

Family Resource Center

Prevention Services Network

Partnering, Supporting, Nurturing

May is Teen Pregnancy Prevention Month

During the past 20 years, the rate of teen girls having children has dropped by about 40%, but approximately 1,100 teen girls still give birth every day.

More than 400,000 teen girls give birth each year in the United States. TV, music, the Internet, and other popular youth media tend to glamorize teens having sexual intercourse and teen parenting, but the reality is starkly different. Having a child during the teen years carries high costs—emotionally, physically, and financially—to the mother, father, child, and community. Parents, educators, public health and medical professionals, and community organizations all have a role to play in reducing teen pregnancy.

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Teen pregnancy results in huge economic, social, and health costs on teen parents and their families. Did you know that:

- About 4% of all teenage girls give birth each year. Teen births represent 10% of the 4 million births each year.
- Teen birth rates in the U.S. are up to 9 times higher than in most other developed countries.
- Hispanic and black teen girls are about 2–3 times more likely to give birth than white teen girls.
- Girls born to teen parents are almost 33% more likely to become teen parents themselves, continuing the cycle of teen pregnancy.
- About 50% of teen mothers get a high school diploma by age 22 compared with 90% of teen girls who do not give birth.
- **Teen childbearing costs U.S. taxpayers about \$9 billion a year.**

Preventing teen pregnancy starts by teaching teens how and why to delay having sex and the steps that they need to take if they become sexually active. Key components include sex education that has been shown to work, support for parent-teen communication about preventing pregnancy, and ready access to sexual and reproductive health services. Sexually active teens should have access to effective and affordable birth control. Among high school students:

- Nearly half have had sexual intercourse (about 46% for both girls and boys), a decrease of about 20% from 1991.
- About 12% of sexually active boys and girls did not use birth control the last time they had sex, compared to 16% in 1991.
- About 65% of girls and 53% of boys received formal sex education about both abstinence and birth control.
- About 44% of girls and 27% of boys had spoken with their parents about both abstinence and birth control.

Learn more tips about talking to teens about sensitive subjects throughout this newsletter. The facts shared in this article come directly from the Centers for Disease Control website at www.cdc.gov

How to be a Good Listener

Most parents understand the importance of keeping the lines of communication open between themselves and their children. However, when it gets down the actual conversation things get much more challenging. There are techniques to help you become a better listener and they take practice. There are also conversation stoppers that should be avoided at all costs.

How to encourage conversation:

- Respond to non-verbal communication. Instead of becoming angry at your child when she rolls her eyes after you speak, respond by saying, "I see you are rolling your eyes. I think you are trying to tell me you disagree with me. Am I right?"
- Find a right time and right place to talk. Don't try to hold a meaningful conversation when you or your children are angry. Let them know that it is not a good time right now, and then set a time to talk. Look for windows of opportunity when your teen feels like chatting. This might happen on a car ride when they can talk without actually looking into your eyes.
- Give your child your full attention. When you are involved in a conversation with your children, it should take priority over everything else. We have all had the experience of talking to someone who clearly has no interest in what we have to say. It's hurtful to us and it's hurtful to our children when they are on the receiving end. Be sure the TV is off and cell phones are silent.

- Avoid interrupting. Once your children begin to talk, let them speak. It's a powerful message to let children know that what they have to say is important.
- Give nonverbal encouragement. Lean forward, make eye contact, and nod your head occasionally. These cues let your child know that you are paying attention.

How to stop communication:

- Talk down to your children. Children catch on quickly if you are being insincere or condescending. Much like adults, children feel insulted if they believe they are being put down.
- Judge or criticize. Realize that it may be difficult for your children to talk about sensitive subjects and that you have a golden opportunity to influence future behavior when they do open up to you. However, if you come across in a judgmental or critical manner you lose your chance to influence.
- Refuse to listen to your teen's perspective. You may not agree with what your children are sharing with you but make every attempt to respectfully listen to their point of view. Their problems could seem minor in the world view but they are of utmost importance to the child in the moment.

Information shared in this article came from www.onetoughjob.org and www.aces.edu



Community Events

Parenting Classes

Kenosha Area Family and Aging Services will be offering a parenting class on Wednesdays starting

**May 9, 2012 through
July 18, 2012.**

From 2:30 to 4:00 pm

The class will be held at KAFASI, 7730 Sheridan Rd.
Kenosha, WI

The following topics will be
discussed:

Family Values and Morals	Responsible Parenting
Family Rules and Meetings	Behavior Management
Empathy and Needs	Age Appropriate Expectations
Routines and Schedules	Problem Solving

Pre-Registration is required.

Call Karin at
658-3508 ext 122.

Cost of the class is \$15.00.

