one day at a time

CHILD ABUSE PREVENTION MONTH

END CHILD SEXUAL ABUSE
WHAT THE HECK IS HAPPENING?

- The impact of the coronavirus is being felt across the world.
- Many of your partners & local contacts are not able to prioritize prevention work
- Do what you can & take care of YOU!
APRIL LOOKS DIFFERENT THIS YEAR... AND THAT’S OKAY!

- Observing Child Abuse Prevention Month mostly from the comfort of our own homes
- Communities continue to press pause and participate in social distancing
- Protecting kids is going to look a little different
- Protecting kids doesn’t have to be a big haul or an overwhelming process
- There are protective measures we can take that can come as easy as taking a deep breath.
EVERY COMMUNITY LOOKS DIFFERENT

- Your community’s current environment
- Tone
- What do they need?
- Where does prevention fit in?
- How to be effective during this health crisis
- Pivot as needed
SO, HOW DOES IT WORK?

• Providing month-long calendar of one, simple thing adults can do every day to practice prevention – Caregiver and Advocate option

• Share the calendars and CAPM webpage with your network and encourage them to participate

• Weekly themes:
  • April 6th: Being the Safe Adult
  • April 13th: Family Code of Conduct
  • April 20th: Building Protective Bonds
  • April 27th: Digital Safety

• Visit D2L.org/capm2020 for social media graphics and email templates weekly

• Use the hashtag #D2LCAPM on all your social media posts about CAPM
## CAREGIVER/ PARENT CALENDAR

### Caregiver Activities for Child Abuse Prevention Month
April 2020

**One day at a time**

### Sunday

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>05</td>
<td>Set 3 child protection goals for the month.</td>
</tr>
<tr>
<td>06</td>
<td>Read our &quot;Safe Adult&quot; Blog and get inspired!</td>
</tr>
<tr>
<td>07</td>
<td>Tell your kids, &quot;I'm here for you.&quot; Ask them who they think their Safe Adults are.</td>
</tr>
<tr>
<td>08</td>
<td>Make a Family Compliments wall. Post sticky notes with compliments for each other to it throughout the month!</td>
</tr>
<tr>
<td>09</td>
<td>Intentionally leave your phones/devices in the other room for a little while today.</td>
</tr>
<tr>
<td>10</td>
<td>Check in with yourself and your kids: how are you feeling?</td>
</tr>
</tbody>
</table>

### Monday

<table>
<thead>
<tr>
<th>Day</th>
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</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>Read our &quot;Family Code of Conduct&quot; Blog.</td>
</tr>
<tr>
<td>13</td>
<td>Set a 10-minute timer and brainstorm your ideal family culture. Make a list of what it looks like.</td>
</tr>
<tr>
<td>14</td>
<td>Go &quot;camping&quot; in your living room together.</td>
</tr>
<tr>
<td>15</td>
<td>Call a family meeting and use the worksheet provided in this week's blog to create your own Code of Conduct.</td>
</tr>
<tr>
<td>16</td>
<td>Practice boundaries and self-care. Take some time for yourself today.</td>
</tr>
</tbody>
</table>

### Tuesday

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>19</td>
<td>Read our Blog, &quot;7 Body Safety Lessons to Learn from Disney.&quot;</td>
</tr>
<tr>
<td>20</td>
<td>Check in with yourself and your kids: what are you doing? What is one course step to take to make your day a little better?</td>
</tr>
<tr>
<td>21</td>
<td>Participate in your kid's favorite activity with them.</td>
</tr>
<tr>
<td>22</td>
<td>Read our Blog, &quot;The What If? Game.&quot; Play a round or two with your kids!</td>
</tr>
<tr>
<td>23</td>
<td>Have a family movie night!</td>
</tr>
</tbody>
</table>

### Wednesday

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>26</td>
<td>Read our Blog, &quot;Digital Safety.&quot;</td>
</tr>
<tr>
<td>27</td>
<td>Discuss digital safety precautions with your family: what is acceptable to share online?</td>
</tr>
<tr>
<td>28</td>
<td>Put screens aside for half an hour and go outside or read together!</td>
</tr>
<tr>
<td>29</td>
<td>Ask your kids to introduce you to their favorite app.</td>
</tr>
<tr>
<td>30</td>
<td>Take 10 minutes to reflect: what have you learned about protecting kids &amp; being a safe adult this month?</td>
</tr>
</tbody>
</table>

Learn more at [www.D2L.org/CAPM2020](http://www.D2L.org/CAPM2020)
# ADVOCATE CALENDAR

## One day at a time

### April 2020

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### Sunday

- **Write down the names of at least 3 kids and teens in your life you want to keep safe.**

### Monday

- **Read our "Safe Adult" Blog and brainstorm: How can this apply to your situation?**

### Tuesday

- **Check in with yourself and your friends with kids: how are you feeling?**

### Wednesday

- **Set a timer on your phone for 5 minutes and write down your personal values.**

### Thursday

- **Intentionally leave your phones / devices in the other room for a little while today.**

### Friday

- **Reach out to a friend with kids: ask if they need anything and offer to help!**

### Saturday

- **Practice boundaries and self-care: take some time for yourself today and meditate.**

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### Advocate Calendar

- **Advocate activities for child abuse prevention month**

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### Digital Safety

- **Read our Blog, "Digital Safety!"**

### Protective Bonds

- **Read our Blog, "7 Body Safety Lessons to Learn from Disney."**

### Family Code of Conduct

- **Read our "Family Code of Conduct" Blog: What is your ideal home life culture?**

### Being a Safe Adult

- **Set a 10-minute timer and brainstorm: what actions or behaviors can you take to make your values a reality?**

- **Look for joy in the little things; treat yourself to one of your favorite things today!**

