



Cybersecurity Awareness Month

Dating back to 2004, the president of the United States and Congress have deemed October Cybersecurity Awareness Month, a month dedicated to raising awareness about the importance of cybersecurity across all sectors of business and community. Unfortunately, surveys show most Americans think online security is confusing and challenging.

To counter that perception, the **Cybersecurity and Infrastructure Security Agency (CISA)** and the **National Cybersecurity Alliance** created this year's messaging with an eye to simplicity. **The theme: "It's easy to stay safe online."**

Over the last few years and especially since the onset of the pandemic, we have heard more about the difficulties of children staying safe online and avoiding the negative impacts of technology use — especially social media.

Cybersecurity is just one piece of the puzzle when it comes to staying safe online, and few families are readily equipped with the information and resources necessary to prioritize online safety. More work must be done to help families create a willingness and capacity for safe and healthy interactions with technology.

The **Family Digital Wellness** initiative from **Pennsylvania Family Support Alliance (PFSA)** helps bridge the gaps for families between online safety, technology-related boundaries, and overall wellness. Our online Family Digital Wellness hub is a one-stop-shop for parents and caregivers to remain

informed about things related to digital safety and wellness happening in Pennsylvania and across the nation. Furthermore, PFSA has created free downloadable resources parents and caregivers can use to begin taking steps toward digital wellness.

Our most comprehensive resource, the **Family Digital Wellness Parent Toolkit**, includes more than 40 pages of information, activities, and resources, plus a framework to guide families on a journey of creating safe and healthy interactions with digital technology.

To learn more about PFSA's **Family Digital Wellness** resources, visit our online hub at www.pafsa.org/family-digital-wellness.

To learn more about National Cybersecurity Month, visit the **National Cybersecurity Alliance website**.



Follow along with us on social media!



PA Family Support Alliance
@ProtectPAKids



PFSA
@pafamilysupportalliance



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



PA Family Support Alliance
@PAFamilySupport



#ProtectPAKids

Help us support the 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!

PA Child Abuse **PREVENTION** **SYMPOSIUM**

Recap

On September 13, 2023, PFSA held the annual **PA Child Abuse Prevention Symposium**, providing timely and quality presentation workshops in a virtual setting for registered participants.

This year's symposium allowed all participants to participate and engage with each workshop and speaker, creating a space for rich dialogue and conversation.

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!

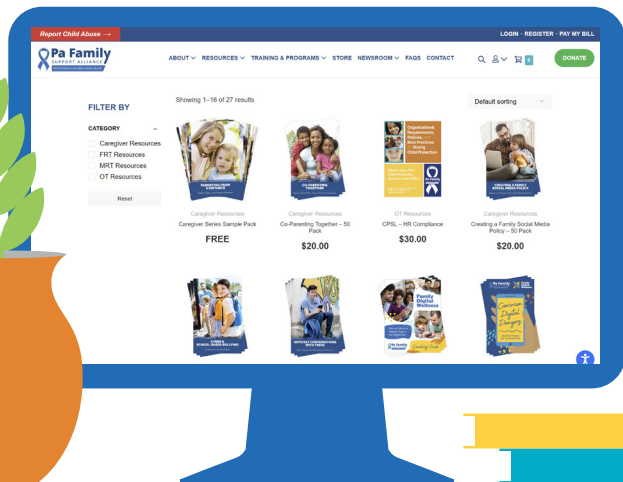
We would also like to thank everyone who registered for and attended the symposium for your commitment to making positive progress in each of these important areas of our work — **THANK YOU!**

This year's symposium topics and speakers included:

- ▶ **How Do We Talk About Childhood Adversity and Prevention?**
Amy Templeman
- ▶ **Practices and Resources for Serving Kinship Families**
Shalah Bottoms
- ▶ **Recognizing Abuse and Interviewing "Non-verbal" Children**
Staci Whitney, LMSW
- ▶ **Technology's Child: Putting the Research on Kids and Tech to Work for Families**
Dr. Katie Davis

Visit Our Online 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 **our website** to learn more!





NATIONAL CHILD ABUSE PREVENTION MONTH | APRIL 2024

Call for Nominations! PA Blue Ribbon Champions for Safe Kids

In recognition of **National Child Abuse Prevention Month** in April, PFSA 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 20, 2023, by 5 p.m.**

**To submit your nomination,
please [click here](#).**

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 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's Prevention Services Manager, Justin Donofrio, at jdonofrio@pafsa.org.



Learn more about the CBCAP Network at pafsa.org!

UPCOMING PFSA TRAININGS

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 2024 TBD (*virtual*)

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

Cost: Email Justin Donofrio, Prevention Services Manager, at jdonofrio@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 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

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.

Dates: October 24 & 25, 2023 (*virtual*)
January 17 & 18, 2024 (*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, at hevans@pafsa.org for the paperwork or to ask any questions.



Save the Date!

April 2, 2024

Flag Planting | 9:00 a.m.
3rd & State Street | Harrisburg

Awards Ceremony | 10:30 a.m.
Capitol Main Rotunda | Harrisburg