



All Because of Children

September 2015

ABC House - A Child Abuse Intervention Center serving Benton and Linn Counties

Back to School: Are You Ready?



It's that time of year again; back to school commercials are airing non-stop, parents are scrambling to buy school supplies, and kids are groaning about the upcoming academic year. **While kids and parents alike are busy equipping themselves with everything they need—there is one major item they may have missed on the list: child abuse education.**

1. The Problem:

Child abuse and neglect are likely the most prevalent health problem children face, with the most serious array of consequences. In fact, 1 in 8 children will experience abuse before their 18th birthday.

This means that whether you work with youth, are a parent, or are simply a member of a community, it is highly likely that someone you know and care for has experienced, or is currently experiencing, abuse and neglect. It can happen whether you are prepared to deal with it or not - unless you stop it from happening. And the good news is, it can be stopped.



Stewards of Children is a 2-hour training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse.



Training dates to choose from:*

Tuesday, October 6 5:30 pm – 8:00 pm
Monday, November 16 5:30 pm – 8:00 pm

*Please pre-register by visiting www.abchouse.org

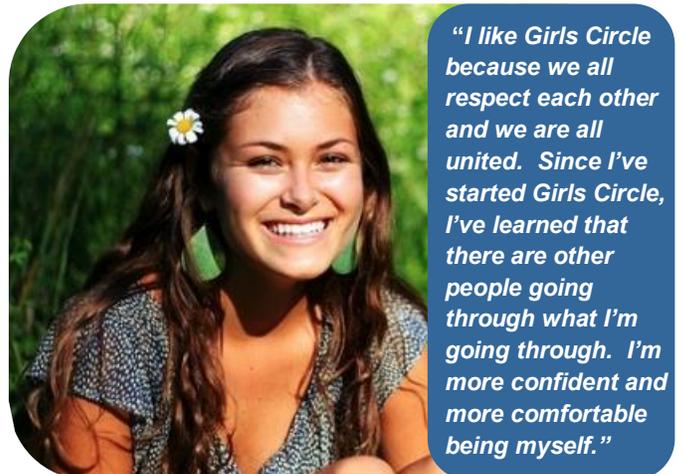
ABC House can also provide a *Stewards of Children* training exclusively to your organization or community group. Contact Maria at educator@abchouse.org for details.

2. The Solution:

It all begins with education. Although adults must ultimately carry the responsibility of preventing child abuse and neglect, youth are also an important target audience for prevention education. ABC House offers the following Community Education programs to youth and adults in order to increase awareness and end abuse:

- ABC House empowers adults to stand up for youth and take on the role of a trusted grownup by offering three **trainings to adults** in Benton & Linn Counties: Darkness to Light: *Stewards of Children*; Mandatory Reporting; and Technology Safety. These trainings equip adults with the tools needed to recognize, react responsibly, report, and prevent child abuse.
- ABC House provides **school presentations** that teach middle and high school students what they can do if a friend discloses abuse to them. These presentations also highlight relevant topics, such as technology safety and healthy relationships in an age-appropriate, engaging, and interactive format.
- ABC House also offers **Girls Circle peer support** group for teenage girls who are identified as at-risk of abuse by professionals in the community. This group increases participants' self-esteem and resilience by blending together facilitated discussion, stress management skill-building, and creative activity in a safe, supportive atmosphere.

Thank You For Helping!



"I like Girls Circle because we all respect each other and we are all united. Since I've started Girls Circle, I've learned that there are other people going through what I'm going through. I'm more confident and more comfortable being myself."



Fall is almost here, and the **Runaway Pumpkin Half Marathon** is right around the corner! You don't have to be a runner or walker to participate in this great event. Here are some other ways you can help support the children seen at ABC House:

★Sign up to be a **Virtual Runner!** That's right, for a \$47 registration fee, you can sit in the comfort of your own home and still get a cool Runaway Pumpkin Half Marathon tech shirt and goodie bag! Why not form a Virtual Runner team with your friends?

