

LIBERTY HOUSE PREVENTION TRAININGS



Liberty House is our local child advocacy center serving Marion and Polk counties. We offer a safe and comfortable environment for children and families facing concerns of abuse, neglect, trauma, or grief. Through our Prevention Department, we provide trainings in English and Spanish to help communities keep children safe.

TRAINING OVERVIEW

Providing awareness and tools, our trainings are designed to empower parents, caregivers, and other adults to protect children from child abuse, sexual abuse, and digital abuse. All courses are offered in English and Spanish. We use Darkness to Light as our foundational trainings for the prevention of child sexual abuse. Other trainings are created in response to the needs of the communities we serve.

WHO TAKES OUR TRAININGS?

Anyone who cares about children; Parents, Caregivers, Youth-Serving Organizations, Teachers, Coaches, Health Professionals, Community Members, Faith Based Organizations and Ministries, Businesses, Mandatory Reporters and more.

COST, FORMAT, AND MORE

Trainings are free, but there is a suggested \$10 donation per person to help cover the cost of materials. Minimum class size of 5 adults for a virtual training or 10 adults for an in-person training. In addition to community trainings, we are available for private trainings. Courses include videos, discussion, interactive materials, and a Certificate of Completion.

ABOUT OUR PARTNER:



Darkness to Light is the only nationally available program proven to increase knowledge, improve attitudes, and change child-protective behaviors.

DARKNESS TO LIGHT'S STEWARDS OF CHILDREN®

(2.5-3 hours)

Learn the 5 Steps to Protecting Children™ and how to apply them to better protect children from child sexual abuse.

HEALTHY TOUCH FOR CHILDREN & YOUTH

(1 hour)

Learn how to balance children's needs for warmth and affection with safe, respectful ways of interacting.

BYSTANDERS PROTECTING CHILDREN

(1 hour)

Learn new skills for intervening when someone has crossed a safe boundary with a child.

LET'S TALK!

(1.5 hours)

Learn and decide how to have age-appropriate, supportive conversations about bodies, boundaries, and sex.

CELL PHONES & CHILDREN, BEST PRACTICES

(1.5 hours)

Learn best practices you can implement to encourage healthy habits and relationships with cell phones.

DIGITAL DANGERS & INTERNET SAFETY

(1.5 hours)

Learn about digital dangers and strategies to reduce risks and empower youth to make healthy choices.

SOCIAL MEDIA SAFETY

(1 hour)

Learn about the impact of social media and ways to support healthy choices and safer social media use.

REPORTING CONCERNS OF CHILD ABUSE

(1.5 hours)

Learn about child abuse and neglect, how to recognize potential signs, and react responsibly.

View our monthly calendar of trainings in English and Spanish.

Click on a date and register to attend for FREE!

iRespectAndProtect.com/Trainings

FOR QUESTIONS OR TO SCHEDULE A PRIVATE TRAINING...

Email: Prevention@LibertyHouseCenter.org

Phone: (971) 599-5876





EXPLORE OUR WEBSITE!



Our tools and resources can help younger kids, teens, parents/caregivers, community members, and organizations!

- List of apps to be aware of
- Customizable digital media contracts
- Conversation starters for difficult topics
- Interactive tools, device use assessment quizzes, and downloadable worksheets
- Online support resources for bullying, online cruelty, sexting, and safe relationships

iRespect&Protect is a community campaign dedicated to supporting the lives of youth, families, and communities by fostering positive self-worth, promoting healthy online choices, and encouraging safe relationships.

Our 10 Foundational Principles

- 1) There is something **incredibly** special about being human!
- 2) We all need and desire to be **liked and loved**.
- 3) We do things **every day** to be liked or loved.
- 4) **We may not always be aware** of when those things we do—choices we make—could harm us or others.
- 5) There is an opportunity to **increase awareness** of how certain actions could hurt us or others.
- 6) Nobody should ever feel that they have to do anything to be liked or loved; **love isn't a transaction**; safe people will like and love you just because you are you.
- 7) Each person has the **power to choose**; pressure to do things doesn't mean we have to do them.
- 8) **Each human has 100% worth** just by virtue of the fact they are alive. We all have unique talents and traits to be cherished and celebrated, and we are all deserving of our hopes and dreams.
- 9) If you have engaged in doing something harmful to yourself or others, recognize that it is likely because you also wanted to be liked and loved, and **there is support for you**.
- 10) We can create a **community movement** to empower youth and adults to choose safe social media and device habits and honor the humanity in ourselves and others!

Respond to the Call: Being Safe and Healthy Online

- 1) **Educate:** Learn about the influences of social media, device, and screen use.
 - "60% of teens would rather spend time with friends and family online than spend time with them in real life." — Pew Research
- 2) **Assess:** Examine your personal, family, and organizational social media, device, and screen habits.
 - How much screen time do I allow myself each day?
 - How much screen time do I allow my kids each day?
 - When do I use my devices?
 - Are my devices defining me?
- 3) **Choose:** Use your family values to decide your priorities; make choices about who or what is influencing your time.
 - What values are most important to you and your family?
 - Do you control your time, or does your phone?
- 4) **Plan:** Create and follow a healthy digital media contract for you, your family, and organization.
- 5) **Encourage:** Initiate the conversation and invite others to join.