Remember...A Healthy Family and Healthy Children Start with You!

The mission of the **PSN Family Resource Center** is to provide programs and services that build on family strengths through prevention, education, support and networking in collaboration with other resources in the community.

The PSN Family Resource Center,
located in the Kenosha County Human Services Building at 8600 Sheridan Road, Kenosha,
is open every **Tuesday and Thursday afternoon from 2:00 to 4:00**
for parents to drop in and talk to someone about parenting concerns,
pick up information about community resources,
and find out about programs and services of the PSN.

*Partnering with the community to strengthen families...
Supporting families to achieve optimum success...
Nurturing parents to be strong caregivers...*

TO VIEW PREVIOUS ISSUES OF THE PSN NEWSLETTER, LOG ON TO
<http://www.co.kenosha.wi.us/dhs/Divisions/CFS/Newsletter/index.php>

Community Response Corner

Each month we will highlight what is new in the Community Response Program of PSN.

On Friday, April 20, five local agencies were trained in the childhood sexual abuse prevention program, Darkness to Light: Stewards of Children, facilitated by Community Response Specialists Mary Metten and Marie Kueny. Staff at Prevention Services Network, Kenosha Area Family & Aging Services, Inc, Community Impact Program, Children's Service Society of WI, and the Kenosha County Department of Health, learned the seven steps to protecting children and gained new knowledge and skills in responding to issues related to childhood sexual abuse. *Stewards of Children is the only nationally available program scientifically **proven** to increase knowledge, improve attitudes and change child-protective behaviors. This revolutionary program is for any responsible adult who cares about the welfare of children.*

The "7 Steps to Protecting our Children" are (in summary):

- 1. Learn the facts. Understand the risks.** Make decisions for children based on the facts of child abuse rather than on level of trust in others.
- 2. Minimize opportunity.** Eliminate or reduce one-adult/one-child situations.
- 3. Talk about it.** One participant explained that her children understand that, "Presents are the only secret our family keeps."
- 4. Stay alert.** Do not expect there to be obvious signs, the signs are often emotional or behavioral, not physical or verbal.
- 5. Make a plan.** Learn where to go, who to call and how to react in the best interest of your child.
- 6. Act on suspicions.** Being a silent bystander to sexual abuse could contribute to a lifetime of psychological and emotional problems for a child victim.
- 7. Get involved.** Use your voice and your vote to make your community a safer place for our children.

For more information, visit www.D2L.org

To schedule a Stewards of Children training for your organization, school, or business, contact Marie at (262) 697-4689, marie.kueny@kenoshacounty.org or Mary at (262) 697-4605, mary.metten@kenoshacounty.org.

Substance Abuse and Mental Health Services Administration NATIONAL PREVENTION WEEK MAY 20 - 26!

From May 20 through May 26, community organizations throughout the country will be hosting events that raise awareness about the importance of substance abuse prevention and the promotion of mental, emotional, and behavioral well-being as part of a new SAMHSA observance, National Prevention Week.

The National Prevention Week 2012 theme

– *We are the ones. How are you taking action?* –

embraces the idea that small, everyday actions contribute to healthier and more vibrant communities, and that everyone has the ability to make a difference in their own lives and the lives of those around them.

Visit the website below for ideas to become involved in the prevention efforts.

<http://www.samhsa.gov/preventionweek/>

It's All About Communication

Whether or not you are preventing teen pregnancy, preventing teen drug abuse, or keeping your teens in school, it all begins with establishing solid lines of communication. The information for this article came from the website www.aces.edu

“The most important thing parents can do to improve communication with their teens is to listen to them. Listening to their teens helps parents to have more influence in their teens' lives. Teens need to feel that they matter and that they can depend on their parents to support and protect them. By listening to teens, parents get across messages of caring and safety.

Listening helps parents stay in touch with their teens' experiences and feelings even though their teens are spending a lot of time away from them. Ultimately, listening begets listening. Most parents would like their teens to listen to them more. By parents listening to their teens, teens are more likely to listen, on their own, to their parents. The next time you sit down with your teen, ask her to tell you about something and quietly hear what she has to say.”

Don't be afraid to talk about the tough topics.

It's very hard on parents to talk about tough subjects like sex and drug use. It might bring up sensitive issues regarding your own experimentation or use during your younger years. When you send a message to your teens that such subjects are not discussed in your home, you can guarantee they will seek answers elsewhere and you also are sending a message that you are not a good resource when the going gets tough.

“Take teens and sex, for example. Teens are going to have questions about sex, and they are going to have sexual feelings and thoughts. When teens have questions about their thoughts or feelings, parents who give them support and understanding are more likely to have teens who do not act impulsively when faced with a decision about sex. These teens are more informed about what they are feeling and thinking and about the consequences of acting on their thoughts and feelings. When teens understand what may happen if they engage in sexual activity and that their parents are not afraid to talk with them and to help them find answers about sex, these teens are better protected from the pressures of others to engage in sexual behavior.”

