



# Blue Ribbon Campaign

WWW.FAMILYNURTURE.ORG

APRIL 2019

## SPECIAL POINTS OF INTEREST:

- **#WearBlue**
- **Children's Art Contest**
- **Talking to a child about abuse**
- **Parenting Tips Calendar**
- **PTO support**
- **Reading resources**
- **S.P.A.R.K. and Parenting Programs**
- **Pinwheel craft**

*"Every kid is one caring adult away from being a success story."*

*- Josh Shipp*

## Guide to prevention education at schools

April is recognized as Child Abuse Prevention Month and the blue ribbon serves as the international symbol for child abuse prevention. Family Nurturing Center leads the Blue Ribbon Campaign as a community wide effort to recognize our collective responsibility to prevent and confront all forms of child abuse and neglect. Here in Northern Kentucky, there are several opportunities for schools to promote and participate in Child Abuse Prevention Month awareness and education activities.

Promotion could be as simple as asking your students and staff to participate in Wear Blue Day on April 5th, or by creating a Blue

Ribbon Tree to display at your school. You can encourage your 3rd through 5th graders to participate in our annual Children's Art Contest or consider having our Kids on the Block puppet troupe visit your school to educate children on how to recognize and report abuse, or our bullying and school safety performance.

Family Nurturing Center provides child abuse treatment, prevention and education services to thousands of children and families every year who have been impacted by abuse and neglect.

This Blue Ribbon Campaign Guide should serve as an informational packet addressing

fun and educational ways to easily hold school awareness activities throughout all grades.

### 2019 Impact Sponsor:



## Blue Ribbon Ceremony is March 29th

FEATURED SPEAKERS: Chris and Alicia Johnson. Special Advisors to KY Governor and First Lady for the Office of Faith and Community Based Initiatives

Elected officials, judges, law enforcement, businesses leaders, educators, and other social service agencies will join together to proclaim April as Child Abuse Prevention Month in Northern Kentucky at the Blue Ribbon Ceremony. The Ceremony will take place on Friday, March 29th, at Tom Gill Chevrolet, located at 7830

Commerce Drive, Florence. Tom Gill hosts the annual event, which begins with a light buffet reception at 11:00 am, followed by the ceremony at 12:00 pm. The event is free and open to the public to attend.

Following the ceremony, guests are invited to tie blue ribbons along the white picket fence

facing the interstate where they will remain for the entire month of April to serve as a visual reminder of child victims of abuse and neglect.



Family Nurturing Center

# Talking to a child who discloses abuse



The safety of the child is most important. Keep in mind that a child might be further abused if he reports that he has spoken to someone about the abuse. If you feel that the child is in danger, you must contact CPS immediately.

One thing that many people do not know about abused children is that they often love the person who is hurting them. This happens because the person who is abusing them is often someone they know well and trust a lot.

The children in your care love and trust you. A child who has been abused may start talking to you about it. He may do so because he trusts you and wants to share the burden he is carrying with you. Your reaction is very important to the child. If you react with disgust or don't believe what he is saying, he may stop talking to you about it. He will feel that you don't trust him. This will prevent him from getting help. It also prevents the abuse from stopping.

Keep the following considerations in mind when talking to a child who is disclosing abuse:

Help the child feel comfortable. Talking about abuse is not easy for the child. Respect the child's privacy and talk to him in a quiet and private place that is familiar to the child.

Reassure the child that it is not her fault. Most children who are abused feel, or are told by their abusers, that they are to blame for their own abuse. It is very important to tell the child that she is not guilty and that she is not responsible for the abuse. Let them know that they have not done anything wrong.

Don't react with shock, anger, disgust. Your reaction to that the child tells you is very

important to the child. He will be watching your reaction closely. Be calm. When you react with disgust or anger, he will not feel comfortable talking to you anymore.

Don't force a child to talk. Give the child time. Let her talk to you at her own pace. If the child is unwilling to talk or seems uncomfortable, don't pressurize her to do so. If the child seems uncomfortable when talking about certain specific things, don't press her for details.

Don't force a child to show injuries. If the child is willing to show you his injuries, you may allow him to do so. Also, you cannot insist that a child take off his clothing so that you can see his injuries.

Use terms and language that the child can understand. If the child says something that you don't understand, like a word for a body part, ask the child to explain or to point to the body part. Don't correct or make fun of the words the child is using. When you use the same words as the child does, it helps the child feel less confused and more relaxed.

