

Grace Smith House

*Violence Preventions & Education
Program*

GRACE
SMITH
HOUSE



An Open Door
For Victims Of
Domestic Violence

Grace Smith House

The mission of Grace Smith House, Inc. is to enable individuals and families to live free from domestic violence through shelter, advocacy & education.

Hotline: 845-471-3033

Services

- Shelter
- Advocacy
- Crisis Intervention
- Family Court Liaisons
- Counseling
- Support Groups
- Children's Groups
- Legal Services
- Latina Outreach
- CPS Liaisons
- Youth Education & Prevention Services



Violence Prevention & Education Program

Prevention & Education in Schools

The violence prevention education program works to eliminate relationship violence in Dutchess County by facilitating workshop and groups for students, parents, and service providers. In these workshops we give community members the tools and language to engage in healthy relationships. Topics include: dating violence, safety planning, (Cyber) bullying, gender roles, and healthy friendships.

- Evidence based curriculum- Mentors in violence prevention
- 13 school districts in Dutchess County (middle schools and high schools)

Engaging Workshops on:

- Bullying & Cyber Bullying
- Internet safety
- Teen Dating Violence

Cyberbullying

Cyberbullying- A learned Behavior. It is when one person another person or group in a harmful way, through the use of technology.

Three Characteristics:

1. Deliberate: It is one purpose.
2. Repeated: It happens over and over.
3. Power Imbalance: When the bully perceives to have power and control of the victim.

Three Devices used in Cyberbullying

1. Cell phone
2. Computer (including Tablets, Ipods, Ipads, etc..)
3. Video Gaming Systems (including PS4, Xbox, Switch, etc..)

Top 3 Social Media Site- Snapchat

- Post photos/ videos to a 24 hr replaying story.
- Send photos/ videos privately to friends.
- Put a timer on photos and videos to disappear after being opened.
- Snap Map
- Message/ chat with friends.
- Gain streaks for posting.
- Use unique filters on photos and videos.
- Post comments under photos/videos.
- *For ages 13 and up- Rated for Teens in app store

Top 3 Social Media Site- Instagram

- Post photos and videos to profile.
- Use hash tags to describe photo.
- Follow other instagram accounts.
- Post comments under photo/ videos.
- Have a profile photo.
- Information about oneself posted in a “Bio”.
- Privately chat with friends and other account users.
- Can like others photos and videos.
- *For ages 13 and up- Rated for Teens in app store

Top 3 Social Media Site- Musical.ly

- Post videos for others to view. Dubbing over songs.
- Can like the video.
- Can comment under video.
- Have a profile photo.
- Information about oneself posted in a “Bio”.
- Put unique filters on the video.
- *For ages 13 and up-
Rated for Teens in app store

Other Popular Social Media Sites

(Student Identified Sites)

Social Media(Photo Posting)

Instagram

Twitter

Facebook

Musical.ly

Video Chat

Snapchat

Houseparty

Musical.ly

Ovoo

Skype

Group Chat/ Messenger

Whatapp

Groupme

Kik

Forum Posting Chat

Tumblr

Youtube

Twitch

Reddit

Sarah.h

TBH

Video Gaming Information

- Chatting with other individuals in the game.
- Have a profile with information.
- Mixed age ranges in chat rooms.

Inappropriate Usage of Phone & Social Media

- Sexting “Nudes”-Sending nude photo’s or videos through the use of social media or cell phone. This can be of themselves or a friend.
 - It is **illegal**. Even if the child gave their permission for it to be created.
 - If a person **sends, receives, or distributes**(this includes showing from their cell phone) a photo(s) or video of someone who is nude and under the age of 17 years old, it is child pornography. Even if it’s shared between children of the same age.
 - Charges can and will include being arrested, put on house arrest, and registry as a sex offender.
 - *

Inappropriate Usage of Phone & Social Media

- What to do next?
 - Student
 - If a student receives a photo or video of someone nude and under the age of 17 years old, that student needs to find a trusted adult who is 18 years old & over.
 - The student needs to tell the adult they did not ask for the photo, they do not want it, and they are deleting it in the adult's presence. This adult is the student's witness they deleted the photo. So if an investigation of who sent the photo and who received it occurs, the student is protected.
 - Adult
 - If a photo or video is sent out of your student, you can contact the local police department, school administration, and service provider for information.
 - Dutchess County is cracking down to stop viral photos and videos of nude under age students.

