

Cyberbullying and COVID-19

from Children's Hospital of Orange County (CHOC)

Cyberbullying has become an increasingly common and serious issue in recent years largely due to the easy access, and in some cases the anonymity, of digital devices. As children and teens spend more time online during the COVID-19 pandemic to complete virtual schoolwork and keep in touch with friends, cyberbullying may increase as well.

Parents, however, are also at home with their children more now than ever before. During this time, healthcare providers say, parents have the opportunity to be more mindful than ever about their child's technology and social media use.

"Technology can be a wonderful, educational and fun resource, but it can have negative consequences as well, especially on children and teens," says Dr. Christopher Min, a CHOC Children's psychologist.

One of the best ways to protect your child from bullying is to talk openly about it, Dr. Min says.

"Remind your child that most bullies have low self-esteem, and they bully others to try and feel better about themselves," Dr. Min says.

To start these conversations, ask open-ended questions, rather than firing off a specific list of questions. Try asking something like “Is there anything going on?” or “Is there anything I can help you with?”

Every parent wants their child to feel comfortable and happy, and to stay safe. Dr. Min shares tips for parents of children using social media and technology:

Tips for Parents

- **Monitor teens’ social media use.**

To what extent a parent should track social media activity depends on the child, Dr. Min says, but parents need to be aware how a child uses these tools. Monitoring can be accomplished through regular discussions or more formal means such as sharing log-in information, depending on the child’s responsibility level.

- **Encourage teens to have virtual get-togethers with friends.**

The underlying reason for social media is to create a sense of connectedness, and this can be accomplished faster than meeting in person. Although in-person hangouts aren’t possible during current stay at home orders, teens should make an effort to maintain social relationships during this time. Encourage your child to video chat with friends, have a virtual game night, or host a virtual movie night with their friends.

- **Remember that parents control access to social media.**

Dr. Min reminds parents that they pay for internet or cellphone access. Parents should exercise authority and reason with teens by stating clear consequences and rewards for social media use.

- **Watch for signs of bullying.**

Pay close attention to signs from your child that may show something is wrong, such as acting withdrawn, sad or irritable, or changes in their sleep or appetite. Keep in mind however that sometimes kids will not display any signs at all so it’s important to keep an open dialogue with your child.

- **Have a plan.**

Talk about what your child might do if he or she is bullied, including who to tell.

- **Build your child’s self-esteem.**

The better your child feels about themselves, the less effect a bully will have on their overall well-being.

- **Tell others.**

Inform your child’s school about the bullying and talk with the bully’s parents about the behavior.

- **Remind your child to pause before they post.**

Teens ready to post something online should instead pause for 5 to 10 seconds to consider their actions, the post's meaning and possible consequences.



Triple P Guide: Parenting During COVID-19

COVID-19 represents a challenge to families around the world that is unlike anything we have ever experienced. Most parents when confronted with a highly stressful situation like this have a basic concern for the well-being and safety of their children. To care for children effectively, parents must also look after themselves. As parents, we ourselves may be feeling a range of uncomfortable emotions (including anxiety, anger, sadness); as well as uncertainty about what to do and how we can cope. These feelings are entirely reasonable and normal. It is important to remember (and to remind children) that communities are working together to keep people safe (e.g. healthcare workers who are looking after people with the virus; supermarkets bringing in new rules to allow more vulnerable people to do their shopping safely). This guide helps parents to support their children and look after themselves during this difficult time.

1. Reassure your child that your family is your top priority.

In all conversations with your child, stay as calm and comforting as possible. Explain to your child that they should tell you if they are feeling unwell. Make sure that your child knows — through your actions and your words — that it is part of your job as their parent to do everything within your power to keep them safe and that this is exactly what you are doing. For example, say, *"I'm your parent, it's my job to keep you safe and we are doing everything we can."* This will help them to feel safer and, for older children, to better understand why you must observe the restrictions being placed on all families by government authorities (e.g. not going to the local park and keeping them away from social gatherings with friends).