Don't 'interview' the child. The purpose of your discussion with the child is to gather enough information so that you can make an informed report to the local CPS agency. When you have the information you need, you must stop the discussion. Don't try to prove that abuse has happened.

Ask appropriate questions. Choose your language carefully. This ensures that you

get correct information from the child. For example, if you see a bruise on a child and you suspect that it is the result of abuse, you may say to the child, "That looks painful. Do you want to tell me how you got it" or "Do you want to talk about that bruise you have". It would be inappropriate to say, "Did you get that bruise when someone hit you?" Remember that you can do more harm by supplying a child with words and ideas.

Don't ask 'why' questions. Why questions like, "Why did he hit you?" or "Why did she do that?" will only confuse a child. Children who are abused often do not understand why it is happening. These types of questions will force them to think about the reasons for the abuse.

Don't teach the child new words or give her new ideas. This is harmful. When you do this, you are biasing the child. Also, when you teach a child a new term or word, you are changing the child's original disclosure. This is important in relation to the court and law.

Be honest with the child. Let the child know what you are going to do. This will build trust. For example- let him know that you may have to tell someone so that he will not be hurt anymore.

Confirm the child's feelings. Let the child know that it is okay to feel scared, hurt, confused or angry.

Be supportive. Let the child know that you are glad she told you about the abuse. And that you believe her and that you care about her.

# Children's Art Contest for 3rd-5th graders



This annual contest is open up to any child in 3rd through 5th graders. Entries can be made using any medium up to poster size. The winning entry will be reproduced as an advertisement and displayed

inside TANK buses during the entire month of April. The winning artist will win an afterschool art program at The Carnegie, and a pizza party for their school classroom, scout group, church

class, or youth club.

All entries must include a signed Parent/Guardian Consent Form available at [www.familynurture.org](http://www.familynurture.org).

The winner and their family will be asked to attend the Blue Ribbon Ceremony to kick off Child Abuse Prevention Month to be recognized for their art. The ceremony is hosted by Tom Gill Chevrolet in Florence,



## Art Contest Submission - Deadline March 15th

- Open to all Northern Kentucky children in grades 3 - 5;
- Children should create a picture related to awareness of child abuse prevention and/or positive parenting.
- Pictures may be on paper size (8 1/2 x 11) up to standard poster size (24 x 36) HORIZONTAL
- Picture should represent the slogan: **Children are the heart of our future.**
- Entries may be completed by an individual child or a group of children (only one prize will be awarded regardless of size of group)
- All submissions must have completed Consent Form signed

by parent/legal guardian

- Entries should be submitted by March 15, 2019, at 4:00 p.m. to Family Nurturing Center, 5 Spiral Drive, Florence, KY 41042.

### 2019 Art Contest Theme:

*Children are the heart of our future.*

## Kids on the Block

The Kids on the Block program provides school based prevention services that equip children with the skills to recognize and report abuse.

The Bullying and School Safety show educates children about what constitutes bullying, promotes sensitivity toward peers, and helps children avoid or cope with bad situations.

The program is offered to all Kentucky schools and community groups for free in Boone, Campbell, and Kenton counties thanks to the support of their respective Fiscal Courts.

To schedule a performance at your elementary or pre-school, contact Autumn Caldwell at 859-538-1629 [autumn.caldwell@familynurture.org](mailto:autumn.caldwell@familynurture.org).



## Blue Ribbon tree and pinwheel displays



Create a Blue Ribbon Tree at school

Everyone has the power to make a difference in the life of a child. Choose to be the difference and Build a Blue Ribbon Tree with the rest of Northern Kentucky.

Select a Tree or Construct a Tree – creativity appreciated and encouraged! Decorate the tree with Blue Ribbons (store bought or home-made).

Hang ribbons on trees to represent any of the following:

- The number of students who attend your school.

- Reward kids for random acts of kindness with their name on a blue ribbon
- Use the ribbons to show your school's support for children in general
- Something significant to your school that shows child abuse prevention education.

Combine your Blue Ribbon Tree with a Pinwheels for Prevention garden. Pinwheels are available through Prevent

Child Abuse KY [www.pcaky.org](http://www.pcaky.org).



#CAPM2019  
#wearblue  
#stopchildabuse  
@familynurture



## PTO host Stewards of Children training

As adult members of society, we are solely responsible for the safety of children. It's important to teach children how to recognize and avoid risky situations, but it's unrealistic to think that a child can fend off sexual advances by an adult. Fortunately, we can protect them by educating ourselves on how to recognize the signs of sexual abuse, react to our suspicions and respond to a child in need.