★Want to be part of the excitement but just aren't ready to run 13.1 miles yet? Come on out to Cheadle Lake Park and cheer on the runners along the course or at the finish line! **Form a cheer team!** (We know if we were running, we'd want as much encouragement possible!)

★**Buy a hoodie!** Fall days in Oregon can get a little chilly. What better way to stay warm than with a Runaway Pumpkin Half Marathon hoodie? For more info, visit the registration website.

★**Volunteer!** We would love your help! All volunteer information can be found by going to the registration website by clicking 'Register Now.'

Are you planning on running or walking? Don't forget to sign up by October 11th!

Saturday, October 17th

at Cheadle Lake Park
Lebanon.

Look for details at
www.runawaypumpkinhalf.org
and follow us on Facebook at
www.facebook.com/runawaypumpkinhalf



Dear Dr. Carissa: What Safety Tips Should I Teach My Kids?

Whether heading off to school for the first time or off to college, now is a good time to review some safety tips with your child. The old teaching used to be: stay away from strangers. Today, although it is wise to teach children to be cautious around strangers, it is very important to teach them about the dangers that could be posed by people they know.

Approximately 80% of sexual assaults on children are perpetrated by someone the child knows. For college students, approximately 1 in 5 young women and 1 in 16 young men are targets of attempted or completed sexual assault (DOJ 2012). The people who sexually abuse children and young adults can be family members (such as fathers, mothers, stepparents, grandparents, siblings, uncles, aunts, cousins, etc.), neighbors, babysitters, religious leaders, teachers, coaches, or anyone else who has close contact with children and young adults.

It is very important to maintain an open dialogue with your children about their bodies and the safety of their bodies. When children are comfortable talking to an adult, they are more willing to share information and you as a parent, grandparent, friend or guardian can help keep them safe.*

Dr. Carissa is a staff pediatrician at ABC House

**list of recommended books on this topic found on pg. 6*



Talking To Kids About Bullying

The beginning of a new school year can be very stressful for some children. Figuring out schedules, locker combinations and getting to the right class on time can pale in comparison to the anxiety youth can feel about how they treat, and sometimes terrorize, each other through bullying.

Bullying is a broad term. While it usually calls up the image of a much bigger child being physically aggressive towards a smaller one ("Hello, McFly?!"), it can also include indirect behaviors, such as exclusion, threats and spreading rumors. With the increase in technology use among youth and teens, cyberbullying takes intimidation to new level.

An action is considered bullying when: (1) one person has more power than the other and (2) the less powerful person gets hurt mentally, emotionally or physically.



A great resource for you and your child is ***Bullying: Deal with it Before Push Comes to Shove***, by Elaine Slavens. Written and illustrated in a comic book style that upper elementary/middle school kids can relate to and enjoy, this book explains what bullying can look like and ways to handle it.

-ABC House Counselors

Do you think your child is being bullied? Is your child, who has always loved little league or dance class, now suddenly reluctant to participate? Here are some ways to handle the conversation:

- **Start by listening.** If your child is talking to you about being bullied, listen to what they tell you. This will help guide you in your next steps with your child.
- **Check in** to see whether your child believes what the bully is saying about them. One thing that is always in your child's power is what to believe.
- **Ask** if your child wishes to handle the situation alone or would like help. If they want to handle it on their own, ask to hear about one or two actions they intend to take, such as ignoring it, telling the bully to stop or walking away. If they have already been handling it alone, ask what they have done so far and whether they think their efforts are working. You can also team up with them to brainstorm other ways of dealing with the bullying as needed.
- If your child does not have an action plan or is asking for your help, you might **choose to step in**. Remind your child that no one has to face bullying on their own. Reassure them by explaining the steps that you will take, such as talking to teachers, school administrator or parents.
- Finally, **praise** your child for having the courage to speak up and not allowing the bully operate in secrecy.

