

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.

**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...

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Prevention Program Director

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CELL PHONES AND CHILDREN: BEST PRACTICES (1.5 hours)

Learn the connections between cell phone use and mental health. Explore our best practices and actionable tools you can implement with your family to stay safe and have healthy relationships with cell phones and devices.

DIGITAL DANGERS & INTERNET SAFETY FOR YOUTH (1.5 hours)

Understand the types of digital dangers (including sexting and cyberbullying) youth can be exposed to online. Learn strategies to help reduce risk and empower youth to make healthy choices.

HEALTHY TOUCH FOR CHILDREN & YOUTH (1 hour)

Learn how to balance children's needs for warmth and affection with safe, respectful ways of interacting. Understand guidelines for healthy touch and how to identify normal and abnormal touching behaviors.

LET'S TALK! (1.5 hours)

Talking with children about sex and sexual abuse is an important step in protecting and empowering children. Learn how to talk about difficult topics and participate in practice conversations so you can feel confident talking with your children.

BYSTANDERS PROTECTING CHILDREN (1.5 hours)

An introduction to how bystanders play an important role in protecting children from boundary violations and sexual abuse. Learn new skills for intervening when someone has crossed a safe boundary with a child.

REPORTING CONCERNS OF CHILD ABUSE (1.5 HOURS)

Learn about the dynamics and prevalence of child abuse as well as how to recognize and react responsibly when there's reasonable suspicion. Review common concerns and understand the importance of reporting suspected child abuse.





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**; the right 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.