You can do several things to make dealing with tough topics easier:

“Check in with your children regularly, know where your children are, and check out concerns you have about your children's behavior.” As hard as it is to monitor teens behavior, it is critical. Rules should have been established before they became teens, but it is not too late. “This will make it more likely that you will learn about trouble in the early stages and will have a better chance of helping your teen before things get out of hand.”

Make your home teen friendly. Let your children invite their friends over, and get to know them. You will learn a lot about your own children by getting to know the kinds of friends they have.

“Talk with others who parent their own children in a way you respect.” Just like teens need role models, seek out your own parent role models. Don't have any? Get tips from school counselors or from the website referenced at the beginning of this article.

café  talk™



the game that gets
to the heart of family



Parents need to be strong and flexible



Parents need friends



Being a great parent is part natural and part learned



We all need help sometimes

Parents need to help their children communicate

**Parents need to give their children the love
and respect they need**

El Segundo Martes de cada mes a las 10:00 para Café Talk en
Español – May 8th.

The English sessions are held the fourth Tuesdays every month at 10:00 am
The next Café Talk will be held May 22nd.

You can share your own wisdom and learn something you
never thought of before!

Pastries, coffee and tea will be served.

Café Talk is held in the PSN Family Resource Center,
8600 Sheridan Road, Kenosha

For more information, please call Marie at (262) 697-4689 or Mary at (262) 697-4605
or para mas información llame a Jomarie al (262) 658-3508, ext. 121

The Origins of Mother's Day

On May 13, 2012, we celebrate Mother's Day, a day dedicated to the appreciation of mothers. The origins of this day are interesting and come to us from some strong female historical figures. The story begins in 1858, with Anna Jarvis, a young Appalachian homemaker who attempted to improve sanitation through what she called Mothers' Work Days. She organized women throughout the Civil War to work for better sanitary conditions for both sides, and in 1868 she began work to reconcile Union and Confederate neighbors.

Around the same time, Julia Ward Howe, who wrote the famous poem, "The Battle Hymn of the Republic," was also disturbed by what she experienced during the Civil War. She saw how the war took its toll not only on the soldiers who died, or returned diseased and maimed, but also how it affected the widows and the children left behind. She saw the economic disaster left by the Civil War and the problems that arose from restructuring both the North and the South when it ended. In 1870, Julia Ward Howe took up the cause of world peace. She was influenced by the work of Anna Jarvis, and she wanted women to take the lead in opposing war and recognizing the commonalities women face across national lines. She issued a peace declaration calling on women to rise above their differences and commit to finding peaceful resolutions to all conflicts. She hoped to gather women together in a "congress of action." She failed in her attempt to get formal recognition of a Mother's Day for Peace, but the seeds for such a day had been planted.

Anna Jarvis' daughter, also named Anna Jarvis, knew of her mother's work, and the work of Julia Ward Howe. When her mother died in 1905, Anna Jarvis started her own crusade to found a memorial day for women. The first such Mother's Day was celebrated in West Virginia in 1907 in the church where the elder Anna Jarvis had taught Sunday School. Anna is said to have purchased 500 white carnations to be distributed to all the mothers in the congregation, in honor of her mother's passing. From this first gesture, the custom caught on -- spreading eventually to 45 states. In 1914 President Woodrow Wilson declared the first national Mother's Day.

Some information for this article was taken from a website, www.about.com

Never Leave Children Alone in a Car

Warmer temperatures are on the horizon. Safe Kids Kenosha-Racine is working to increase awareness and urge parents and caregivers to never leave children alone in a vehicle. The warmth of the spring sun can heat the interior of a vehicle very quickly. Safety experts and child advocates want to remind caregivers to always check for sleeping children before leaving a vehicle.

Between 1998 and 2009, 445 children died in the U.S. from heat stroke because they were unattended in vehicles that became too hot for them to survive. A child's body heats up 3 to 5 times faster than an adult's and unattended children have no way of protecting themselves in a hot vehicle. Parents and caregivers need to take precautions so this tragedy does not happen to them.

More than 50 percent of the children who died from heat stroke were forgotten by a caring adult who became distracted when they left the vehicle. When left unattended by an adult, 30 percent of affected kids gained entry into an unlocked vehicle, became trapped and were overcome by heat. It takes only minutes for a child to be at risk of death and serious, permanent injury in a hot car. Drivers must keep car doors locked and keys out of reach of young children.

