



CAPP

CHILD ABUSE PREVENTION PROGRAM NEWSLETTER

Fall 2011 Edition

CAPP Adds Sexual Harassment Prevention to Its Roster of Programs

The Child Abuse Prevention Program is pleased to announce the addition of a new program to our repertoire. The Sexual Harassment Prevention program is aimed at students in sixth through ninth grade. This sixty minute presentation covers such topics as the types of sexual harassment, the differences between flirting and harassment, how to identify unwelcome behavior and a clear-cut action plan to take if a student encounters sexual harassment at school.

According to the American Association of University Women's study on the prevalence of sexual harassment in

schools, eight out of 10 students will experience sexual harassment at some point of their school life. Students who are targeted may see a decline in academic performance, less involvement in school activities and general withdrawal from daily life. Our program uses non-threatening language paired with real life accounts to make students aware of the increasing rate of sexual harassment in schools and what they can do about it. Our goal is to empower students to create an environment of respect amongst their peers.

Students will come away from our sexual harassment prevention

presentation knowing that they have the right to decide whether or not another person's behavior makes them feel uncomfortable. They can also change their mind at any time. What they might be okay with from one friend might be unwelcome from another. They will also know that it would never be their fault if they did in fact encounter sexual harassment. To schedule your presentation or for additional information, contact Program Coordinator Jennifer Bernstein at (314) 812-9378.

Safe Touch Plus Focuses on Children with Special Needs

The Safe Touch Plus module of our CAPP curriculum is a prevention based program targeted to typically developing pre-K children and special needs youth of all ages. Utilizing clear, non-threatening language, youngsters are taught to: (1) identify their private body parts, (2) distinguish between appropriate and inappropriate touch, (3) learn and practice response skills and (4) identify trusted

adults to tell.

Our staff uses kid friendly posters, a video, puppets, movement, songs and coloring books to engage each child in the learning process. Safe Touch Plus gives children permission to say "No" to a person that touches them in a 'not okay way' on the private parts of their body. They are empowered to recognize that their body belongs to them.

Lee Bascom, a former social worker with Special School District had this to say about the Safe Touch Plus program: "The Safe Touch Plus program has provided an invaluable service to students in Special School District. A lot of times these children are overlooked, and year after year, the presenters come back and help keep this vulnerable population safe."

Contact Us

If you are interested in having of our programs presented at your school or organization or if you have general questions about the Child Abuse Prevention Program:

(314) 812-9378

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Spotlight on CAPP Staff



We would like to spotlight two dynamic staff members in this issue.

Kathleen Hawkins has been a CAPP staff member and Jewish Family & Children's Service employee since the spring of 2008. She holds two Bachelors of Science in Special Education and Elementary Education for the University of Missouri, St. Louis. Kathleen is a classroom veteran, having taught in both general and special education classrooms in rural, urban, public and private settings

throughout Missouri. The National Alliance on Mental Illness (N.A.M.I.) is lucky to have her as a long-time volunteer where she educates families dealing with mental illness. Kathleen has over forty years of involvement working with children and their families, educators, medical and psychiatric personnel as well as local and state policy makers. We are thrilled to have a team member as dedicated as Kathleen. Her compassion is endless and she always makes special connections with students, staff and parents wherever she goes.

Marquette LaKine joined our CAPP Family this past February. Ms. LaKine holds a Bachelors of General Studies in Sociology, English and Women and Gender Studies from the University of Missouri, Columbia and is currently working toward her Masters in Elementary Education with a reading emphasis from UMSL. She has a wide variety of experience working with children both as a teacher and trainer. Some of her previous work experience includes substitute teaching in the

Clayton School District, directing programs at the YMCA and leading programming at both Kingdom House and Sports4Kids. She is a compassionate, enthusiastic and intelligent leader who makes a positive contribution to the Child Abuse Prevention Program.

