



CAP plans Cyber-Empowerment for Students



"I was really hurt by what my friends posted on Facebook about me..." a middle school student told a CAP facilitator after a CAP workshop.

More than ever, CAP facilitators are hearing students complain about being bullied and harassed while online and while using their cell phones. Regardless of age, no student is exempt from potential intimidation that these electronic devices carry.

CAP's Cyber-Empowerment workshops for school staff and parents have been available since last winter. Schools are now requesting student cyber-workshops as well. Realizing that the work of prevention of cyber-bullying is a work which must be elicited from young people, NJCAP has sought the assistance of college students.

Young adults tend to not only be more technically adept than most of their seniors, but have more often experienced the social hazards that accompany the anonymity of electronic communications.

Knowing this, NJCAP has collaborated with students from its local area of Rowan University to develop Cyber-Empowerment children's workshops.

"As NJCAP is headquartered at the Rowan campus, this collaboration is an exciting venture in which we can utilize the experience and energies of university students to help elementary and middle school students not go down the same road they have and hopefully prevent the effects of bullying" claims NJCAP Dir. of Operations, Cheryl Mojta.

Over twenty Rowan students have already signed up to be part of the Cyber-Empowerment pilot project. Their task this spring will be to learn about the CAP empowerment philosophy and integrate it in a workshop to prevent cyber bullying and harassment for students grades 5th through 8th.

This workshop will be the third day of CAP's already well received "No More Bullies, No More Victims" program. NJCAP RTC is projecting to pilot the student workshops in May of this year.

"The unique experience for these university students is that they will see their curriculum writing turn into actual workshops that have the potential to be implemented with children in schools across the state" says NJCAP Director of Curricula, Jeannette Collins.

The students who signed up for this workgroup are volunteering their time. Many of them already have full schedules including student teaching. "They are highly motivated to work on this project, offers Dr. Yvonne Rodriguez. Some because of their work with children and others because of their own personal experiences."

Rodriguez is professor of the Department of Education at Rowan and spearheaded the collaboration from the University.

CAPTIVATING NEWS

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Rowan University students said

when asked why volunteer their time for this project...

"Right now, I am student teaching and I'm trying to get as much experience as I can. Not to mention, cyber-bullying has been a real issue in my school and I would like to be able to effectively help my students"



Rowan University students collaborate to help prevent Cyber-Bullying for children in 5th to 8th grades.

"I have witnessed it as a student and as a teacher and I have seen its effects... it is something that needs to be eliminated and I want to be part of that movement"

A Word from the Executive Director of DPCP ...



Lisa von Pier, Executive Director, DCPC

"As much as we should celebrate the fact that Governor Christie has signed "America's toughest anti-bullying law", it is disheartening that we should even need such a law. We live in a diverse, multicultural nation where individuals should be safe to be who they are as long as they are not infringing on the rights, safety and well being of others. In our great state, we need to be working together to build strong communities through enhancing our families' capacity to support the healthy growth and development of all family

members- children, youth and adults. This works begins with the recognition of the equality of all people and the need to deal with all people from a place of respect.

In the DPCP, within the Department of Children and Families, our mission is to work with communities, service providers, parents, young people and children, grassroots organizations, faith-based communities, advocates, volunteers, schools, municipal and county government, businesses and philanthropies, other state departments, universities and many other entities in an effort to strengthen communities and families so that our children can be "Safe, Strong and Free". For us in DPCP it is important for us to be able to fund and partner with an agency like NJ CAP because its focus is on our children, and understands that a critical part of helping children to become strong and keeping them safe

is the educating of their families and their teachers as a way to mobilize formal and informal resources to support the ongoing work of family development and the building of resilience in parents and children. Recently I had the privilege of observing a NJ CAP presentation in an elementary school in Monmouth County, and I was impressed by the commitment of the school to this work, the enthusiasm of the volunteers and the engagement of the children. And as important as the classroom presentation is, the opportunity for a child to then speak with an adult afterward to share a concern they may have for their own safety is so important in our efforts to empower our children to claim their own self-respect and believe in their right to be safe.

