

Close to Home

How Violence in the Home and
Community Affects My Child

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How are you feeling?

Feelings Vocabulary Chart



<http://xffa.co/feeling-chart>

Outline for tonight

- What do I mean by *Violence*?
- What's going on in our kids' brains?
- How not to deal with it: A personal story and other pitfalls
- A Personal Reflection for the Adult
- How to talk to our Kids: Tips from the Professionals
- Tools to Take Home

What do I mean by Violence?

- Interpersonal Violence
- Community Violence
- Violence Against Self
- Neglect
- War
- Sexual Violence
- Poverty
- Hate Crimes
- Bullying
- Micro Aggressions
- Intimate Partner Violence
- Oppression
- What Else?

**IT'S SAD HOW WILE E. COYOTE IS
REMEMBERED FOR HIS VIOLENCE,**



**AND NOT FOR HIS BRILLIANT
PAINTINGS OF TUNNELS**

MemeCenter.com

<https://www.memecenter.com/search/wile%20e%20coyote>

What's Going on in there?



Trauma Wears A Groove in the Brain



Not Every Child Will Be Affected in the Same Way

- Some factors that impact how a child is affected include:
 - Age
 - Developmental Stage
 - Severity, Proximity, and Duration of Exposure
 - Gender
 - Child's Family Role (Caretaker, Confidant, Assistant, Overachiever, Referee, Scapegoat)
 - Personal Characteristics of the Child
 - Presence of Loving, Supportive Adult
 - Other Resiliency Factors
 - Responsiveness of Systems

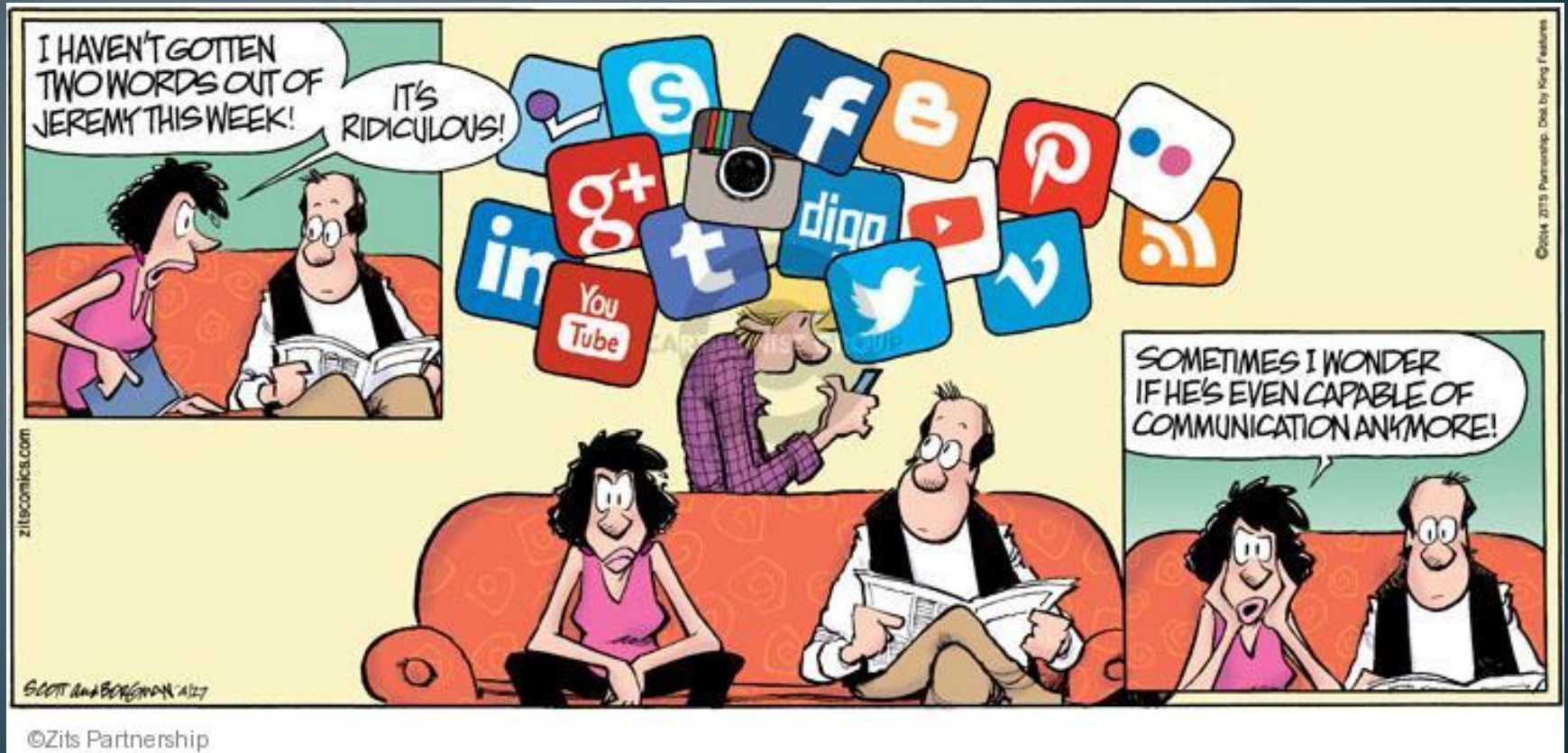


What NOT to do

- Boundary Blurring
- Adultism
- Paternalistic
- Not taking care of oneself



Unpacking Adultism



Unpacking Adulthood

(from YouthRights.org)

You're so smart for fifteen!"

