



Family Digital Wellness

A Plan for Grandfamilies and Kinship Caregivers

Group chats, scrolling feeds, AI chatbots. All are constant companions of our children and teenagers, from their morning cereal bowl until lights out at the end of the day. Without a doubt, digital technology represents a formidable challenge for many caregivers.

While technology can help with homework and connection, heavy social media use is linked with sleep loss, anxious mood, and attention

struggles. Increasingly, AI chatbots add new risks by echoing worries and compromising private information.

SO WHAT CAN YOU DO?

You don't need a tech degree to make a difference. A simple **Family Digital Wellness** plan can set guidelines and establish routines that protect mental health without banning technology.

Visit our **latest blog** to learn plain-language technology rules, including about AI. We encourage you to post this printable plan at a prominent place for your family. It includes practical steps that any grandfamily or kinship caregiver can use to keep kids safe, rested, and connected.

Youth Leadership in Action: Chelsea's T-Shirt Fundraiser for PFSA

Sometimes the biggest hearts come in small sizes. This spring, Girl Scout Cadette Chelsea Whispell set out to raise awareness for child abuse prevention, and she ended up raising \$250 to support PFSA's mission to protect children and strengthen families.

With encouragement from her mom, Trisha Whispell, a social work educator at **Geisinger Janet Weis Children's Hospital Child Advocacy Center** in Sunbury, Chelsea sold 200 shirts as part of a project that also helped her earn her Silver Torch award.

Read [our blog](#) to see how Chelsea turned creativity into compassion and how her leadership is inspiring others to make a difference.



CBCAP Network Member: Girl Scouts Western Pennsylvania

PFSA welcomes **Girl Scouts Western Pennsylvania** as a new member of the **Community-Based Child Abuse Prevention (CBCAP) Network**. 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](#).



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: January 21 & 22, 2026 (*virtual*)
April 22 & 23, 2026 (*virtual*)
July 22 & 23, 2026 (*virtual*)
October 21 & 22, 2026 (*virtual*)

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

Cost: Contact PFSA's Director of Prevention Programs, 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: January 14 & 15, 2026 (*virtual*)
April 15 & 16, 2026 (*virtual*)
July 15 & 16, 2026 (*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 training@pafsa.org to obtain paperwork or to ask questions.

Get involved and follow us on social!



#GIVING TUESDAY

On **December 2**, PFSA is proud to participate in **#GivingTuesday**. This day of giving invites you to give back and create change in your community. Together, we can continue to make a difference by keeping PA safe for all children! Your support on #GivingTuesday, and every day, helps allow us to fulfill our mission to **#ProtectPAKids**.

Visit pafsa.org/donate to learn more and donate.



We've Moved!

Our office has moved to a new location! Please update your records to reflect our new address to ensure there are no disruptions in communications or correspondence.

**100 Sterling Parkway, Suite 100
Mechanicsburg, PA 17050**



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.

pafsa.org/store

Read 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



PA BLUE RIBBON **CHAMPIONS** *for* **SAFE KIDS**

Save the Date **APRIL 1, 2026**

In Partnership with Pennsylvania Department of Human Services

Flag Planting

9:00am

3rd & State Street
Harrisburg

Award Ceremony

10:30am

Pennsylvania's Capitol
Building Main Rotunda