- **Think about the names you wrote down last week: what are 3 ways you can help minimize opportunity when you are around them?**

- **Try one new thing today!**

- **What was your favorite childhood movie and why? Watch it tonight!**

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### One Day at a Time

- **Put screens aside for half an hour and go outside or read a book!**

- **Think about your digital presence; are you a positive influence? Spread a little positivity online today!**

- **Take 10 minutes to reflect: what have you learned about protecting kids & being a safe adult this month?**

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[Learn more at www.D2L.org/CAPM2020]
GET YOUR COMMUNITY INVOLVED

ASK YOUR AUDIENCE TO...
• Download & participate in the Parent/Caregiver Calendar
• Read the Blogs
• Apply the tips and skills to their situation
• Take it one day at a time
• Start integrating child protective behaviors into their daily life

HOW YOU CAN GET THEM INVOLVED...
• Promote the calendars on your social media, email newsletters, and website
• Host Facebook or Instagram Lives to discuss the theme for the week & provide corresponding activities and resources to parents
• Share Darkness to Light tools and resources
• Integrate calendar and resources supplied where it makes sense for you.
safe adult (n):
a protective adult who a child can trust and speak freely with, who will take action on behalf of a child’s safety, who does not cross boundaries or encourage a child to cross boundaries.
EMAIL & SOCIAL MEDIA EXAMPLES

MESSAGING TIPS:
• Be sensitive to the current situation
• Think about this campaign as creating a lifestyle of prevention
• What are the steps we can take in this new situation to continue to protect kids
• Being a safe adult is key

Sample Email Copy:
Hello [followers/friends/clients/etc.]
I am so excited to share a fun new resource with you for Child Abuse Prevention Month! During the month of April, I am encouraging you to take things One Day at a Time when it comes to keeping your kids safe from child sexual abuse.

Due to COVID-19, we are unable to participate in community protection events and trainings, so we’re focusing on creating lifestyles of prevention and safety. This can be accomplished by incorporating simple, pre-emptive measures in our everyday lives that can come as easy as taking a deep breath.

To do this, I am sharing a calendar created by Darkness to Light of one simple thing you can do to practice prevention every day! Here’s is everything you need to get started: https://www.d2l.org/capm2020/

Follow along and share your journey on social media with the hashtag #D2LCAPM. I look forward to virtually following your prevention lifestyle journey and catching up in person about it in May!
OTHER APRIL RESOURCES:

- Protecting Children During a Crisis
- Flip the Switch
- Talking with Children About Safety from Sexual Abuse [free with code TALK2020]
- Online Safety Protocols for Teachers & Parents
- Minimizing Opportunity Blogs
WHAT ARE THE OUTCOMES?
1. Determine potential changes that could disrupt your existing daily life, resulting in new situations that will pose new challenges in prevention.

2. Identify some possible scenarios that could require you to modify those strategies.

3. Develop personalized strategies to use when potential crisis situations become a reality.

We often develop strategies that help to prevent child sexual abuse under our existing circumstances. But what happens if those circumstances change?
THE FAMILY CODE OF CONDUCT

A Family Code of Conduct is a set of guidelines that reflect the values and expectations of your family.

A pre-determined set of values around bodies and boundaries can go a long way toward protecting your kids from sexual abuse. It can help kids understand what acceptable and unacceptable behavior is, help them make informed decisions, and ultimately avoid dangerous situations. It also helps determine your family culture; you can create whatever kind of culture you want in your family by modeling your ideal values and behaviors such as kindness, honesty and even safety.

This should be a living, breathing document; you’ll need to adjust some boundaries or add new guidelines as your family grows. This can also be a team project: ask your kids what they think should be included. Don’t be afraid to get specific, either.

STEP 1: Define your family values and the behaviors that can help you live into them.

VALUES

i.e. Honesty

BEHAVIOR

i.e. telling the truth, not keeping secrets

STEP 2: Determine your family boundaries and expectations for conduct.

How do you treat others?

i.e. How do you show respect? How do you share? How do you honor boundaries? What are the rules around keeping secrets?

STEP 2: Determine your family boundaries and expectations for conduct.

Play Dates & Hangouts:

i.e. Who will be at the house/meal/pool/etc. with the kids? Will there be older siblings? How will the kids be supervised? How well do you know the family? These questions can also be applied to online activities such as games and video chats — where are they going, who will be there, what will they be doing?

Photos

i.e. Is anyone allowed to take or post photos of your children? Where are they allowed to be posted?

Sleepovers

i.e. Will you allow your child to participate in sleepovers? What are the sleeping arrangements? These guidelines may overlap with play dates and hangouts guidelines.

Babysitters

i.e. How do you choose who babysits? What are the rules for babysitters? What are the rules for evening sitting vs. daytime sitting?

Internet & Social Media Safety

i.e. At what age will they get a cell phone or social media? How will you monitor use? Where will devices live at night? Discuss what information should never be given out online.

Lessons & Camps

i.e. What are the safety policies? What does supervision look like? These guidelines will overlap with your youth-serving organization guidelines.

www.D3L.org
BE A PART OF THE CONVERSATION:

- Reach out to past training participants and organizations
- Create additional resources based off the need in your specific community to accompany the training
- Complete the Crisis Plan for Child Sexual Abuse Worksheet & the Family Code of Conduct Worksheet & share as a template
- Host a webinar on how to create a Family Code of Conduct or help organizations revamp their Organization Code of Conduct
- Work with organizations to help apply the training specifically to their members, etc.
WE HEAR YOU!

Survey Feedback:

- Alternative plans for Child Abuse Prevention month in April
- How caregivers can minimize opportunities during quarantine.
- How to conduct Stewards of Children® by video webinar.
QUESTIONS?

For more information, visit www.D2L.org/capm2020

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