

Every adult in a child's life is responsible for preventing child abuse.

This is the first issue of the CARES Northwest prevention newsletter!

We will provide bite-sized knowledge for anyone interested in learning more about preventing child abuse and growing healthy, safe kids.

May 2024 Issue Topics: Preparing for Summer & What to Ask Your Childcare | Material on Playdates, Body Parts, Kid-friendly Videos, and More! | Happening Locally: Impact NW Communities for Safe Kids | Recap of April Events | Safe Firearm Storage

Seasonal Topic: *Preparing for Summer with Your Kids*

Oregon summer days are near, which means most families are weaving together plans for their kids once school is out. Whether you are searching for a nanny, occasional sitter, or day camps, check out these tips!

One tip we want to focus on is listening to your child's **boundaries** and communicating your child's boundaries to other adults.

We encourage parents to practice talking about **consent and boundaries with their kids early**, and *with* their childcare providers. Consider the below examples and how they may apply to you:

- "Sarah and I have made an agreement that I will ask her for permission before I apply sunscreen on her back (agreeing that she does need sunscreen). Will you please practice asking for permission and communicating when you may need to touch her body during examples such as this"
- "TJ has shown us recently that he can change his clothes on his own now. So, we are now practicing shutting the door so he can do this in private".
- End of day check-ins with your kids, including asking how they felt around their camp leader or if they need help telling the camp staff about something.



Are relatives or neighbors watching your kids? Be sure to chat about all these points with them, as well!

It is important to ensure that all adults involved in your childcare are committed to the physical and emotional safety of your kids.

The Mama Bear Effect has compiled a checklist to use when considering providers, in addition to questions to ask about your summer camp programs.



[View the Mama Bear Effect's Safety Checklist!](#)

NEW CARES Northwest Learning Material for Families

Check out content on the following topics:

- **Being a Responsible and Trusted Adult for Youth** ([English Video](#) or [Handout](#))
- **Discussing Safety with Kids for Playdates and Hangouts** ([English Video](#) or [Handout](#))
- **Talking with Your Child About Sexually Explicit Media** ([English Video](#) or [Spanish Video](#))
- **Talking to Kids about Private Part Safety** ([English Video](#) or [Spanish Video](#))



[Click to View Kid-Friendly Playlists on YouTube!](#)

Local Spotlight: *Impact Northwest's Communities for Safe Kids*



We asked [Impact Northwest](#), a local non-profit in Multnomah County, a few questions about their Communities for Safe Kids Program, and what strategy they use to prevent abuse. We loved their responses!

What is a prevention strategy that your program uses?

Through workshops that are presented to each grade level we focus on a safe, welcoming and equitable learning environment. We accomplish this through our workshop presentations and by using mindfulness tools and social and emotional learning practices.

How do you reach kids? By delivering our messages through our puppets and the presentations that we provide for the kiddos. While the kids know that we are standing behind the puppets with our voices and puppet movement, the kids are listening to the message. They are retaining and demonstrating the message.

What is the message or education you are wanting kids to take away from this? Our message is simple! Every child deserves to be safe in the environment that they are in. Learning how and why we should respect one another and our cultures and that who you are and are becoming is valuable.

Spring Recap: *Did you spot any pinwheels around town?*

Children's Advocacy Centers across Oregon believe that teaching the community how to prevent violence from ever happening, starting at an early age in kids, proves to be extremely impactful. We want families to have access to practical, tangible ways to talk to their kids about preventing sexual violence, which is why this newsletter was launched!

The CARES Northwest prevention program also trained to various local schools on our middle school health curriculum, and trained community education workers on culturally responsive prevention practices for families!



April is nationally recognized as Child Abuse Prevention Month!

Safe Firearm Storage at Home



OHA (Oregon Health Authority) is encouraging family households to learn about safe firearm storage, as rates of suicidality tend to increase in the Spring months. Both firearm owners and non-owners, have a role to play in building awareness of safe, responsible firearm storage.

- **At-Home Wellness Activity for Families**
- **Safely Secure Firearms**

Let us know if you have resources, events, questions, or a story to tell for the next newsletter! Message us [here](#) or reply to this email!

CARES Northwest is the Children's Advocacy Center for Multnomah and Washington Counties. The prevention program provides education in the form of training, discussions, videos, and written material with a special focus on holistic violence prevention strategies with children, where we believe we can raise safe, healthy individuals and prevent sexual abuse from happening in the first place.



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