"When are you going to grow up?"

"Don't touch that, you'll break it!"

"As long as you are in my house, you'll do it!"

"You're being childish."

"You're so stupid (or clumsy, inconsiderate, etc.)!"

"Go to your room!"

"Don't ever yell at your mother like that!" (yelling)

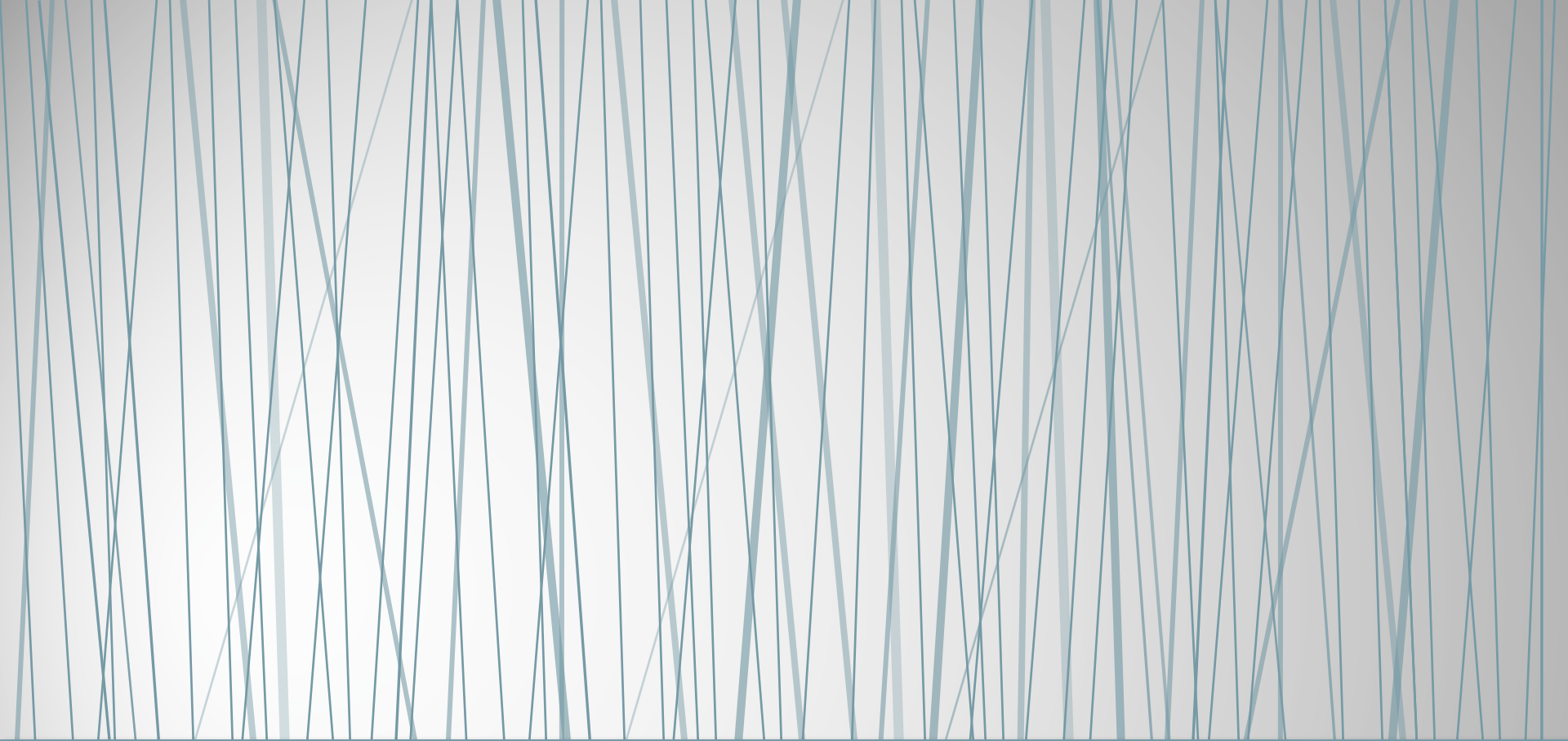
"She doesn't understand anything." (about a baby)

"You are too old for that!" or "You're not old enough!"