Our other CAPP staff members are: Program Coordinator Jennifer Bernstein, MSW, Program Specialist Mimi Kaskowitz, LCSW Program Specialist Katy Paul, B.S. Secondary Education and B.A. History and Program Specialist Zolie Prior, B.A. Elementary Education and M.A.T. in Art Therapy. We all look forward to visiting your school or organization soon!

New Study Focuses on Cyber Education

The National Cyber Security Alliance, NCSA, released its second study on "The State of K-12 Cyberethics, Cybersafety, and Cybersecurity Curriculum in the United States" this past May. The full study, which is available online, highlights that many American schools are not properly educating their students on these hot button topics. Whether it is due to the lack time or resources, teachers and administrators alike are passing the buck of cyber education to parents and guardians at an alarming rate.

Of the 1,614 educators surveyed, including 1,012 teachers, 200 technology coordinators and 402 school administrators, classroom teachers are by far the least prepared to implement cyber curriculum in the classroom. This is especially upsetting due to the fact that administrators depend on these teachers to

communicate the "do-s and don't-s" to their student body. Only 24% of teachers surveyed felt very well prepared to talk about strategies to protect personal information in online environments and an increased amount, 57%, were very well prepared to discuss cyberbullying.

An overwhelming amount of schools rely heavily on policies in student handbooks to inform students and educators about their districts' technology guidelines. Administrators also stated that they felt teachers modeling appropriate behavior also influenced student actions. The majority of responses indicated that plagiarism was the most discussed topic of cyber education at their school, 47%, and using strong passwords was another abundantly taught topic at 23%.

In summary, 97% of administrators agreed that "schools should have the curriculum throughout K-12 that prepares young people to enter the workforce as 'cyber capable' employees". How can your school achieve this goal? Our Safe Surf program offers comprehensive cyber education for grades fourth through twelfth. All age appropriate modules cover such topics as email safety, texting appropriately, gaming online, social networking, file sharing and downloading, as well as cyberbullying. Contact Program Coordinator Jennifer Bernstein at (314) 812-9378 for more information and to schedule your program today.



People are Talking About CAPP!

The 2010-2011 school year was an amazing season for the Child Abuse Prevention Program. As a team, we served 21,515 students in grades pre-K through five with our core Safe Touch programs. Wherever we went, rave reviews followed. Erin Higman, Counselor at St. Louis Charter School, shared with us that "the program is an excellent addition to the curriculum we already have in place to deal with sexual abuse. We look forward to hosting these educators each year, and truly believe that their program is hugely beneficial to our students."

Traveling around St. Louis can be quite the experience for our CAPP team, but sharing our important message of body safety and a proactive plan of what to do if a child ever encounters abuse is a labor of love. Our ability to connect and communicate with children of all ages and backgrounds is a skill we pride ourselves on. We as educators know how valuable this expertise is for our students. "It's our job as parents, adults and educators to protect and support kids in all ways. Programs like CAPP give credence to this. It teaches our kids to trust their thoughts and feelings and to know how to ask for help to keep themselves safe," said Marguerite Grandelious, recently retired Counselor at Buder Elementary in the Ritenour School District.

It is our goal to empower children to take an active role in protecting themselves. We know our program works and countless descriptions of our plan in action have been shared with us. One counselor reported her student's experience to us. A special needs girl, age five, had the Safe Touch Plus program at her school. The following weekend, a male houseguest touched her inappropriately. Even though she said "NO," he continued to touch her. Afterward, the little girl immediately told her mom that "someone touched my private parts." Since there was a bit of a language barrier with the daughter and mother, the daughter showed her mother the coloring book that we hand out to students. Her mom understood what happened and she took the daughter

to children's hospital where a Children's Division report was made. This is just one of the many examples that CAPP works.

All of our programs are offered free of charge to your school or organization and are available for children ages three through twelve in grades pre-K through six. In addition to our Safe Touch programs, we also offer an Internet safety presentation for grades four through twelve and sexual harassment prevention for grades six through nine. To schedule a presentation or for more information, contact Program Coordinator Jennifer Bernstein at (314) 812-9378.



