not to talk about a touch, or if you just don’t feel ok about it, be sure to tell a trusted adult.

Leave each other a secret note hidden somewhere in the house, be sure they’re kind of easy to find. Talk about how some secrets are fun, but some aren’t ok. How to know the difference: You can eventually tell someone about the secret when it’s a fun secret, (a gift, a surprise party etc.). If you’re told to keep it to yourself, or if you’re told if you tell the secret you will be in trouble, that’s a secret you need to tell a trusted adult about, they’ll know what to do.

Move your body! Put on some dance music and have a dance party. Shout things like “This is MY Body!”, “I’m in charge of my body!” “My body belongs to Me!” etc.

List 10 things you love about yourself.

Play the tickle game. Ask your child if they would like to be tickled, if they say “yes” tickle them. Stop every few seconds and ask, “Is this still fun?”, “Do you want me to keep tickling you?” If they say “yes”, tickle them for a few seconds, stop and ask again (repeat). If they say “no”, stop and thank them for letting you know they don’t want to be tickled anymore. Talk about how it’s important to “check in” with someone when you’re playing, to make sure everyone is still having fun.

Tell a story about a time when you were your child’s age. Maybe a time when you had to tell your parents something you thought would upset them. How did you get up the courage? How did your parents react? How did it feel to get it off your chest?

Gender Stereotypes- Talk about the differences between boys and girls, you can use toys to help. Talk about toys marketed to girls and toys marketed to boys. How are they different? What do you think toy makers are trying to say? Are those messages true? What do people in our family and community look, and act like?

You can also watch tv, or movies with these same questions in mind.

Talk about the ways their body is changing. Losing teeth, getting taller, etc. What’s it like to be in a changing body? How do you feel about the changes?

See if they have any question... it’s ok to not know the answer! You can always look for the answer together! Check the resource list!

Encourage self-care. Make a list of activities that make you feel happy and calm. Pick an activity from each of your lists, and do them together.

Boundaries- Draw a circle on a piece of paper. In the center of the circle put your name, write the names of people or things that are ok in your circle- for instance “grandma”, “hugs from family”, “best friend”, “goodnight kisses”. This can also be done outside with sidewalk chalk!

Talk about how it’s ok to be in charge of who and what is allowed in your bubble. Make two lists, one list of things that people do to make another person feel good, and another list of things people do that makes another person feel bad.

Cyber Safety!! Visit the website, <http://www.netsmartzkids.org>, it’s a site dedicated to internet safety! Spend some time together watching their informational videos on how to stay safe online.

Talk about what feels good and what doesn’t feel good, ask questions like; Do you like to be tickled? Do you like to be dizzy? What gives you warm fuzzy feelings? What doesn’t feel good? Etc.

Do some breathing exercises. Sit still and breath in through the nose and out the mouth. When you inhale feel the breath fill you up all the way to your toes. When you exhale breath out any stress, or unhappy thoughts. Breath in and out for several moments, till you feel calm and relaxed. Remember! You can do this anytime to calm yourself down!

Practice some grounding exercises- put both feet on the floor; breath; name five colors you see in the room; wiggle your toes; etc. It’s helpful to have some grounding exercises, so if we’re ever in a stressful situation, we’re able to calm ourselves down so we can think.

Make a list of ways you can give someone permission/consent.
Think of things you need to ask permission for, or to do- borrowing a book or toy, entering someone's house, or room, etc. Role-play asking for permission for something.
How do you ask?

Make pizza! Communicate and negotiate the toppings! Work together to go to the store, assemble the pizza, serve and enjoy! Practice your communication skills.
If you don't like pizza, talk about it! What do you want instead!!

Talk about non-verbal communication. How can you tell if someone is happy with what you're doing without them saying a word. How about ways you can tell if someone is unhappy without them saying a word.

Play Charades! Talk about non-verbal communication! Each player has to pantomime something while the other players have to guess what they're quietly acting out. You can create cards, or pieces of paper with things on it ahead of time, ex. dog, cat, ocean, moon etc.. After a while, switch it up and play Emotional Charades, where the players act out emotions that the others have to guess. Acknowledge the different ways we can communicate feelings without even talking.

Talk about what it feels like to hear "no". Talk about how hearing "no" is a natural part of life. No one gets to hear "yes" all the time. What are some feelings that we feel when someone tells us "no"? What are some things we can do with our feelings? Art? Breathing exercises? Count to 10 forward and backwards? Etc. It's never ok to try to make someone do something they don't want to do. Talk about the different ways people might say "no". Ex. "I guess.", "I don't know.", "Sure.", shrugging shoulders without talking, silence etc.