2. Take care of yourself the best you can.

It is entirely reasonable to feel anxious, distressed, confused and angry at times during the current situation. Dealing with your own emotions effectively means that you are better placed to support your children. In dealing effectively with your own emotions, you are also setting an excellent example for your child. Some useful general strategies for dealing with big, uncomfortable emotions include:

- paying attention to your emotions and your thoughts
- taking a break from interacting with family members if you are not in control of your emotions (e.g. you might say *I'm feeling upset at the moment and I can't be as calm as I would like in this conversation. So I'm going to sit in my bedroom and read for 10 minutes to give myself a chance to settle down*)
- talking to supportive friends and family
- deep breathing
- exercise
- practicing mindfulness

There are many helpful and effective ways to manage uncomfortable emotions — singing, dancing, gardening and drawing are examples. Keep healthy and safe (good personal hygiene, exercise daily, eat well, get enough sleep, avoid using alcohol or drugs to lessen stress). Avoid behavior that might increase your stress (e.g. it is helpful to keep informed about COVID-19, but constant checking for updates can increase stress). If these strategies do not work, you may wish to think about seeking professional help (there are a number of excellent [online support](#) options).

3. Make sure your children know you are ready to talk.

Most children won't be as preoccupied with COVID-19 as adults. However, it is essential that children know they can talk to parents about their concerns and have their questions answered truthfully. Let your child know that when it comes to COVID-19 and this difficult time, you are there for them (e.g. *If you have any worries or questions about what is going on at the moment with coronavirus, you can always come find me and we can talk it through*). It is a good idea to follow their lead. With children who seek out a conversation, this involves providing only as much information as they have asked for. With children who do not seek out a conversation, be on the lookout for signs of distress or changes in behavior (e.g. a child who becomes more clingy or aggressive). Although there may be other reasons for these changes, keep in mind that they may be related to COVID-19.

When talking to your child about their feelings, stop what you are doing and listen carefully. Avoid telling your child how they should feel (*Don't worry about that*). Instead, let your child know it is OK to be worried, sad, angry or disappointed. Talking or drawing can help children better understand their own feelings and concerns. Common sources of concern, frustration or sadness might include worrying about grandparents' health and missing spending time with them, falling behind with schoolwork if they are not attending school, not being able to spend time with friends or not being able to play sports with others. Reassure your child that people around the world (healthcare staff and scientists) are working to help each other and to develop medicines that will help everyone.

Talk to your child about what is going on around them in relation to COVID-19. However, it is important not to talk to them too much about it — this can increase children's fear and distress. As adults, it can be

hard to focus on anything other than the current situation. But we need to make sure this does not color our interactions with our children. Follow your child's lead — this will help you to spend about the right amount of time talking to them about COVID-19, while also helping you to think about other things. You need to be thoughtful too about the conversations you have in front of your child and limit your child's media exposure around COVID-19.

4. Be truthful in answering children's questions.

General guidelines for answering children's questions include:

- Find out what they think they know about the issue (e.g. through social media or their friends) before answering.
- Keep your answers simple and appropriate to your child's developmental level.
- Get your information from reliable sources (e.g. UNICEF, the World Health Organisation websites).
- If you don't know the answer, offer to try to find it out for them. If they say, *"Don't bother"*, you can probably leave it. However, if the answer is important to you personally, you might say, *"That's an interesting question. I'm going to look up the answer because I'd be interested in knowing it."*
- Don't make promises you can't keep (e.g. *Things will be back to normal by your birthday*).

5. Maintain everyday routines.

We all do better when we have some structure around us (particularly in times of stress and uncertainty). As much as possible, stick to your regular family routines (e.g. mealtimes, bedtime routines). You will also be introducing new routines (e.g. more regular washing of hands; keeping more distance than usual between yourselves and others if outside the home; managing a situation where you are working from home while your child is also at home). Where it is possible, involve your children in the development of these. It is predictable that some of these new routines may result in a temporary increase in arguments between parents and children (e.g. the need for more instructions and monitoring around hand washing). It might take a little time for the family to adjust to the new routines — be as kind and patient with both yourself and your child as you can.

It is useful to work out a timetable or schedule for each day to help you and your child cope with being at home during this time. Keep the difference between weekdays and weekends. During weekdays when your child would have been at school, this timetable should include learning activities as recommended by your school. Keep in mind that home learning during this time will not be the same as a regular school day. Have realistic expectations (both for yourself and your child) around home learning.