Stewards of Children is a revolutionary prevention program designed to teach adults to prevent, recognize and react responsibly to child sexual abuse. It uses real

people and real stories to show you how to protect children.

Encourage your parent teacher organization to host a free Stewards of Children training.

We understand the resistance that you may receive when bringing up the topic of child sexual abuse prevention to parents. A topic so taboo it makes everyone feel uncomfortable or question the school's reasoning for encouraging such a training. But prevention education is just that, educating adults on how they can protect their child and prevent the abuse from happening in the first

place. It is an education class for adults on the situations that a child can be placed in, unknowingly, where a perpetrator could be grooming a child for abuse.

To learn more about this 2-hour training, contact L-A Stopa at [L-A.Stopa@familynurture.org](mailto:L-A.Stopa@familynurture.org). You can also view example video clips of the training at [www.familynurture.org](http://www.familynurture.org).



*"Sexual abuse thrives on our discomfort in even naming it—and this culture of silence gives power to the perpetrators."*



**Child sexual abuse. There we said it.  
Now help us end it.**



## Reading materials for teachers, parents and students



Our staff suggested readings:

### Elementary Age:

*My Body Belongs to Me* by Jill Starishevsky

*Hands Are Not for Hitting* by Martine Agassi

*How Full is Your Bucket? For Kids* by Tom Rath

*I Like Myself* by Karen Beaumont

*Lucy and the Bully* by Claire Alexander

*Fill a bucket: A Guide to Daily Happiness for the Young Child* by Carol McCloud and Katherine Martin, M.A.

### Middle/High School Age:

*A Family That Fights* by Sharon Chesler Bernstein

*The Sexual Trauma Workbook for Teen Girls: A Guide to Recovery from Sexual Assault and Abuse* by Raychelle Cassada Lohmann and

Sheela Raja

*How to Take the Grrr Out of Anger* by Elizabeth Verdick and Marjorie Visovskis

### Parents:

*Kids are Worth It* by Barbara Coloroso and Dr. Stephen Bavolek

*The Happiest Baby on the Block* by Dr. Harvey Karp

*Velveteen Principles* by Toni Raiten-D'Antonio

*Nurturing Skills for Families: Parent Handbook* by Stephen J. Bavolek



## S.P.A.R.K. (Sparking Power And Resiliency in Kids)

S.P.A.R.K. serves children ages 4-18 who have experienced trauma, their siblings, and parents/caregivers. Participants meet in a group setting among peers to understand how trauma has impacted them, to develop coping

strategies to build resiliency, and empower one another to have healthy and safe futures. The sibling and parent/caregiver groups work simultaneously using a trauma-focused model to process the traumatic experience, learn effective family communication skills, and better understand the disruption that traumatic experiences can have on daily life.

For additional information, contact Sarah Johnston at 859-538-1616 [sarah.johnston@familynuture.org](mailto:sarah.johnston@familynuture.org).



SPARK is a 12-week program

**#WearBlue4KYkids** is April 5th

**@WearBlueOhio** is April 10th



#WearBlue

#GreatChildhoods

#CAPM2019

@familynuture



Show your commitment to giving kids #GREATCHILDHOODS.

## Nurturing Parenting Programs

Nurturing Parenting Programs are family based parenting education programs that help families establish a nurturing way of life. Parents and children attend together so that all family members can benefit from participation in the program.

### **NURTURING PROGRAMS FOR PARENTS :**

- With children (ages birth-5)

- With children (ages 6-12)
- With adolescent children
- Non-custodial/non-resident parents
- Nurturing father's.

All of our parenting programs are FREE for all parents and their children. We work with the entire family on topics such as, communication skills, family rules,

child development, building empathy, need for consistency and so forth. The program is offered in a variety of locations throughout the community. Pre-registration is required.

For question, contact Ashley Dunn at 859-538-1618 [Ashley.Dunn@familynuture.org](mailto:Ashley.Dunn@familynuture.org).



Parenting classes run for 14 weeks.