Blogs

Short for "web log", a diary or journal published on the internet. Blogs are often used to post links to files, which may be illegal copies of music, films or other entertainment. Students also use blogs to talk about their daily life, which may contain sensitive and identifying information.

File-sharing

Allowing others, whom you may not know, to access information on your computer via the internet, including music, films and personal files.

IP Address

Short for internet protocol, a number—similar to a telephone number—used to identify the account hold of a computer at a particular point in time when it is connected to the internet.

Spyware

A malicious program installed on a computer without the user's knowledge, typically used to report information about the user and his or her activities online.

Streaming

Transmitting music, film or TV over the internet in real time so it can be played on a computer or media player but is not stored on the device.

WPA

Short for WiFi protected areas, a security setting for wireless computers and devices.

CAPP is a Program of Jewish Family & Children's Service



10950 Schuetz Road
St. Louis, MO 63146
Phone: (314) 993-1000
Fax: (314) 812-9398
www.jfcs-stl.org

CAPP Coordinator:
Jennifer Bernstein, MSW
(314) 812-9378

Who is Jewish Family & Children's Service? As a not-for-profit organization, Jewish Family & Children's Service is often considered a resource only for the disadvantaged. While it is true that we began as an agency helping the needy, today we serve all those who are in need. We provide assistance to people of all ages from all economic circumstances. Our support reaches out to individuals and families with issues ranging from serious emotional difficulties to common challenges of everyday living.

Mission: Inspired by Jewish tradition, Jewish Family & Children's Service provides quality social services to the Jewish and general communities empowering people in need to meet the challenges of daily living.



CAPP at a Glance

The Child Abuse Prevention Program (CAPP) teaches child safety, abuse recognition and abuse prevention. Children are taught in a safe and non-threatening manner designed to entertain and inform them. Videos, songs, child-friendly props and other activities are incorporated into the program. The children learn how to distinguish between appropriate and inappropriate touching, learn and practice response skills, understand tricks used by potential abusers, identify people who can help and most importantly, understand that it would NEVER be their fault.

The Child Abuse Prevention is offered **free of charge** and in the following modules:

Safe Touch Plus — age 3 and special needs children of all ages (20 minutes)

Safe Touch — for children ages 4 to 6, preschool through first grade (30 minutes)

Safe-T — for children ages 7 to 9, second and third grade (45 minutes)

Safe Teen — for children ages 10 to 12, fourth through sixth grade (45 minutes)

Safe Surf — Internet safety program available for fourth through twelfth grade (45 minutes)

Sexual Harassment Prevention — addresses unwelcome behavior and what to do if you encounter harassment available for sixth through ninth grade (60 minutes)

Parent Program — available during both day and evening hours, reviews CAP Program goals or our Internet safety curriculum with parents (60 minutes)

Staff/Teacher Training — available during both day and evening hours, covers mandated reporting practices and possible signs of abuse. Fulfills Missouri requirements for reviewing mandated reporting yearly and is a C.E.U. and clock hour eligible program. (90 minutes)

Other trainings are available upon request. Contact CAP Program Coordinator Jennifer Bernstein to schedule today: (314) 812-9378.

St. Louis Resources for Families

Child Protection Program at St. Louis Children's Hospital
One Children's Place
St. Louis, MO 63110
(800)392-3738
www.stlouischildrens.org

Children's Advocacy Services of Greater St. Louis
4443 West Pine Blvd.
St. Louis, MO 63108
(314)535-3003
www.stlouiscac.org

Court Appointed Special Advocates (CASA)
121 S. Meramec Ave. #2
St. Louis, MO 63105
(314)615-2908
www.casastlouis.org

Family Resource Center
3309 S. Kingshighway Blvd.
St. Louis, MO 63139
(314)534-9350
www.fcmo.org

St. Louis Crisis Nursery
11710 Administration Drive
Suite 18
St. Louis, MO 63146
(314)292-5770
www.crisisnurserykids.org