For toddlers and pre-schoolers you may want to adapt some of the daily routines they are used to from their day care (if applicable). Drawing up a timetable for the day could be an activity that you do with your children each morning (you will most likely also benefit from having a timetable). If you are working from home, you might think about scheduling breaks at the same time as your child. You might also need to set some new rules about interrupting politely and waiting for your attention.

The timetable might not always go exactly as planned. That's okay. Having a timetable is about providing some structure and guidance for the day. When things don't go to plan, be patient with yourself and your child; and work together to think about how to make it work better the next day.

When children are busy, they are less likely to be bored, anxious, sad or get into trouble.

6. Have a family plan.

Plans are very helpful in times of anxiety and uncertainty. Each family needs to develop their own plan. The plan should include regular handwashing; keeping a distance between yourselves and others; and physically staying away from vulnerable family members and friends. Children have an important part to play by following these rules. Where possible, include kindness to others in your plan (e.g. offer to pick up and leave groceries for an elderly neighbor or someone with special needs). In this way, you are also showing your children one of the qualities that you want to encourage in them. Where you can, involve your children in the creation of the plan. Given the rapidly changing nature of COVID-19 and government recommendations, this plan may need to be reviewed quite frequently. Keep your conversations around the plan brief and matter-of-fact.

7. Have plenty of interesting things to do at home.

When children are busy, they are less likely to be bored, anxious, sad or get into trouble. Work with your children to come up with a list of 20 or more activities that they can do if they find themselves bored and not sure what to do. Make sure that you include physical activities to keep children active — there are many that can be done either inside or outside.

For younger children, activities might include drawing, painting, building an obstacle course, playing with blocks and play dough; and playing hide-and-seek. For older children and adolescents, activities might include cooking, completing an online exercise program, drawing, playing catch, and listening to music or a podcast. Board games and puzzles are great for children of all ages. Put a copy of the list somewhere in the house where your children can easily see it (e.g. on the fridge). This may be a good time for you and your child to take on a new project together (e.g. learning a new language or making an online photo book).

Make sure the activities are not just variations on screen time. However, at times like these, it's OK to loosen up on your usual screen time rules and allow more than usual. Some screen time could include other family members or friends (e.g. having a family movie night; playing online games with friends; talking to family or friends online).

8. Take notice of behavior you like.

During this difficult time, think about the values, skills and behaviors you wish to encourage in your children. There are many opportunities to teach your children important life skills (e.g. being caring, helpful, and cooperative; getting on well with siblings; taking turns). Pay careful attention to your children's behavior during this time. Whenever they do something you like and want to encourage, specifically name the behavior and then use plenty of praise and positive attention to encourage it in the

future — you will find this is a very powerful thing to do. For example: *That was lovely that you suggested we phone your grandmother. That's so kind that you thought to do that. She really appreciated it or Thank you for reading quietly and waiting until I was off my work call to ask me your question.*

9. Help children learn to tolerate more uncertainty.

The COVID-19 crisis is creating uncertainty for everyone. As parents, we need to find a way to accept this uncertainty ourselves. Then, through our actions and words, we need to demonstrate this acceptance to our children (e.g. *We don't know when this is going to be over. I know it's hard to not know. We just have to remind ourselves that we are doing our best to stay well and safe, and that the whole world is working together on this problem*). Big changes to children's lives can be hard and often scary, but they can also create opportunities for learning new skills (e.g. different ways of communicating with friends and loved ones). If you have serious concerns about your child's emotional health, seek professional support.

10. Reach out and connect with loved ones.

Social/physical distancing does not have to mean that you, your children or your extended family members feel alone or isolated. We are all in this crisis together. Make greater use of phones, online communication tools (group video conferencing) and social media to keep in touch with family, friends, and neighbors. Children love being experts — maybe they can draw on their knowledge of social media to teach other family members how to use these tools to stay in touch.

For more resources and information about Triple P Seminars such as “Raising Resilient Children”, “Raising Confident, Competent Children” and “The Power of Positive Parenting”, please contact Gary Taylor at gary@theraisefoundation.org.



