



the CENTER
for PREVENTION
of ABUSE
opening doors. changing lives.



PROTECTING OUR CHILDREN

HEART OF ILLINOIS SAFE FROM THE START

April is Child Abuse Prevention Month

Child Abuse Prevention Month has been observed each April since its first presidential proclamation in 1983. This year, our community will once again join hands to raise awareness about child abuse. I ask you to make a personal pledge to make child abuse prevention a priority all year long, but take an extra effort this April. Take a look at the ideas mentioned in this newsletter and reach out to families in need. No one can do everything... no one parent, grandparent, teacher, neighbor, social service agency, or individual, but **everyone** can do **something**. Together, we can advocate for policies and programs which support healthy families and children



Sara Dillefeld
Heart of Illinois Safe From the Start
Program Administrator



FY'11 ISSUE 2

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Statistics show that before this day is over, three children will die from abuse, one of them will be a baby less than a year old; the other two will die before they celebrate their 5th birthdays.

Cyber bullying happens when kids use any type of technology to continually hurt, threaten, or embarrass another person. Kids who are bullied on-line may feel unsafe and scared. But, there are also effects on the child who does the on-line bullying. They are more likely to drop out of school and get mixed up in violence or other crimes.

Cyber bullying is on the increase. A recent survey shows 42% of students have been bullied online and 53% admit having said something hurtful to another person online. Because of these startling facts, we ask that you take the time to talk with your child about the following tips that can help protect your child from cyber bullying and from participating in any form of cyber bullying.

Source: CFPA Prevention Department

Tips for Children

Stop – Do not respond to the person if you are being bullied online as it will only make it worse.

Block – Do not open emails or messages from someone you know bullies others.

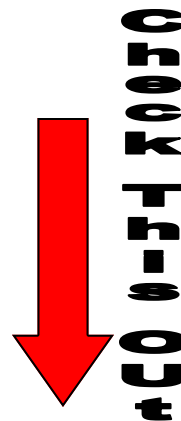
Tell – Tell an adult you trust about the cyber bullying incident. Save or print all bullying messages.

Refuse to cyber bully or let others be cyber bullied. Do not forward any inappropriate messages, posts, or pictures.

Treat people online the same way you would in person—if it's not okay to say something in person it's not okay to say it online.

Tips for Parents

- Educate yourself—know what cyber bullying is.
- Teach your child appropriate social skills for online communication.
- Remind children not to give out their personal information (address, telephone number, etc.) online without your permission.
- Set age-appropriate boundaries for use of technology and online behaviors.
- Create open and honest relationships with your children so they feel comfortable coming to you when questions or problems arise.
- Don't punish your child if she or he is the target of an online bullying incident. Cutting off your child's Internet access will not solve the problem. If your child is not upset by the incident, don't overreact. Partner with your child to come up with a solution.



The Megan Meier Foundation

www.meganmeierfoundation.org

"Bringing awareness, education and promote positive change to children, parents and educators in response to the ongoing bullying and cyber bullying in our children's daily environment."



Coffee Filter Flower Craft

You will need: coffee filter, washable markers, squirt bottle or small glass of water, and green pipecleaner

1. Flatten out a coffee filter on a plate.
2. Scribble the filter with the markers.
3. Spray water on the filter 2 or 3 times (don't over wet).
4. Let dry.
5. Cut 2 or 3 inches off your pipecleaner and set this short piece aside.
6. Poke the end of the pipecleaner through the center of the filter.
7. Roll about an inch of the pipecleaner end into a tight ball so the coffee filter won't fall off the pipecleaner.
8. Scrunch the coffee filter around the end of the pipecleaner.
9. Wrap the short pipecleaner around the filter/ pipecleaner to hold them together.
10. Optional: Fold the stem of the pipecleaner to make a leaf shape.

Spring Nest

You will need: 1 large can of chow mein noodles, 4 oz. semi-sweet chocolate chips, 2 tsp shortening, Peeps, Jellybeans

1. Melt chocolate and shortening in a glass bowl in microwave.
2. Pour in the noodles and stir until coated.
3. Drop big spoonfuls on dessert paper plates. Let kids form into "nests".
4. Add jellybeans and chicks.
5. Place in refrigerator for 30 min.



www.dltk-kids.com

COMMUNITY EVENTS

April 12th , 3pm-5pm The Susan Still Story

Bradley University Marty Theatre

Crittenton Centers: FREE Parenting Classes

March 21- April 25 and May 2nd- May 19th

Hands Around the Courthouse:

April 15th 12:00pm Peoria County Courthouse



The Center for Prevention of Abuse: April 5th...Community Child Abuse

FREE CHILDREN'S MOVIES

Willow Knolls

Saturday and Sunday 9AM and 10AM

April 2,3 Cats and Dogs April 9,10 MegaMind

April 16,17 Yogi Bear April 23,24 Legend of the Guardian

April 30 & May 1 Alpha Omega



Saturday, May 14, 2011

1:00pm—3:00pm

Central Jr. High School—new gym

601 Taylor Street

East Peoria, IL 61611

FREE kids activities, snacks and chance to win door prizes.

Activities for children preschool through grade school

For more information, contact:
Julie Donaldson, 925-5511 ext. 266



Tazewell County Child Advocacy Center

341 Buena Vista

Pekin IL 61554

Ph: 309-347-6001

Fax: 309-347-6189

Email: tazewellcac@grics.net

Web Site: www.tazewellcac.org

“The Mission of the Tazewell County Children’s Advocacy Center is to provide a coordinated approach to the investigation, treatment and prosecution of child sexual abuse and serious physical abuse cases which is sensitive to the child victim’s needs and holds offenders accountable.”

Tazewell County Children’s Advocacy Center (CAC) serves victims for child sexual abuse and serious physical abuse and their families. The agency began assisting families in 2000, and currently maintains facilities in Tazewell, Woodford and Mason counties. The CAC works with DCFS, local law enforcement, prosecutors, mental health and medical providers to provide a coordinated approach to the investigation, treatment and prosecution of these serious crimes. Families come to each child friendly facility where trained forensic interviewers talk to the children, and families are linked up to community resources. Crisis counseling is provided in Eureka and Pekin by licensed therapists at no cost to the families. Other services include case management, information on crime victim’s programs, and court advocacy. Between 250-300 children are referred annually.

In addition, the CAC provides body safety prevention programs to over 4,000 children annually in their three county service area. Prevention programs for adults are also available. The CAC is accredited by National Children’s Alliance and is a Pekin United Way agency.

HEART OF ILLINOIS

SAFE FROM THE START



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WWW.HOISAFEFROMTHESTART.ORG

**PROVIDING SUPPORT,
EDUCATION, AND COUNSELING
TO CHILDREN EXPOSED TO
VIOLENCE AGES 0-5**



DO YOU KNOW A CHILD WHO IS EXPERIENCING NEGATIVE EFFECTS FROM EXPOSURE TO VIOLENCE? REFER THEM TO OUR PROGRAM FOR FREE COUNSELING SERVICES.

CALL 686-5229 FOR MORE INFORMATION OR CHECK OUT OUR WEBSITE AT WWW.HOISAFEFROMTHESTART.ORG TO DOWNLOAD A REFERRAL FORM.

THE CONNECTION...

How Animal Abuse and Human Violence Relate

May 6, 2011, 2:00-3:00PM

The Center for Prev. of Abuse

Reserve Your Spot Today

686-5229

If you know or suspect a child is being abused or neglected, call the Illinois Department of Children and Family Services Hotline at 1.800.252.2873

