



2015 BLUE RIBBON Campaign to Prevent Child Abuse

Speak up, Save a child.



April is National Child Abuse Prevention Month! The Blue Ribbon Campaign is used throughout the country as a way to bring communities together to protect children.

History of the Blue Ribbon Campaign

The Blue Ribbon Campaign began in the spring of 1989 when Bonnie Finney of Virginia lost her grandson, Michael Dickenson. The three-year-old died at the hands of her daughter's abusive boyfriend. Bonnie tied a blue ribbon to her car – symbolizing the blue of her grandson's bruises – and encouraged her community to do the same.

Each year in Central Oregon more than 50,000 blue ribbons are distributed locally during the month of April by volunteers and community partners to promote child abuse prevention.

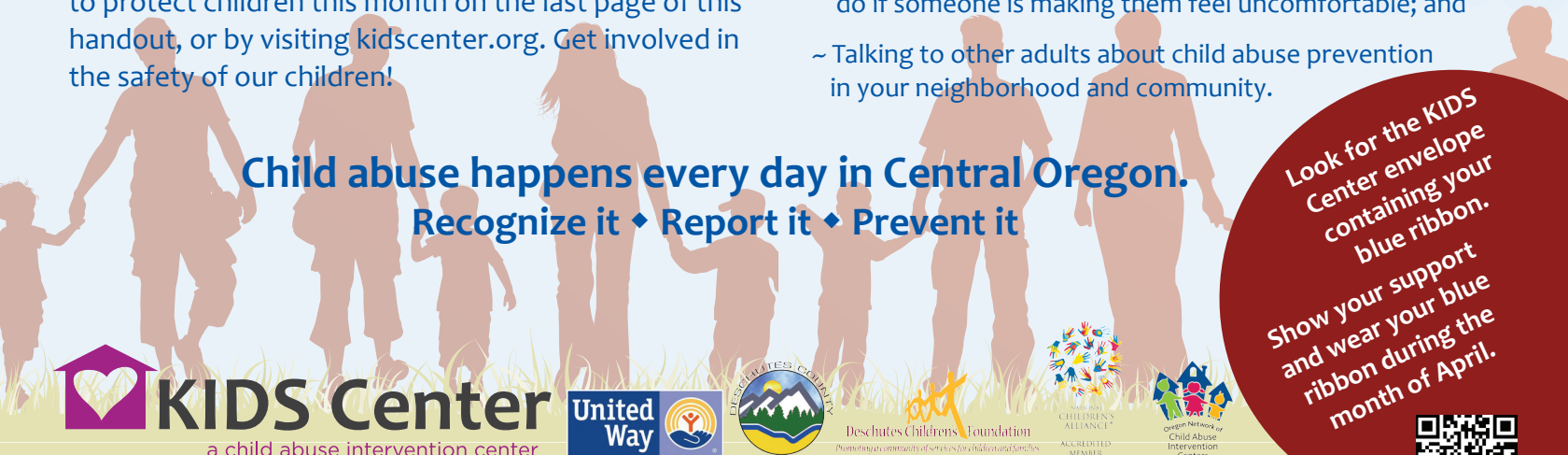
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As part of our 2015 Blue Ribbon Campaign, we are asking you to “Speak Up and Save a Child.” It is a call for the adult community to take an active role in protecting the children of Central Oregon. By simply taking a child abuse prevention training, you raise awareness of child abuse in our community and create a safer environment for all children.

Society as a whole has been too silent about child abuse for too long! You can “Speak Up and Save a Child” by:

- ~ Reporting abuse to authorities when you suspect a child is at risk;
- ~ Talking to children about their bodies and what they can do if someone is making them feel uncomfortable; and
- ~ Talking to other adults about child abuse prevention in your neighborhood and community.

Child abuse happens every day in Central Oregon.
Recognize it ♦ Report it ♦ Prevent it



KIDS Center
a child abuse intervention center



Deschutes Children's Foundation
Promoting a community of services for children and families



Look for the KIDS
Center envelope
containing your
blue ribbon.
Show your support
and wear your blue
ribbon during the
month of April.



Preventing Child Abuse Through Strong Families

Protective Factors and what it means

What you can do with your family

Nurturing and Attachment

- * When families show how much they love each other.

- * Take time at the end of each day to connect with your children with hugs.
- * Listen and talk to each other about how the day went.
- * Engage children while completing everyday tasks (driving and meal time).

Knowledge of Parenting and Child Development

- * Parenting is part natural and part learned. It is helpful to learn new things about raising children and what they are capable of at different ages.