The 27th Annual Blue Ribbon Month Kickoff Ceremony

On Tuesday, March 30th, Orange County's Child Abuse Prevention Council (CAPC), with the help of its many community partners, hosted the 27th Annual Blue Ribbon Kick-Off Ceremony. The livestreamed event served as the official launch for the "SPEAK UP...Save a Child" awareness campaign for National Child Abuse Prevention Month this April.

The ceremony included a county update on the child welfare system, an overview of CAPC's key priorities, impact speakers, a mini-workshop on Adverse Childhood Experiences (ACEs), and recognition of the Blue Ribbon and Shining Light On Children Award recipients. All attendees were able pay tribute in memory of eight local children who died from abuse and neglect in 2020. Winning Blue Ribbon Youth Art Contest entries, featuring the theme "Keep Me Safe, Healthy, and Happy," were unveiled and a Pinwheels for Prevention® Garden planted at Harbor Lawn/Mt. Olive Memorial Park in Costa Mesa was dedicated.

"With an average of 3,000 calls of suspected child abuse made monthly to the local Child Abuse Registry, it's important we remain vigilant about being the eyes, the ears, and the hearts for the 713,000 children who reside in Orange County," shared Katherine Hamel, CAPC member and Blue Ribbon Month spokesperson.

We encourage you to watch the recorded Kickoff Ceremony, available to view on The Raise Foundation's [website](http://theraisefoundation.org/blue-ribbon-2021/) and on [YouTube](https://www.youtube.com/watch?v=P3eckTomFrU).

<http://theraisefoundation.org/blue-ribbon-2021/>

<https://www.youtube.com/watch?v=P3eckTomFrU>



Blue Ribbon Month Events

April 3rd - Family Fun Day

Orange County's Child Abuse Prevention Council hosted a virtual Family Fun Day on Saturday, April 3rd for families and children to kick off Blue Ribbon Month.

This event was held virtually, and the program included a brief presentation on child abuse prevention, the announcement and recognition of this year's Blue Ribbon Youth Art Contest winners, and a special story time with author Janet Lawless Christ and Sonia Miró from Joyworks Networks. Janet read her adorable and encouraging book, "Nugget the Nomad: Adventures of a Yoga Dog", and Sonia provided Spanish translation.

April 15th - Blue Ribbon Community Forum

In recognition of Blue Ribbon Month, several representatives from Orange County's Child Abuse Prevention Council collaborated to present on key initiatives and topics for child safety and well-being in Orange County for the first ever Blue Ribbon Community Forum.

Topics included Mandated Reporting, ACEs and Toxic Stress, Human Trafficking and Financial Literacy, and attendees participated in a question-and-answer session.

Presenters included representatives from Tustin Police Department, Junior League of Orange County, the American Academy of Pediatrics—Orange County Chapter, and the Orange County District Attorney's Office.

April 29th – Community Candlelight Vigil

From July 1, 2019 through June 30, 2020, eight Orange County children died from abuse and neglect. We invite everyone to join together for a candlelight vigil to remember these children, and make a commitment as a community to help ensure the wellbeing of the 715,000 children who currently reside in Orange County.

Date: Thursday, April 29th

Time: 6:45 p.m.

Vigil will be held via [Zoom](#).

In addition to these events, many other local organizations are collaborating and hosting their own events and activities to raise awareness about preventing child abuse and neglect. To learn more about these events, click [here](#) or visit The Raise Foundation on [Facebook](#), [Instagram](#) and [Twitter](#) for updates. If you or your organization are observing Blue Ribbon Month, please email info@theraisefoundation.org so we can include your events and activities in our social media sharing.



Artwork by Rebecca F., First Place Winner in the High School Category

Blue Ribbon Youth Art Contest 2021

This year, forty-five Orange County kids of all ages showed us what Blue Ribbon Month means to them by participating in our Blue Ribbon Youth Art Contest. From these entries, the Blue Ribbon Committee chose the artwork that best exemplified the theme “Keep Me Safe, Healthy, and Happy!”. All of the entries were submitted by children ages six to eighteen from a wide range of Orange County schools and nonprofit organizations. The creative artwork featured many images of love, blue ribbons, diversity, family, healthy eating, and terrific exercise habits.