Why Do Young People Sext?

- Young people sext for many different reasons
 - Joining in because they think that ‘everyone is doing it’
 - Boosting their self-esteem
 - Flirting with others and testing their sexual identity
 - Exploring their sexual feelings
 - To get attention and connect with new people on social media
 - They may find it difficult to say no if somebody asks them for an explicit image, especially if the person asking is persistent (peer pressure)

How to talk to Teens about Cyber Bullying and Internet Safety

71 % of teens are concerned about cyber bullying

Bullying over texting or social media is becoming more common

Don't let your discomfort stop you from asking the questions.

- All You Have To Do is Ask
- Any Time Your Teen Wants To Talk To You, Drop Everything And Pay Attention
- How Do You Know Your Teen Wants to Talk to You?
 - He/she hangs around you but might not say anything.
 - He/she says they don't feel well but nothing seems to be physically wrong.
 - She/he tries to get you alone-i.e. might want to accompany you in the car
 - She/he says they want to talk but that it's 'no big deal'.

* See attached sheet for more information*

Thank you!

Grace Smith House Hotline Number- 845-471-3033

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Education Dates for Unionvale

- February 1, & February 2, 2018 (Cyberbullying & Internet)
- March 22, 2018 & March 23, 2018 (computer class) (Internet Safety)

How to talk to Teens about Cyber Bullying and Internet Safety*

- 71 % of teens are concerned about cyber bullying
- Bullying over texting or social media is becoming more common
- Don't let your discomfort stop you from asking the questions.

TO TALK TO YOUR CHILD ABOUT Cyber Bullying and Internet Safety ALL YOU HAVE TO DO IS ASK

Set the Stage:

Location: Away from other people and distractions, somewhere quiet and relaxed
i.e. a coffee shop, a drive, a walk in the park

Expectations:

- 1) Productive conversation: Support your child and confirm you are a good resource and non-judgmental – do not blame your child.
- 2) Give your child realistic strategies for confronting the problem effectively.

Share your experiences: but only about when you were their age, how you may have had a problems and overcome it. DO NOT talk with them about your current problems-they need a parent, not a friend.

How Do You Know Your Teen Wants to Talk to You?

- A) He/she hangs around you but might not say anything.
- B) He/she says they don't feel well but nothing seems to be physically wrong.
- C) She/he tries to get you alone-i.e. might want to accompany you in the car
- D) She/he says they want to talk but that it's 'no big deal'.

**ANY TIME YOUR TEEN WANTS TO TALK TO YOU
DROP EVERYTHING AND PAY ATTENTION**

The Questions:

- 1. How Are Things Going?** *Make your first question a general one.*
- 2. What Are Your Friends Relationships Like?** *Look for stereotypes and your teens' beliefs about peer relationships.*
- 3. Have You Seen Any Kind of Bullying or Cyber Bullying Behavior Between Two People?** *Here's your chance to define 'bullying or cyber bullying'. Also, look for warning signs from the perspective of a possible bully.*
- 4. Why Do You Think One Person Would Target Another?** *See what your teen's ideas are about this and then what they think is acceptable.*

- 5. Why Might a Person Not Tell About Cyber Bullying?** *There are many reasons: Status and self-esteem;; the teen may feel no one understand, the teen may fear that if you find out you won't let the have their technology, the teen may not have a healthy relationship to compare it to, the teen may worry you will be disappointed in him/her*
- 6. What Makes a Relationship Healthy?** *Mutual respect and a commitment to not hurt one another emotionally, physically, or sexually are hallmarks of a healthy relationship.*
- 7. What Kind of Messages About Relationships Do We See in the Media?** *Be aware of the music and media your child surrounds herself with. This is where your values come in.*
- 8., Ask 'How Are Your Relationships or School Going?'** *Be prepared for anything.*
- 9. Where Can You Go to Find Help if You or Your Friend Needs It?** *A relative, friend of the family, clergy, guidance counselor, coach, police.*

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Keep Communicating With Your Child

Keep Asking these Questions