- * Take a parenting class through frconline.org.
- * Ask parenting questions to your family doctor, child's teacher or family and friends.
- * Take *Let's Talk About It* at KIDS Center.

Parental Resilience

- * Having the courage and ability to bounce back from challenging situations.

- * Take quiet time to re-energize (take a bath, sing, play).
- * Exercise.
- * Share your feelings with someone you trust (friend, family or therapist).

Concrete Supports for Parents

- * Families are able to meet day to day needs such as housing, food, health care, education.

- * Make a list of people or places to call for support.
- * Visit Family Resource website: <http://tinyurl.com/myw7r9k>
- * Dial "2-1-1" to find out about organizations in your community.

Social and Emotional Competence of Children

- * Children know they are loved, feel they belong, and are able to get along with others.

- * Provide regular routines and be consistent.
- * Talk to kids about how important feelings are.
- * Teach and encourage children to problem solve in age appropriate ways.

Social Connections

- * Having friends, family and neighbors who help out and provide emotional support.

- * Participate in neighborhood activities (potluck dinners, block parties).
- * Join a play group of parents with kids of similar ages.

Adapted from 2014 Making Meaningful Connections Prevention Resource Guide - childwelfare.org

Recognize and Report the Signs of Child Abuse

What is Child Abuse? Child abuse is divided into four main types - physical abuse, neglect, sexual abuse and emotional abuse. The types of abuse are often found in combinations rather than individually. Any child, at any age, may experience any type of child abuse.

Signs of Child Abuse

Some, but not all, children who have experienced abuse may exhibit physical or behavioral signs. You can protect the children of Central Oregon by knowing these potential signs of abuse:

- Nervousness or fear around adults or a particular adult
- Unexplained burns, cuts, bruises or marks
- Inappropriate knowledge of sexual acts
- Extreme hunger or eating disorder
- Nightmares or bed wetting
- Apparent lack of supervision
- Aggressiveness or withdrawal
- Not wanting to go home





Since few children come forward to report abuse, make it your responsibility to recognize these signs and report any suspicions or disclosures of abuse. You may be a child's only hope; please don't ignore your instincts! We know it takes courage to confront child abuse and make a report. You don't have to know for certain if abuse is happening or have all the answers to report a suspicion of abuse.

IF YOU SUSPECT THAT A CHILD IS BEING ABUSED, CALL AND TALK TO TRAINED PROFESSIONALS AT 911 OR 541-548-9499.

Anyone who makes a good faith report based on reasonable grounds is protected by the law.

30 Ways to Strengthen Families During National Child Abuse Prevention Month.

Protective Factors to keep kids safe from Abuse!	Nurturing and Attachment	Knowledge of Parenting and Child Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Stop by local Central Oregon Businesses to receive your blue ribbon!</p> 			<p>1 Set goals for yourself and list the steps you will need to take to accomplish them.</p>	<p>2 Talk to friends about organizing a babysitting co-op.</p>	<p>3 Internet Safety Training 10am-12pm.</p>	<p>4 Make a play date with friends who have children the same age as yours.</p>
<p>5 Hang blue ribbons with your child around your home.</p>	<p>6 Have a family game night! Even young children can play board games on an adult's "team."</p>	<p>7 Darkness to Light Training 12:30- 3pm.</p>	<p>8 Make time to do something you enjoy!</p>	<p>9 Find out what classes your library offers. Sign up for one that interests you!</p>	<p>10 "Catch" your children being good and praise them often.</p>	<p>11 Have coffee with a friend or hang out at the park.</p>
<p>12 Host a potluck dinner with neighborhood families to swap parenting stories.</p>	<p>13 Darkness to Light Training 5:30-8pm.</p>	<p>14 Reflect on the parenting you received as a child and how that impacts how you parent today.</p>	<p>15 Tell a trusted friend when you feel stressed, overwhelmed or sad.</p>	<p>16 Ask your child's school principal or PTA to host a community resource night.</p>	<p>17 Establish a daily routine so your child knows what to expect.</p>	<p>18 Start a parent-child walking or biking group with neighbors.</p>
<p>19 Talk to your children about the correct names for their body parts.</p>	<p>20 Create some arts and crafts with your child.</p> <p>Public & Permanent Training! See the next page for details.</p>	<p>21 Sign up for a local parenting education class at fronline.org.</p>	<p>22 Treat yourself to a spa day at home. Paint your nails or take a bubble bath.</p>	<p>23 Learn about community resources for families.</p> <p>fronline.org</p>	<p>24 Teach your child who they can go to if someone touches them in an uncomfortable way.</p>	<p>25 Introduce yourself to another parent in your child's class and plan to have dinner together.</p>
<p>26 Hold, cuddle, and hug your children often.</p>	<p>27 Ask your child who is important to them.</p>	<p>28 Spend time observing what your child can and cannot do. Discuss any concerns with your child's teacher.</p>	<p>29 Internet Safety Training 6-8pm.</p>	<p>30 Let's Talk About It Training 6-8pm.</p>	 <p>Adapted from Making Meaningful Connections - 2014 Prevention Resource Guide.</p>	