All of the winning artwork was revealed at the 27th Annual Blue Ribbon Kick-Off Ceremony, available to view [here](#). The winning artists will be recognized by their community throughout the coming months and more than thirty art entries will be featured in a virtual roaming art exhibit.

If you are interested in hosting an art exhibit honoring the top entries or a larger portion of the collection at your location and/or on your website, please contact The Raise Foundation at info@theraisefoundation.org.



Artwork by Yojana H., First Place Winner in the Middle School Category



Artwork by Arna R., First Place Winner in the Elementary School Category



Blue Ribbon Award Recipients

After receiving a record-breaking number of nominations, the Orange County Child Abuse Prevention Council is pleased to announce the honorees of the Blue Ribbon and Shining Light On Children Awards. They were honored for their work in child abuse prevention and the advocacy of children as part of the 27th Annual Blue Ribbon Month Kickoff Ceremony. Both honorees have gone above and beyond to speak up for children's safety and share the common goal of keeping children safe, healthy, and happy.

Orange County Child Abuse Prevention Council's

2021 BLUE RIBBON AWARD RECIPIENT

DR. VAN NGUYEN GRECO

Child Abuse Pediatrician – University of California, Irvine

- One of three child abuse pediatricians in all of Orange County.
- Associated with several hospitals where she sees children.
- Evaluates children and educates regarding child maltreatment in Orange County since 2003.

- Trains medical students, residents, physicians, as well as county and medical social workers, law enforcement, and community members.
- Fellow with the American Academy of Pediatrics.
- Actively serves on many teams at hospitals and within in the community, such as on CAST, WE CAN Coalition, and O.C. Child Death Review committee.

Orange County Child Abuse Prevention Council's
2021 SHINING LIGHT ON CHILDREN AWARD RECIPIENT

PATTY HATCHER

Health Curriculum Specialist/Program Coordinator/Former Teacher – Anaheim Union High School District

- Known as a safe haven, compassionate problem solver, standout teacher, and dedicated administrator.
- Had an open-door policy before and after school that became a safe supportive space for many students.
- Inspired businesses, colleagues, and loved one to donate shoes, prom dresses, school event tickets for students-in-need.
- Created a “Clothes Closet” at Kennedy High School to help students and their families.
- Often on her own time, helped a nonprofit create and launch a Human Trafficking Prevention Program.
- Maintains and disseminates a list of community organizations that can assist families/students.
- A former student stated that, *“If it wasn’t for Patty Hatcher, I would have committed suicide in my senior year of high school.”*

Everyone is welcome to view the Kickoff Ceremony and see the acceptance speeches given by these honorees here. <http://theraisefoundation.org/blue-ribbon-2021/>



New for Blue Ribbon Month 2021

There are many new activities and programs are being offered by the Child Abuse Prevention Council (CAPC) and its many community partners for this year's Blue Ribbon Month to further help educate and engage the community.

This was first time in twenty-seven years that the Blue Ribbon Month Kickoff Ceremony was livestreamed and only viewable online. The Family Fun Day events will also be held virtually, as will many of the dedication ceremonies for Pinwheels for Prevention® Gardens. Other firsts include a mini workshop as part of the Kickoff Ceremony, a Community Forum and a Blue Ribbon Vigil. A Blue Ribbon Leader of the Month spotlight is also being launched via social media.