Safe Kids Kenosha-Racine urges all adults who transport children to take the following steps:

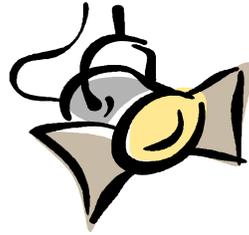
- Call 911 if you see a child unattended in a vehicle.
- Never leave children alone in a car - even for one minute.
- Set a cell phone reminder to be sure you drop your children off at daycare.
- Set computer programs to ask, "Did you drop off at daycare today?"
- Place a cell phone, PDA, purse, briefcase, gym bag or whatever is to be carried from the car on the floor in front of the child in the back seat. This forces you to open the back door and see the child.
- Have a plan with your child care providers to call if your children do not arrive when expected.
- Keep keys and remote entry key fobs out of children's reach.
- Lock all vehicles at all times.
- Check cars and trunks first if a child goes missing.

For more information on preventing hyperthermia deaths, visit www.ggwweather.com/heat and www.safekids.org/nlyca. To interview an expert in childhood injury prevention, contact Erin Donaldson, (262) 687-3366.

Safe Kids Kenosha-Racine works to prevent accidental childhood injury, the leading killer of children 14 and under. Its members include health care professionals, police officers, sheriff department personnel, fire department staff, health department staff, and more. Safe Kids Kenosha-Racine is a member of Safe Kids Worldwide, a global network of organizations dedicated to preventing accidental injury. Safe Kids Kenosha-Racine was founded in 2001 and is led by Wheaton Franciscan Healthcare.



PREVENTION SERVICES NETWORK



Spotlight Series

Tuesday, May 1, 2012

Karin Kirchmeier, KAFASI, will provide information on

Teen Pregnancy Prevention

Tuesday, May 15, 2012

Aila Connely-Perrault, KAFASI, will present information on

Fun, Free and Cheap Activities for Families

Tuesday, June 5, 2012

Kathy Sullivan, KAFASI, will provide information on

Toilet Training

Tuesday, June 19, 2012

Kathy Burns and Marie Kueny, PSN, will present information on

Strengthening Dads

12:00 Noon to 1:00 PM

PSN Spotlight Series is held in the

PSN Family Resource Center,

8600 Sheridan Road, Kenosha.

Lunch will be provided. **Registration is required.** Call 697-4520.

Come join us!



COME LEARN GROW

Parent Talk Lunch

Parent Talk Lunch is in its ninth season of bringing topical information, nutritious meals and lively conversation.

May 2nd Division of Health Nurse will present information on
“9 Steps to Effective Parenting”

May 9th No Lunch Today

May 16th A Child’s Place will present information on
“Making Friends”

May 23rd Team Facilitators will facilitate
“Round Table Parent Talk”

May 30th UW Extension will present information on
“Grocery Shopping Tips”

Lunch is held on Wednesdays from 12:00 to 1:00 PM at the Kenosha County Human Services Building, Room North Two 8600 Sheridan Road, Kenosha

Lunch is free, but you must **pre-register** by stopping in or calling A Child’s Place Child Development Center 697-4754

May 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. May Day. We celebrate the working people on this day.	2. May is Foster Care Month.	3. World Press Freedom Day. Freedom of the press should never be taken for granted.	4. Bird Day. First celebrated in 1894.	5. Cinco de Mayo. This day is a national day of pride for our neighbors to the south.
6. National Nurses Day.	7. National Tourism day. Be a tourist in Kenosha and check out the sights.	8. National Teachers' Day. Thank your child's teacher today.	9. School Nurses Day.	10. Peace Day. Try to have a peaceful, hassle free day. Be nice to whoever you encounter this day.	11. Military spouses day. Reach out to any that you know and tell them you care.	12. Birth Mother's Day.
13. Happy Mother's Day. Call her. Visit her. Thank her!	14. Dance like a chicken day. It would have to cheer you up.	15. Police Officers' Memorial Day.	16. Wear purple for peace day.	17. National bike month. Hopefully it's nice enough outside to go ride one!	18. International museum day. Visit one of Kenosha's beautiful museums.	19. Armed Forces Day. Remember those overseas.
20. National barbeque month. Have your first one of the season.	21. National waiters and waitresses day. If you eat out, tip well today (and every-day!)	22. National blood pressure month. Do you know yours?	23. Lucky penny day. Remember when you could buy something with a penny?	24. National photograph month.	25. National Missing Children's Day.	26. Sally Ride Day.
27. Older American's Month.	28. Memorial Day.	29. Wisconsin became a state in 1848.	30. Water a flower day. Get your seedlings ready to plant.	31. World no tobacco day.		

Some ideas in this calendar come from www.enchantedlearning.com & www.holidayinsights.com