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Sign Up Today for a Training to Learn How to Prevent Child Abuse!

Public and Permanent: Prevent Sexting, Cyber Bullying and Beyond!



Do you want to learn how to **PREVENT** digital issues like sexting, cyber bullying, irresponsible use of apps and poor social media behaviors from happening to your family?

The multi-award-winning program, Public and Permanent™, is coming to Central Oregon! Attendees will receive a greater awareness of negative, irresponsible and malicious digital behaviors and learn how to reduce the risk of becoming a victim of a cyber-crime, cyber bullying and digital exploration.

Monday, April 20

Redmond High School
675 SW Rimrock Way
Redmond, OR 97756

Tuesday, April 21

Bend High School
230 NE 6th St.
Bend, OR 97701

Doors open at 5:30pm,

Program runs 6-8pm

\$5 per adult and children are free! All proceeds benefit KIDS Center. Appropriate for ages 12 and up.

Sponsored by :



5th Annual Prevention Partners of the Year

KIDS Center is excited to honor three community partners for their outstanding commitment to preventing child abuse in Central Oregon. Through the training of staff, volunteers and students, each of these groups have dedicated valuable resources and time to educate their agencies on how to better protect children.

The following organizations will be recognized at KIDS Center's annual Healing Hearts Luncheon on April 1, 2015: **Camp Tamarack, Central Oregon Council on Aging: Foster Grandparents Program, and New Leaf Academy!** Congratulations for your outstanding work in preventing child abuse!

New and Improved! Darkness to Light: Stewards of Children

This newly revised, interactive training program provides participants with 5 steps to better protect children from sexual abuse. Adults receive tools for recognizing the signs of sexual abuse, responding to suspicions of abuse, minimizing opportunities for abuse in organizations and in our community. **It is recommended that this training be taken every three years.**

Bend (KIDS Center)

Tuesday, April 7, 12:30-3pm

Monday, April 13, 5:30-8pm



Internet Safety Training

KIDS Center offers a training to help parents and caregivers become aware of the dangers that exist for children online. Participants learn tips on how to talk to children about using the Internet safely and steps families can take to better protect their children online.

Bend (KIDS Center)

Friday, April 3, 10am-12pm

Wednesday, April 29, 5:30-7:30pm

Sponsored by :



Let's Talk About It

During this training, participants learn what is developmentally appropriate sexual behavior in children 2 - 7 years old. Adults learn how to start the conversation about sexual abuse, body safety, and how to appropriately respond to sexual behaviors in children.

Bend (KIDS Center)

Thursday, April 30, 6-8pm



**To register for these events, visit
kidscenter.org or call 541-306-6062.**

Thank you to our generous sponsors:



The Bulletin



A heartfelt thank you to our community partners and volunteers who work towards preventing child abuse in Central Oregon.



2015 BLUE RIBBON Campaign to Prevent Child Abuse in Crook County

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Preventing Child Abuse in Crook County



Prineville's NEW Office!

422 NW Beaver St., Prineville
KIDS Center has a new office in Prineville, located in The Family Resource Center. Stop by or call for more information 541-350-8772.

Go Blue Day!

April 9, 2015
Thursday, April 9th has been designated as "go blue day" in Crook County! Please join us to rally around child abuse prevention efforts and wear blue to show your support!

Free Movie Event

April 11, 10:30am
The Pine Theater
216 N Main St., Prineville
Children and their caregivers are invited to this free movie event hosted by For the Children: Crook County's child abuse prevention team. Attendees will receive information on local child abuse prevention resources and tools. Please call 541-447-3260 for more information.

Pinwheel Garden

The pinwheel symbolizes happiness and hope, which every child deserves. Pinwheel Gardens, located in the City/County Plaza and in front of the Prineville Police Department, represent our focus on community activities that support families and public policies that prevent child abuse and neglect. To create a visual sign of your support, businesses or individuals who are interested in creating a pinwheel garden of their own can call 541-447-3260 to place your order. Cost is \$1 per pinwheel. Your support allows For the Children to provide parent resources, organizational trainings and community activities in support of health and safety for our children throughout the year.