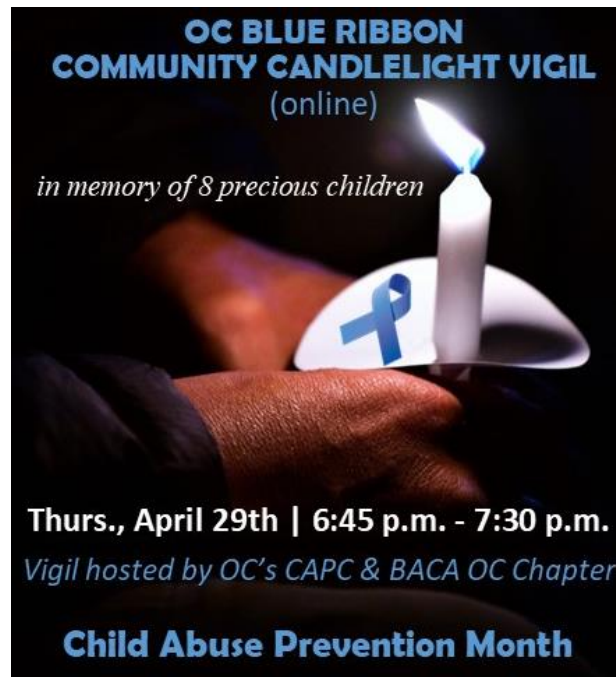
To reach children, teenagers and young adults, Blue Ribbon Weeks are being piloted at several schools and organizations, including: Capistrano Valley High School, Palm Lane Elementary Charter School, Santa Ana College, and the Teens Next Door program at Latino Health Access.

Taylor B., a Capistrano Valley High School student, recently founded a school club to raise awareness about teen issues related to abuse and neglect. Eighteen students have since joined and plan to volunteer on campus and throughout the county to help strengthen struggling families. One of their first projects is the planning and implementation of Blue Ribbon Week, and according to Taylor, they hope other high schools will do the same.

While Blue Ribbon Week activities differ for location to location, they may include virtual Pinwheels for Prevention® Gardens, distribution of kindness notes, a social media blitz, happiness essays, a fact a day, keep kids safe art projects and cooking demonstrations, workshops, wear blue days, and much more.

CAPC's Blue Ribbon Committee believes that by offering much of the campaign virtually and blending past traditions with many new collaborative activities, the awareness campaign will reach an even greater number of people. "The more aware the community is, the safer all children will be," notes John

Machiaverna, CAPC member and Executive Director of the Boys & Girls Club of Greater Anaheim-Cypress.



Candlelight Community Vigil

All are invited to Orange County's Blue Ribbon Month Community Candlelight Vigil on Thursday, April 29th, at 6:45 p.m. This vigil will be an opportunity for everyone to join together to remember children in Orange County who have died from abuse and neglect, and make a commitment as a community to help ensure the wellbeing of the 715,000 children who currently reside in Orange County. The vigil is being hosted virtually by the Orange County Child Abuse Prevention Council (CAPC), convened by The Raise Foundation, and Bikers Against Child Abuse (BACA) OC Chapter.

From July 1, 2019 through June 30, 2020, eight Orange County children died from abuse and neglect. Their names and ages will be read by vigil participants, followed by a moment of silence. The vigil will also include an invocation, dedication of the Pinwheels for Prevention Garden® planted by BACA members at Harbor Lawn-Mt. Olive Memorial Park in Costa Mesa, music, poetry reading, suggested ideas on ways to ensure the safety of children and ways to SPEAK UP...Save a Child!

We encourage participants to have their own candle available to light, but it is not required.

To participate in the Community Candlelight Vigil, please use this [link](#).

<https://us02web.zoom.us/j/87553374942?pwd=L1dKT3dxdVAvNzR0eVdZZjhTY1A4UT09>



Grab 'N' Go Food Distributions (Boys & Girls Clubs of Greater Anaheim-Cypress)

4 p.m. to 5 p.m. (while supplies last)

Tuesdays:

La Palma Park

1125 N. La Palma Parkway

Anaheim, CA 92801

Wednesdays:

West Anaheim Youth Center

320 S. Beach Blvd.

Anaheim, CA 92804

Thursdays:

Clara King Elementary School

8710 Moody Street

Cypress, CA 90630

Friday Food Bank (Latino Health Access)

Fridays from 12 p.m. to 4 p.m.

(Walk Up from 12 p.m. to 1 p.m. and Drive-Thru from 1:30 p.m. to 4 p.m.)

450 W. 4th Street

Santa Ana, CA 92701

Santa Ana Unified School District Nutrition Services

Mornings, afternoons, and evenings, Monday through Friday from January 4, 2021 to June 3, 2021

(closed on the following dates: April 5 – April 9, and May 31)

Meals available at no-cost for all children ages 1 to 18. Full list of locations and additional information:

<https://www.sausd.us/site/default.aspx?PageType=3&DomainID=1&ModuleInstanceID=6157&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=102797&PageID=1%C2%A0>

Drive-Thru Food Pantry (First Christian Church of Huntington Beach)

Second and fourth Sundays of each month, 1 p.m. to 3 p.m.