# April 2019 - Child Abuse Prevention Month



## POSITIVE PARENTING

Sat Mon Tue Wed Thu Fri Sat

<b>1</b> Catch your child "being good." The best way to encourage children to repeat a positive behavior is to praise them for it.	<b>2</b> Show your child how to behave. If your child pulls the cat's tail, <i>show</i> her how to pet the cat. Do not rely on words alone.	<b>3</b> Let your child pick out a movie from the library and have a family movie night. Don't forget the popcorn!	<b>4</b> Children seldom misquote. In fact, they usually repeat word for word what you shouldn't have said." -Author Unknown	<b>5</b> Love is not conditional. Children need to know that you will love when they succeed and fail. <b>Wear Blue Day</b> #WearBlue4Kids	<b>6</b> "Birds fly. Fish swim. Children play." -Dr. Garry Landreth  <b>Blue Ribbon Basketball</b> <b>Kentucky Enforcers</b>
<b>7</b> Children do not deal well with gray areas. Set rules and stick to them so that it is fair to you and your child.	<b>8</b> Children develop at different rates. When your child does not do something you are asking them to do, it may be that he does not understand what you are asking.	<b>9</b> Create a special place at home for reading, writing, and art. Keep books and other reading materials where your child can reach them.	<b>10</b> "Children are like wet cement. Whatever falls on them makes an impression." -Dr. Haim Ginott <b>@WearBlueOH</b>	<b>11</b> Genuine praise has a powerful effect on your children's behavior, as well as their overall self-esteem.	<b>12</b> Remember that you are the voice of reason in your household and that you will have to tell your child "no" sometimes.
<b>14</b> Never ask your child to relay messages between you and your ex. This puts the child in an uncomfortable position that can be avoided.	<b>15</b> Set an example for your children by being courteous and respectful to everyone you meet.	<b>16</b> Remember that testing your limits is a healthy part of your children's growth and development.	<b>17</b> Start a family game night. Write each family member's name on the calendar. That person decides which game will be played that night.	<b>18</b> Take some time to meet your needs so you can be fully there to nurture your child.	<b>19</b> Spend some time each day focused entirely on your child. If you spend positive time together, they will not 'misbehave' to get your attention.
<b>21</b> When you talk about your child, be certain to emphasize the positives-- especially when your child can overhear what you are saying.	<b>22</b> Spend some time today telling your child about the day they were born. Focus on the feelings you had when you first saw them.	<b>23</b> Don't call out instructions to your child from another room if you are really serious about wanting them done.	<b>24</b> Put down what you are doing to listen to your child when they're talking to you, and make eye contact.	<b>25</b> Young children often have intense feelings and needs. They may be naturally loud, impatient, and full of energy. Try to accept them as they are.	<b>26</b> Punishments show children what not to do; only guidance and teaching can show children what to do.
<b>28</b> "A person's a person, no matter how small." -Dr. Seuss <b>Blue Sunday</b> www.bluesunday.org	<b>29</b> Tell your child all the reasons you love them. Write them down and put them where you and your child can see them every day.	<b>30</b> Say "I love you" to your child at least once every day.  <b>Blue Ribbon BBQ</b> City BBQ, Florence	<b>Blue Ribbon Ceremony is Friday, March 29th at Tom Gill Chevrolet in Florence, KY.</b>		



Family Nurturing Center  
*Ending the cycle of child abuse.*

[www.familynuture.org](http://www.familynuture.org)

Ending the cycle of child abuse by promoting individual well-being and healthy family relationships.



**Blue Ribbon Campaign for Child Abuse Prevention Month  
April 2019 Children's Art Contest**

**Art Theme: *Children are the heart of our future.***

## Parent Consent Form

All entries must have this Consent Form completed for each contributing artist.

Name of Participant: \_\_\_\_\_ Age: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Name of School: \_\_\_\_\_ Grade: \_\_\_\_\_

Name of Parent or Legal Guardian: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

As a parent or legal guardian of \_\_\_\_\_ I give him/her permission to enter the 2019 Child Abuse Prevention Month Art Contest sponsored by the Family Nurturing Center. I understand that each participant or group involved will be asked to submit an original work of art which may be selected to be reproduced by Family Nurturing Center. No compensation is promised or will be given for the use of submitted works of art. I also understand that any artwork submitted becomes property of Family Nurturing Center. The winner will be asked to attend the Blue Ribbon Ceremony to kick off Child Abuse Prevention Month on Friday, March 29th, hosted by Tom Gill Chevrolet, Florence, KY.

I have read and understand the above statements. As the legal guardian of this minor child, I relinquish all future claims to my child's artwork or creative writing piece.

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Signature of Parent or Legal Guardian

Date



**Entries must be received by March 15th, 2019, at 4:00 p.m. to**

**Family Nurturing Center, 5 Spiral Drive, Florence, KY 41042. [www.familynuture.org](http://www.familynuture.org)**

# PINWHEEL COLORING SHEET



Pinwheels for  
**PREVENTION®**

**Prevent Child Abuse**  
Kentucky