Director's Corner



September always feels like a time of new beginnings, doesn't it? Even though the summer is ending, forcing us to say a fond farewell to lazier days, ice cream and trips to the coast, autumn always energizes me and motivates me to begin learning something new. It's hard not to be inspired when every morning I see kids trooping off to school in their new backpacks and school shoes, both nervous and excited to take on the new year.

Learning is on our minds a lot at ABC House. The issue of child abuse and neglect is still largely a taboo subject in our community. Despite our understanding of the terrible impact that abuse has on our children, many adults still find the subject difficult to talk about. The irony is that talking about abuse and getting educated on how to recognize and prevent it is the silver bullet for eliminating it.

This month's newsletter highlights several ways that our community—both adults and youth—can learn how to help keep kids healthier and safer. Suggested resources include not only structured educational trainings and reading material, but also candid conversations with our children about their bodies. I continue to believe that the most important teaching starts in home; these are not always easy discussions but they often carry the most weight.

With beginnings often comes endings as well. Last month, ABC House said goodbye to a grand lady—our longtime friend, supporter and quilter, Helen Crossley, who passed away on August 3. Helen was the epitome of the philosophy that you're never too old to learn something new or to make a difference in the world. She was bright, curious and compassionate every day of her life and remains an inspiration to all of us who had the privilege to know her.

Thank you all for your continued support and commitment to children—we appreciate you!

A handwritten signature in cursive script, likely belonging to Esther Friedman.

ABC House Myth Busters!

By Esther Friedman, ABC House Interviewer

MYTH: Shielding our kids from sexual knowledge protects them

As the school year begins, one question many parents will face is whether to allow their children to participate in – or to provide them with – sex education. Many of us dread having “the talk” ourselves or hesitate to let our children participate in school-based education because we are afraid that knowledge will somehow harm our children by encouraging them to behave in a sexual manner, or making them more vulnerable. In fact, providing our children with age-appropriate and accurate information is helpful and protective.

First, it helps prevent teens from engaging in unprotected sex, which can lead to sexually transmitted infections or pregnancy. A 2008 World Health Organization literature review concluded that there is “no support for the contention that sex education encourages experimentation or increased activity. If any effect is observed, almost without exception, it is in the direction of postponed initiation of sexual intercourse and/or effective use of contraceptives.”

In addition, while sex education does not increase natural curiosity about sexuality, it can alter or challenge some of the misinformation rampant in popular media watched by many teens and preteens. This is particularly important to counteract the acceptance and misunderstanding many teens have about violence and sexual assault.

Lastly, for younger children, allowing them access to correct vocabulary and information about safety and boundaries helps increase their ability to recognize and report accurately about inappropriate behavior. Children learning about their bodies provides opportunities for parents to follow up with discussion about values, expectations, and family rules. It also allows children to be prepared and confident, rather than embarrassed or frightened, as their bodies develop. Appropriate sexual education provided by adults also protects children and teens from misinformation shared among their peers. Even for parents certain that their child will not become sexually active, exposing their children to accurate information allows them to then correct and help protect their peers.

In contrast, avoiding the topic and refusing to allow children to be provided with age-appropriate accurate information teaches them that the topic is taboo and hidden, that adults are not resources when they have questions, and possibly even that their bodies are bad. Showing our children that they can talk to us about this topic and creating an emerging and growing dialogue, even if we are not completely comfortable with the topic, makes them safer and stronger.



In Memory of Helen Crossley



Last month, ABC House lost one of its angels. Helen Crossley was a devoted volunteer quilter, who created and donated over 2,000 handmade quilts for children receiving care and healing at ABC House. Every month, Helen would arrive with ten or twelve quilts to show us, each one cozier and more beautiful than the one before. She had an uncanny knack of knowing what patterns and styles appealed to children of all ages and always asked what types of quilts we needed most. Even despite various health setbacks and the occasional hint about slowing down a little, Helen always arrived the following month loaded down with quilts and apologizing that there were not more of them.

