



Family Digital Wellness

Technology is amazing. It has changed our lives in ways we never could have imagined just a short time ago. Digital technologies have shifted how we communicate, socialize, work, learn, and connect with others in ways that have become extremely efficient and innovative. It's almost overwhelming to think about how far we have advanced during this digital era.

Many of us marvel at these advancements and technological evolutions that have transformed our lives in what seems like the blink of an eye. However, there is also another side to this coin. This current generation of parents/caregivers is among the first to raise children simultaneously in both physical and digital worlds. Almost 70%

of U.S. children have their own smartphone by age 12, and many teens spend upward of almost 8 hours per day on screen media, according to **Common Sense Media**. However, a **2020 Pew Research Center study** revealed that roughly seven-in-ten parents think smartphones could cause more harm than good to children.

As families begin struggling with the rapid changes of digital technology and the evolution of digital environments, Pennsylvania Family Support Alliance (PFSA) is committed to leading the charge in providing an opportunity for children and families to thrive in our evolving world of digital technologies and environments.

While there is an emphasis on protecting children online for mental and physical health reasons and even from predators, a piece of the puzzle is missing. Many overlook the “hows” and “whys” of keeping kids safe online and/or the warning signs of potential and ongoing abuse that children might face. Now that we live in a digital age, we all need to recognize these warning signs so we can prevent abuse.

But protection against current threats is just one piece of the puzzle. PFSA's Family Digital Wellness Initiative also focuses on building healthy interactions with digital technologies to prevent future harm and promote a focus on digital wellness for families.

The Family Digital Wellness Initiative will do this by working in partnership with families and professionals to develop the resources and training opportunities needed by families. PFSA has also developed comprehensive resources for families and communities to keep kids safe in the digital era.

Please join us as PFSA launches its Family Digital Wellness Initiative beginning in June.



Family Digital Wellness

Family Digital Wellness is defined by PFSA as: **“An inclusive, supportive, and preventative approach aimed to strengthen families in raising healthy children in a digital era.”**





CBCAP MEMBER HIGHLIGHT

Wesley Family Services

PFSA would like to give a shoutout to **Wesley Family Services** as a valued member of the Community-Based Child Abuse Prevention (CBCAP) Network!

Wesley Family Services is a nonprofit organization that serves more than 20,000 individuals and families in western PA. The mission of WFS is to empower children, adults, and families by providing transformational care.

WFS is committed to offering high-quality behavioral health care services and support programs to children, adults, and families over the course of their lifespans so that they are empowered to reach their full potential. WFS programs that address autism, intellectual disabilities, behavioral health, and education are made possible by the generosity of everyone in its community.

Thank you for all you do to support children and families!

To learn more about Wesley Family Services, visit their website at wfspa.org.

Visit our Blog!

Stay up-to-date on ways to help stop child abuse, learn more about our staff, and gain knowledge on prevention topics by reading our blog.

pafsa.org/blog





UPCOMING PFSA TRAININGS

Families in Recovery New Facilitator Training

PFSA is excited to announce that our Families in Recovery (FiR) program has additional dates scheduled for new facilitator training. This research-based program is a great resource for parents, guardians, and caretakers recovering from substance use disorder. The program aims to teach healthy coping and parenting skills while balancing the needs of recovery.

New facilitators will be fully prepared to implement the program and provide training after attending a two-day comprehensive session consisting of content, education, and application instruction of the curriculum. FiR site contracts include ongoing technical assistance, program development, facilitator calls, and assistance with data collection procedures. FiR facilitators come together to share program implementation experience,

ideas, and insights following initial training. All organizations interested in implementing the Families in Recovery program are required to enter an agreement contract with PFSA and participate in the evaluation requirements of the program.

Cost: Program costs have recently changed. Please contact Justin Donofrio, Program Services Manager, at jdonofrio@pafsa.org for details regarding contracts and costs.

Date: July 13 & 14, 2022 (virtual)

Time: 9:00 a.m.-3:30 p.m.
(half-hour lunch break)

Register: You must pre-register for this training. Email Justin Donofrio, Program Services Manager, at jdonofrio@pafsa.org for contract paperwork, registration information, and program details.

Mandated Reporter Training

PFSA has several options for you and your staff to receive training on how to recognize and report suspected child abuse. This training is for those mandated by law to report suspected child abuse, as defined in the Child Protective Services Law. Curriculum is approved by the Departments of Human Services, Education, and State and meets all requirements for mandated reporters to receive training in recognizing and reporting child abuse (including Act 126).

Certificates are provided to the participants, and upon request, we will upload confirmation of your training to the Department of State or Education for CE fulfillments under Act 31 and/or Act 48.

This curriculum has also been approved for CLEs for attorneys.

LIVE IN-PERSON/VIRTUAL

Cost: Free

How to register: Find and register for a virtual session here: pafsa.org/mandated-reporter-training

INDIVIDUAL ONLINE, ON-DEMAND

Cost: \$30

Take anytime: pafsa.org/on-demand-online-training

TRAIN-THE-TRAINER

This is an opportunity for organizations to develop their own quality, cost-efficient, in-house training program for employees on child abuse recognition and reporting. With the three-year contract, PFSA provides two days of initial instruction for approved applicants, reports CEs directly to PA Departments of State and Education, and offers ongoing technical assistance.

Cost: \$1,000 per trainer entering into a three-year contract with PFSA (payment can be broken down by year: \$400/year one, \$300/year two, \$300/year three)

Dates: July 19 & 20, 2022 (virtual)
September 20 & 21, 2022 (virtual)
November 9 & 10, 2022 (virtual)

Time: 8:30 a.m.-3:00 p.m.
(half-hour lunch break)

How to register: You must pre-register for this training. Email Haven Evans, Director of Programs, at hevans@pafsa.org for the paperwork or to ask any questions.



Make a Donation!

Help us support families and communities across Pennsylvania by donating to PFSA today. Your gift will help PFSA continue to deliver successful training, education, and ongoing support to PA families and children.

Visit pafsa.org to learn more and donate!