



# National Bullying Prevention Month

**October is National Bullying Prevention Month**, serving as a reminder that bullying can result in negative outcomes for children and students. Bullying comes in many forms, none of which are acceptable. Cyberbullying, for example, continues to increase among teens and is a growing concern for parents, schools, and communities.

Cyberbullying involves using electronic communication and digital devices to bully a person, typically by sending messages of an intimidating or threatening nature. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean

content/information about someone else, causing embarrassment or humiliation.

Traditional bullying and cyberbullying are closely related: Those who are bullied at school are often bullied online, and those who bully at school often bully online. Cyberbullying can negatively affect the mental health of those involved, including increased anxiety levels and lower self-esteem.

Additionally, the increased time spent on social media by today's kids reduces barriers for cyberbullying and increases children's exposure to online violence.

## Some of the warning signs of cyberbullying may include:

- ▶ Your child becomes upset, sad, or angry during or after being online or using a personal digital device.
- ▶ Your child frequently withdraws from family and/or friends.
- ▶ Your child expresses reluctance or refusal to participate in activities they previously enjoyed.

**To learn more about cyberbullying warning signs and parental tips, check out PFSA's Common Digital Dangers booklet.**

As we all continue leaning on the use of digital technology, parents and adults should be aware of the dangers accompanying these technologies and begin creating safe and healthy interactions throughout the digital

world. It is especially important that adults model this healthy behavior for our children who are being raised with more access to digital technologies than any generation before them.

PFSA recently launched our Family Digital Wellness initiative to support parents in raising safe and healthy kids in the digital era. This initiative includes an online Family Digital Wellness hub providing related resources for parents and professionals as well as up-to-date news and media stories.

To learn more, visit PFSA's **Family Digital Wellness webpage** to access updated resources and news stories. Don't forget to download the **FREE** Parent Toolkit to learn more about raising safe and healthy kids in the digital era and stay up to date on new information regarding PFSA's Family Digital Wellness initiative.

## #ProtectPAKids

Help us strengthen 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](https://pafsa.org) to learn more and donate!

# 2022 PA Child Abuse Prevention Symposium Recap

On September 14, 2022, PFSA held the annual **PA Child Abuse Prevention Symposium**, providing timely and quality presentation workshops through a virtual setting for registered participants.

Different from previous years, this symposium provided the opportunity for all participants to participate and engage with each workshop and speaker. This year's symposium topics and speakers included:

- ▶ **PFSA State of the Alliance**  
Angela Liddle
- ▶ **Barriers to Safety for Vulnerable Populations**  
Sarah Rosso
- ▶ **Family Digital Wellness & The Digital Era Family**  
Dr. David Bickham
- ▶ **Poverty & Neglect**  
Kristen Slack, Ph. D.
- ▶ **Interrupting Racism & Bias**  
Jessica Jones, Ph. D.

PFSA would like to thank each of our speakers for helping to create a valuable learning and professional development environment throughout this year's event!

We would also like to thank everyone who registered and attended the symposium for your commitment to positive progress in each of these important areas of our work —  
**THANK YOU!**





**APRIL 2023**

# National Child Abuse Prevention Month: Blue Ribbon Champions for Safe Kids



**In recognition of Child Abuse Prevention Month in April, PA Family Support Alliance will honor individuals from across the commonwealth for exceptional contributions to the prevention of child abuse and neglect.**

We want to recognize those professionals, volunteers, and everyday heroes among us who keep our children safe. Nominations for this recognition are welcome from schools, government agencies, community organizations, private practitioners, churches, and other concerned individuals and groups.

PA Blue Ribbon Champions for Safe Kids award winners are shining examples of people working in Pennsylvania to prevent child abuse and neglect. These awards are an opportunity to



honor champions for children across the state who work tirelessly, often without fanfare or recognition, to improve the lives of our most vulnerable residents.

Individuals will be recognized in April as a Blue Ribbon Champion for Safe Kids.

**The nomination deadline is  
October 15, 2022 by 5:00 p.m.**

**To submit your nomination, please visit  
[pafsa.org/nominate](https://pafsa.org/nominate)**

## Join the CBCAP Network!

As we begin to wind down the calendar year, PFSA is inviting community agencies to consider joining our **Community-Based Child Abuse Prevention (CBCAP) Network!** This is a diverse network of child protective and family-serving organizations that positively impact children and families throughout Pennsylvania.

All CBCAP Network members receive benefits from PFSA, such as parenting and caregiver resources, educational materials, professional development opportunities for staff, discounts on training and materials, and so much more.

**If you are looking to join a network that is committed to preventing child abuse, supporting families, and working toward a brighter future, consider PFSA's CBCAP Network.** To learn more about the CBCAP Network, the benefits, or how to sign up, contact PFSA at [info@pafsa.org](mailto:info@pafsa.org).



## Online & Social!

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 protecting children. Please visit **pafsa.org** to learn more!



**PA Family Support Alliance**  
@ProtectPAKids



**PFSA**  
@pafamilysupportalliance



**PA Family Support Alliance**  
@pa-family-support-alliance



**PA Family Support Alliance**  
@PAFamilySupport

# UPCOMING PFSA TRAININGS

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## Families in Recovery 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 of the Families in Recovery (FiR) program 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 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. FiR contracts include ongoing technical assistance, program development, facilitator calls, and assistance with data collection procedures.

**Dates:** January 24 & 25, 2023 (*virtual*) **OR**  
April 27 & 28, 2023 (*virtual*)

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

**Cost:** Email Haven Evans, Director of Programs, at [hevans@pafsa.org](mailto:hevans@pafsa.org) for the paperwork or to ask any questions.

## Mandated Reporter Training

PFSA has several options for mandated reporter training for staff and volunteers. 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. CLEs are also available for attorneys.

### LIVE IN-PERSON/VIRTUAL

**Cost:** Free

**How to register:** Find and register for a virtual session here: [pafsa.org/mandated-reporter-training](https://pafsa.org/mandated-reporter-training)

### INDIVIDUAL ONLINE, ON-DEMAND

**Cost:** \$30

**Take anytime:** [pafsa.org/on-demand-online-training](https://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.

**Dates:** November 9 & 10, 2022 (*virtual*) **OR**  
January 10 & 11, 2023 (*virtual*) **OR**  
April 20 & 21, 2023

**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, at [hevans@pafsa.org](mailto:hevans@pafsa.org) for the paperwork or to ask any questions.