Crook County's 3rd Annual Healing Hearts Breakfast

April 9, 7-8am

Meadow Lakes Golf Course
300 SW Meadow Lakes Dr., Prineville

This breakfast is free of charge, however guests will be asked to make a donation in ANY amount that is meaningful to them. This is a wonderful opportunity to raise much needed funds to help children in Crook County while joining KIDS Center in the prevention, evaluation and treatment of child abuse. Reservations required. Call 541-306-6063.

Sponsored by:



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<p>5 Hang blue ribbons with your child around your home.</p>	<p>6 Have a family game night! Even young children can play board games on an adult's "team."</p>	<p>7 Borrow a book from the library about the stages of child development.</p>	<p>8 Make time to do something you enjoy!</p>	<p>9 Crook County Healing Hearts Breakfast 7-8am Go Blue Day!</p>	<p>10 "Catch" your children being good and praise them often.</p>	<p>11 FREE Movie Event at the Pine Theater. 10:30am</p>
<p>12 Host a potluck dinner with neighborhood families to swap parenting stories.</p>	<p>13 Tell a trusted friend when you feel stressed, overwhelmed or sad.</p>	<p>14 Reflect on the parenting you received as a child and how that impacts how you parent today.</p>	<p>15 Darkness to Light Training 5:30-8pm</p>	<p>16 Ask your child's school principal or PTA to host a community resource night.</p>	<p>17 Establish a daily routine so your child knows what to expect.</p>	<p>18 Start a parent-child walking or biking group with neighbors.</p>
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Monday, April 20

Redmond High School
675 SW Rimrock Way
Redmond, OR 97756

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Bend High School
230 NE 6th St.
Bend, OR 97701

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Program runs 6-8pm

\$5 per adult and children are free! All proceeds benefit KIDS Center. Appropriate for ages 12 and up.

Sponsored by :



New and Improved! Darkness to Light: Stewards of Children

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Prineville (Family Resource Center)

Wednesday, April 15, 5:30-8pm

Let's Talk About It

During this training, participants learn what is developmentally appropriate sexual behavior in children 2 - 7 years old. Adults learn how to start the conversation about sexual abuse, body safety, and how to appropriately respond to sexual behaviors in children.

Prineville (Head Start Building)

Monday, May 11, 5:30-7:30pm



To register for these events, visit
kidscenter.org or call 541-306-6062.

Lutheran Community Services Northwest Support Group

KIDS Center is collaborating with Lutheran Community Services Northwest (LCSNW) to offer a new support group for non-offending parents and caregivers of children who are victims of sexual abuse. The first group starts on **April 28, 2015**.

Please call LCSNW Child Team Manager, Sharon Bitz or leave a confidential voicemail at **541-323-5349** for more information or to sign up.

We look forward to helping families navigate this challenging issue.

Crook County Prevention Partner of the Year

Crook County's Prevention Partner of the Year is awarded to Lutheran Community Services Northwest (LCSNW) for their continued support and implementation of the *Darkness to Light: Stewards of Children* program including their Men's and Women's Alcohol and Drug rehabilitation groups and Batterer's Intervention groups.

KIDS Center and LCSNW partnered to develop a non-offending parent support group for parents of children who have experienced sexual abuse. LCSNW continues to work with KIDS Center in accepting therapeutic referrals for children and their caregivers to help process trauma and to support their journey of healing. Congratulations for your outstanding work in preventing child abuse!

**Thank you to
our generous
sponsors:**



A heartfelt thank you to our community partners and volunteers who work towards preventing child abuse in Central Oregon.

★ ★ ★ **FREE** ★ ★ ★

Family Fun Day

10 a.m. to 2 p.m.



and Run for the Kids

Registration 8:15 a.m. • Run/Walk 9:30 a.m. • 5K 8:45 a.m.

Run starts at the National Guard Armory

Saturday, April 18th

FREE Shuttle and Parking at Newmark Center and the National Guard Armory



**KIDS' HOPE CENTER INVITES
YOU TO JOIN US FOR A FREE
DAY OF FUN THAT INCLUDES**

1 mile & 5k run/walk

BBQ LUNCH provided by NW Natural

Music by KDock Radio, Cake Walk, and FREE Fishing for Children 13 and Under.*

Location: John Topits Park—Empire Lakes, Coos Bay

Call (541) 266-8806 for more information and to pre-register for the Run for the Kids.