We hope that Helen truly saw the impact of her hard work and dedication. Over 2,000 children, many of whom had experienced nightmares that most of us cannot imagine, wrapped themselves up in the warmth and comfort of Helen's quilts. It was as if each of them walked out our door with a huge hug that traveled with them.

Helen was more than a volunteer; she was a friend. She was intelligent, dedicated and caring. She also had sass and a great sense of humor, and could tell a terrific story. We are thankful to have known such a wonderful woman and to have been able to call her a friend. Helen will be greatly missed.



Donations ABC House received in memory of Helen:

Lynnette Smith
 Bridget Montgomery
 Roger and Carolyn Riefler
 Jerold and Linda Smithers
 Margaret Larson
 Lucille Pengra
 Robert and Shirley Bilyeu
 Lee and Kay Rockwell
 Douglas and Jane Zatechka
 Edward and Barbara Henze
 Deanna Sincovec
 Leona Schrock

Caring Community Highlights

Samaritan Health Services - Corvallis and Lebanon Hospitals

Thank you for the grant towards medical assessment services. It is appreciated!



Samaritan Albany General Hospital

We are so thankful for the grant to be used for our counseling program!



City of Millersburg



Thank you for presenting us with a grant for assessment services!

City of Philomath

We are so grateful for the grant for assessment services. Thank you!



MDU Resources Foundation - Knife River Corporation

We are very pleased to receive a grant to be used for our child abuse assessment program.



Wells Fargo Foundation

We appreciate the grant to be used for assessment services! Thank you!



Consumers Power Charitable Trust

Thank you for funding snacks and drinks for the kids while at ABC House!



Ralph Hull Foundation

Thank you for the grant to help fund our assessment program. You are appreciated!





Board of Directors

Jennifer Stanaway, President
Citizens Bank

Gordon Vogt, Vice President
Gordon Vogt & Associates

Becca Johnson, Secretary
Six Point Plumbing & Concept Systems

Jerry Drum, Treasurer
Albany Police Department

Chris Giggy
Gerding Builders, LLC

Andrea Hampf
AK Carpet & More, Inc

Mitchell Herzog
ATI Metals

David Peterson
Benton County Sheriff's Office

Debbi Richards
Albany Parks and Recreation

Barbara Stellmacher
Stellmacher Farm

Amy Vandetta
Udell Engineering & Land Surveying, LLC

Sheila Wheeler
Coastal Farm & Ranch

Jason Yutzie
Performance Health Technologies

Executive Director
Jennifer Gilmore-Robinson

Medical Director
Carol L. Chervenak, MD

Development Director
Lynn Youngs

The following is a list of recommended books to read with your child to maintain an open dialogue about their bodies. Many of these books can be found at your local library.

Ages 4-8:

- **No trespassing: this is my body**, by P. Fitzgerald.
- **Bobby and Mande's good touch bad touch** by R. Kahn and C. Hardie.
- **I said no: a kid-to-kid guide to keeping private parts private** by Z. King, K. King and S. Rama.
- **Some parts are not for sharing** by J.K.Federico.
- **My body belongs to me** by J. Starishevsky and S. Muller.
- **Those are my private parts** by D. Hansen and C. Hansen.
- **A Very Touching Book...for Little People and for Big People** by Jan Hindman.

Ages 8-12:

- **Safe hands: keeping safe - ages 8-12** by S. Brown.
- **My Body Is Private** by L. Walvoord Girard.

Ages 12-16:

- **Safe hands: keeping safe: ages 12-16** by S. Brown.



Quilters Corner

Special thanks to these generous quilters:

Avon Mumm
Southside Church of Christ
Helen Crossley
Evelyn Mishler



Make a secure online donation today



www.abchouse.org