



Digital Wellness

Spring is (finally!) here. You might be opening windows, cleaning out closets, or just freshening up your home. But when's the last time your family did a little digital spring cleaning?

Our world is filled with screens, and technology can be a great tool for learning, connecting, and having fun. But just like our homes, our digital spaces need regular care and attention to stay safe and healthy.

Consider these:

- ▶ Almost 7 out of 10 kids in the U.S. have their own smartphone by age 12.
- ▶ 1 in 5 kids between 10 and 17 have been approached by someone online asking for sexual content or trying to make inappropriate contact.

- ▶ About 70% of kids say they've seen violent or sexual content online when doing homework.
- ▶ Around 1 in 5 teens have shared or sent a nude or semi-nude photo or video.
- ▶ 4 out of 10 kids in grades 4 through 8 say they've chatted with someone online they didn't know in real life.
- ▶ Nearly 70% of parents worry that smartphones might be doing more harm than good for kids.
- ▶ 2 out of 3 parents say raising kids today is harder than it was 20 years ago — mostly because of technology.

SO, WHAT CAN YOU DO?

Check out [our blog](#) for tips on how you can digitally spring clean and keep your family safe online.



THANK YOU!

This past April, Pennsylvania Family Support Alliance (PFSA) hosted several activities and events for Child Abuse Prevention Month to raise awareness and provide education on how to prevent child abuse. Alongside PFSA were several statewide partners, community-based organizations, legislators, individuals, and volunteers who helped make an impact throughout the month.

From planting flags at the state Capitol and honoring individuals as Blue Ribbon Champions for Safe Kids, to providing an educational event and sparking a Turn PA Blue campaign for prevention, PFSA stayed active all month long in an effort to #ProtectPAKids.





Welcome to the new agency in our **CBCAP Network!**

PFSA welcomes a new member of the Community-Based Child Abuse Prevention (CBCAP) Network, **Westmoreland County Children's Bureau**. They protect children from abuse and neglect, preserve families whenever possible, and ensure that every child under our care and supervision has a safe, stable, and permanent home in which to grow.

They empower children, youth and families to become independent and to function at the highest degree possible. Their mission is achieved through providing access to high-

quality, cost-effective services, while valuing respect, self-determination, and culturally competent practices.

PFSA is proud to partner and collaborate with diverse, dedicated, and committed organizations that advance the important work of preventing child abuse and neglect. Thank you for your commitment and dedication!

To find out more about CBCAP Network benefits or to learn about becoming a CBCAP Network member, **visit our website.**

Follow along with us on social media!



PA Child Abuse **PREVENTION SYMPOSIUM**



NOV 6th

CREDITS
ACT 48 | CEUs | CLEs

Save the Date!

Mark your calendar and plan to join us virtually on November 6, 2025, for PFSA's annual PA Child Abuse Prevention Symposium!

#ProtectPAKids

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 Pennsylvania families and children.

Visit pafsa.org to learn more and to donate!



Visit Our Blog!

Our blog is the best way to get timely information on ways to help stop child abuse, recent staff developments, and prevention strategies.

pafsa.org/blog



Visit Our Store!

PFSA has educational resources available in our online store. You can find informative materials covering a wide range of topics designed to assist caregivers, parents, and professionals in an effort to protect children.

Please visit pafsa.org/store to learn more!

UPCOMING PFSA TRAININGS

Families in Recovery (FiR) 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 FiR facilitators will be fully prepared to implement the program and provide training after attending a two-day session that covers content, education, and implementation of the curriculum. FiR facilitators come together during training to share program implementation experience, ideas, and insights.

All organizations interested in implementing FiR are required to enter into a contract with PFSA and participate in the evaluation requirements of the program. Contracts include ongoing technical assistance, program development, facilitator calls, and assistance with data collection.

Dates: July 15 & 16, 2025 (*virtual*)

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

Cost: Contact PFSA's Prevention Services Manager, Justin Donofrio (jdonofrio@pafsa.org), for paperwork or to ask questions.

Mandated Reporter Training

PFSA has several options for mandated reporter training for staff and volunteers. We provide certificates to participants and, upon request, will upload confirmation of the training to the Departments of State or Education for CE fulfillments under Act 31 and/or Act 48. CLEs are also available for attorneys.

LIVE IN-PERSON/VIRTUAL

Cost: Free

Register [here](#) for a virtual session.

INDIVIDUAL ONLINE, ON-DEMAND

Cost: \$30

Sign up [here](#) to take any time.

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.

Dates: July 29 & 30, 2025 (*virtual*)
October 16 & 17, 2025 (*virtual*)

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

Cost: \$1,000 per trainer entering into a three-year contract with PFSA. Email Haven Evans, Director of Programs (hevans@pafsa.org), for paperwork or to ask questions.