BROUGHT TO YOU BY:

Bay Area Hospital
BNT Promotional Products
City of North Bend
Confederated Tribes of Coos, Lower
Umpqua and Siuslaw Indians
Coos Bay Lions Club
Coos Foundation
Coquille Indian Tribe
Day Ship Supply
Jump for Fun Inflatables
KDOCK Radio

Lanphier Associates
North Bend Medical Center
NW Health Foundation
NW Natural Gas
Oregon Coast Culinary Institute
Oregon Department of Fish & Wildlife
The Mill Casino
The World
Umpqua Bank
Walmart Foundation



Kids' Hope Center

Healing • Outreach • Prevention • Education

(Formerly: Child Abuse Intervention Center)

and

Coos County Multi-Disciplinary Team

*Fishing license is required if your child is over 13 years of age.



2015 BLUE RIBBON Campaign to Prevent Child Abuse in Jefferson County

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As part of our 2015 Blue Ribbon Campaign, we are asking you to “Speak Up and Save a Child.” It is a call for the adult community to take an active role in protecting the children of Jefferson County. By simply taking a child abuse prevention training, you raise awareness of child abuse in our community and create a safer environment for all children.

Society as a whole has been too silent about child abuse for too long! You can “Speak Up and Save a Child” by:

- ~ Reporting abuse to authorities when you suspect a child is at risk;
- ~ Talking to children about their bodies and what they can do if someone is making them feel uncomfortable; and
- ~ Talking to other adults about child abuse prevention in your neighborhood and community.

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\$5 per adult and children are free! All proceeds benefit KIDS Center. Appropriate for ages 12 and up.

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Madras (Jefferson County Health Dept.)

Wednesday, April 8, 5-7:30pm (Spanish)

Wednesday, April 15, 1:30-4:30pm

Tuesday, April 28, 5-7:30pm



Let's Talk About It

During this training, participants learn what is developmentally appropriate sexual behavior in children 2 - 7 years old. Adults learn how to start the conversation about sexual abuse, body safety, and how to appropriately respond to sexual behaviors in children.

Madras (Jefferson County Health Dept.)

Tuesday, April 14, 5-7pm



To register for these events, visit kidscenter.org or call 541-306-6062.

Jefferson County Prevention Partner of the Year: Saving Grace

KIDS Center is honoring Saving Grace, Jefferson County's domestic violence and sexual assault service center, as this year's Prevention Partner of the Year. Saving Grace's outstanding commitment to protecting children and raising child abuse awareness is to be commended. Saving Grace is highly regarded for their services to professionals and community members.

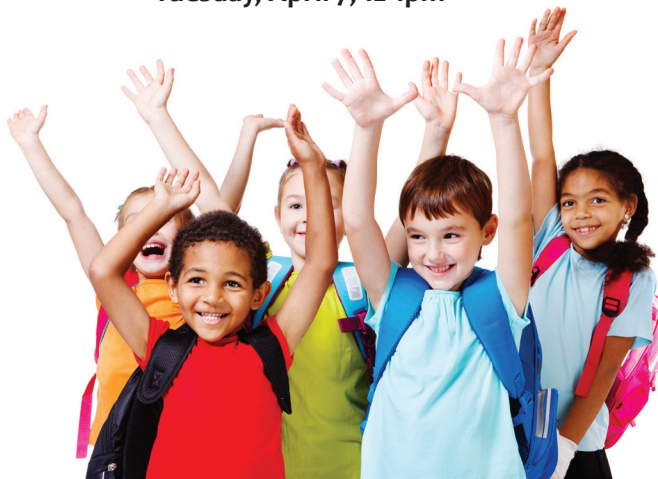
KIDS Center began providing *Darkness to Light: Stewards of Children* in 2005. From the beginning, a member of Saving Grace and Jefferson County Parole and Probation have partnered together to facilitate countless Stewards of Children trainings in this community. We can attribute a large portion of the over 750 people trained in Jefferson County to this ongoing partnership. Congratulations!

Hands Across the Courthouse

Please join us in recognizing both Child Abuse Prevention and Sexual Assault Awareness month. The courthouse is surrounded by our community holding hands and displaying teal and blue ribbons supporting each cause. Proclamations for both awareness campaigns are read by community leaders and a light lunch is served.

Jefferson County Courthouse

Tuesday, April 7, 12-1pm



Thank you to our generous sponsors:



A heartfelt thank you to our community partners and volunteers who work towards preventing child abuse in Central Oregon.