1207 Main Street

Huntington Beach, CA 92648

Grocery Distributions (Saddleback Church)

Various Orange County locations, including: Anaheim, Corona, Irvine, Lake Forest, Laguna Woods, Rancho Capistrano, and San Clemente.

For the full list of weekly distributions, pop-up distributions, and all locations, visit:

<https://saddleback.com/connect/ministry/food-pantry>.

Drive-Thru Food Assistance (Families Forward)

Monday through Thursday, 10 a.m. to 2 p.m. (no appointment necessary)

8 Thomas

Irvine, CA 92618

Orange County Food Map

Search for pantries and distributions throughout Orange County at <http://ocfoodhelp.org/orange-county-free-food-map/>

For more information about additional and upcoming distributions, please follow The Raise Foundation on [Facebook](#), [Instagram](#) and [Twitter](#). If you would like to submit information about other food distributions or community resources, please email info@theraisefoundation.org.



Schedule a Presentation for Your Group

The more aware the community, the safer all children will be!

Orange County's Child Abuse Prevention Council (CAPC), convened by The Raise Foundation, offers numerous presentations all year long to help raise the community's awareness about child abuse and neglect. Presentations include:

- Toxic Stress/Adverse Childhood Experiences (ACEs)
- Financial Literacy
- Positive Parenting Program (Triple P)
- Keep Kids Safe, Healthy, and Happy!
- Keep Me Safe, Healthy, and Happy! (*a kid-friendly presentation*)
- Child Abuse and Neglect (Types of/Warning Signs)
- The Blue Ribbon Campaign

Community presentations are currently being held online and are tailored in length and content to meet the needs of each audience. Bilingual translation can be arranged.

Audiences have included parent groups (e.g., PTAs), city committees, places of worship, social/service clubs (e.g., Exchange/Rotary clubs), college and high school faculty and students, human and health services agencies and organizations (e.g., Head Starts), hospitals (e.g., first-time parenting classes) and businesses.

To schedule a presentation for your group, please email info@theraisefoundation.org.



Blue Ribbon Committee 2021

We'd like to give a special thank you to Child Abuse Prevention Council's Blue Ribbon Committee. This year's committee has representation from: the American Academy of Pediatrics - Orange County Chapter, Bikers Against Child Abuse - Orange County Chapter, Boys & Girls Club of Anaheim-Cypress, County of Orange Social Services Agency, Downtown Family Resource Center, Higher Ground Youth & Family Services, Junior League of Orange County, Latino Health Access, Orange County Department of Education, Orange County Fire Authority, Orange County Sheriff's Department, The Raise Foundation and Palm Lane Elementary Charter School. This year's committee was also happy to include a local parent representative and local college and high school student representatives.



Title: The Discriminating Brain: How Our Wiring May Generate Adverse Experiences for Others

Date & Time: April 22, 2021 at 10 a.m.

Presenter: Dr. Sean Sterling, Board-Certified Clinical Psychologist and Associate Professor at The Chicago School of Professional Psychology

Description: This program will introduce participants to how innate reactions may cause us to immediately be afraid of others, but this fear can be overcome given sufficient economic, emotional, and/or cognitive resources to strengthen our Theory of Mind. This workshop will also include an exploration of inequality and Adverse Childhood Experiences (ACEs). The discussion will focus on the separation of children from parents at the Mexican border, food insecurity among children in the United States, and the Rwandan genocide. Strategies that promote cooperation among groups will also be examined, and the presentation will conclude by offering a model of cognitive and affective development associated with overcoming more primitive in-group out-group behavioral patterns.

This no-cost training will be held via Zoom. To register for the training, [click here](#).

https://tcsedsystem.zoom.us/webinar/register/WN_GKwq25meRjy5rsaef_AubA

**If you suspect child abuse or neglect, report it.
Please put these phone numbers in your contact list today!
Orange County's Child Abuse Registry
(800) 207-4464 or (714) 940-1000**