"Oh, it's only puppy love."

"What do you know? You haven't experienced anything!"

"It's just a stage. You'll outgrow it."

The top half of the image features a light gray background with numerous thin, vertical, slightly wavy lines in a muted teal color. These lines vary in height and density, creating a textured, rain-like effect.

A Personal Reflection

How Am I Caring for Myself?

Self-Care Inventory

Rate the following areas in frequency:

5 = frequently

4 = occasionally

3 = rarely

2 = never

1 = it never occurred to me

Physical Self-Care	5	4	3	2	1
Eat regularly (e.g. breakfast, lunch and dinner)					
Eat healthy foods					
Exercise consistently					
Get regular medical care for prevention					
Get medical care when necessary					
Take time off when sick					
Dance, swim, walk, run, play sports, sing or do some other physical activity that is enjoyable to self					
Take time to be sexual					
Get enough sleep					
Take vacations					
Wear clothes you like					
Take day trips or mini-vacations					
Make time away from telephones					
Other:					

Psychological Self-Care	5	4	3	2	1
Make time for self-reflection					
Engage in personal psychotherapy					
Write in a journal					
Read literature that is unrelated to work					
Do something in which you are not an expert or in charge					
Cope with stress in personal and/or work life					
Notice inner experience (e.g. listen to and recognize thoughts, judgments, beliefs, attitudes and feelings)					
Provide others with different aspects of self (e.g. communicate needs and wants)					
Try new things					
Practice receiving from others					
Improve ability to say "no" to extra responsibilities					
Other:					

Emotional Self-Care	5	4	3	2	1
Allow for quality time with others whose company you enjoy					
Maintain contact with valued others					
Give self affirmations and praise					
Love self					
Reread favorite book or review favorite movies					
Identify and engage in comforting activities, objects, people, relationships and places					
Allow for feeling expression (laugh, cry, etc....)					
Other:					

Spiritual Self-Care	5	4	3	2	1
Allow time for reflection					
Spend time with nature					
Participate in a spiritual community					
Open to inspiration					
Cherish own optimism and hope					
Be aware of nonmaterial aspects of life					
Cultivate ability to identify what is meaningful and its place in personal life					
Meditate/pray					
Contribute to causes in which you believe					
Read inspirational literatures (lectures, music, etc.)					
Other:					

Workplace or Professional Self-Care	5	4	3	2	1
Allow for breaks during the workday					
Engage with co-workers					
Provide self quiet time/space to complete tasks					
Participate in projects or tasks that are exciting and rewarding					
Set limits/boundaries with clients and colleagues					
Balance workload/cases					
Arrange work space for comfort					
Maintain regular supervision or consultation					
Negotiate needs (benefits, bonuses, raise, etc.)					
Participate in peer support group					
Other:					

Adapted from Child Welfare Training Toolkit, March 2008. Original source unknown

The background features a light gray gradient with numerous thin, vertical, slightly wavy lines in a muted teal color. A solid teal horizontal band spans the width of the image, positioned in the lower half. The title text is centered within this band.

Your Self Care Plan



Barriers



Tips from the Professionals

How Many Can We Guess?

- **Encourage kids to talk**
- Limit Exposure
- **Reassure them that they are safe**
- Stand firm
- Let kids know your standards
- Offer tools
- Talk about “groups”
- Educate your kids
- Control your own behavior
- **Seek support**
- Think about what you’re going to say
- Find a quiet moment
- Find out what they know
- Share your feelings
- Tell the truth
- Developmentally Appropriate
- Safety Procedures
- Observe Child’s Emotional State
- **Maintain Routine**

“To this child, you represent the world”



Tips from the Other Experts



Other Resources: Mental Health First Aid

YOUTH MENTAL HEALTH FIRST AID

teaches parents, family members, caregivers, teachers, school staff, peers, neighbors and other caring citizens how to help an adolescent who is experiencing a mental health or addiction challenge or is in crisis.

Youth Mental Health First Aid gives an overview of common disorders like:

ADD/ADHD/ODD

Anxiety Disorders

Bipolar Disorder

Depression

Eating Disorders

Psychosis

Substance Use Disorders

Youth Mental Health First Aid teaches a 5-step action plan for offering help to a young person:

- * Assess for risk of suicide or harm
- * Listen nonjudgmentally
- * Give reassurance and information
- * Encourage appropriate professional help
- * Encourage self-help and other support strategies



Learn more about taking a Youth Mental Health First Aid course at
www.MentalHealthFirstAid.org

Tools to Take Home

- How do you deal with fear?
 - Exercises for fear
- How do you deal with anxiety?
 - Visualization – Zoom in/Zoom out
- How do you communicate your feelings?
 - Feeling chart
 - Talking about fear
- How do you bring joy to your day?
 - Bubbles!

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Share your resources!