Moving forward into this new year 2011, it is my hope that we can continue to inform and engage neighborhoods and communities to understand that the strengthening of families and the safety of our children is not just the work of service providers and government, but is the responsibility of each one of us, together. We need to invite and encourage a dialogue about how we can be responsive and accountable to the real needs of families, and then take the steps to make it happen, no matter where our community may be. As we know, keeping our children "safe, strong and free" knows no boundary of race, ethnicity, culture, religion, gender, age, social or economic standing. We each share in the responsibility of building our communities on a foundation based on equality and respect. I look forward to being your partner in doing this important work."

New Jersey's ANTI-BULLYING BILL OF RIGHTS and how CAP can Help Schools fulfill Mandates

On January 6, 2011, Governor Chris Christie signed into law New Jersey's first "Anti-bullying Bill of Rights". The bipartisan legislation was the product of over a year of research. This study determined that New Jersey's rate of bullying is actually higher than the national average. Also, it was discovered that our State's bullying laws were weaker than most in the country. The new law provides for protection of all students who are bullied regardless of age or "protected status" as outlined in the original 2002 NJ Anti-bullying law.

The mandates for the schools are extensive and administrators are currently looking for direction as they seek to comply. As NJCAP projects have very effective working relationships with the schools and have provided bullying prevention services since 1998; they are the perfect resource to help schools as they attempt to fulfill these prevention goals. By utilizing CAP's "No More Bullies, No More Victims" and the project's expertise, they can help their schools toward achieving in the following areas:

- Assist in the training of their school staff in bullying prevention, including training on cyber-safety and bullying.
- Help setup a steering committee which can oversee making the school policy practical and user friendly and will work on consequences of bullying behaviors and incentives for positive witness behaviors.
- Work alongside the designated school's "anti-bullying coordinator". Besides providing training to this staff person, experienced CAP Coordinators can act as consultants to the position in areas of referrals and resources.
- Be part of the school's "Week of Respect" activities.
- Provide the school a complete report of findings on the "hot spots" of bullying and offer strategies to make the school a safer place for all students.

**To learn more about the New Jersey "Anti-bullying Bill of Rights"
visit NJ Coalition for Bullying Awareness and Prevention at: <http://www.njbullying.org>**

Department of Children and Families

As New Jersey CAP is a program of the Division of Prevention and Community Partnership (DPCP), it is vital for NJ CAP local projects to understand the services that DPCP services provide in order for us to help our schools and communities maximize their use of them. The following is a list of those services. To learn more go to www.nj.gov/DCF

Family Support Services

Family Success Centers are neighborhood-based gathering places where any community resident can find family support, information and services. Services include: employment support, information and referral, parent education, health care, parent-child activities, life skills training, advocacy and housing.

Outreach to At-Risk Youth is an initiative to prevent crime and deter gang involvement. It provides enhanced recreational, vocational, educational, outreach or supportive services to youth, ages 13 to 18, with the option to serve youth until age 21.

Domestic Violence Services

A network of domestic violence programs, to provide core services for domestic violence victims and their families including: emergency shelter; 24-hour hotline; counseling; general, financial, housing and legal advocacy; children's services; and community education and networking.

Peace: A Learned Solution (PALS) is a research-based intensive therapeutic program that provides comprehensive services for children exposed to domestic violence using creative arts therapies. PALS also provides counseling, advocacy and case management for their non-offending parents.

Domestic Violence (DV) Liaison Program is a partnership of DCF and NJ Coalition for Battered Women, designed to improve safety and outcomes for families when child abuse and DV co-occur. Local DV staff partner with DYFS workers on-site to provide case consultation, safety planning, resources and advocacy for DV victims and their children.

Early Childhood Services

The Home Visitation Program provides services to families challenged by complex health-related and/or social problems. Offering parenting skills and early intervention services for pregnant women and children up to age five.

The Strengthening Families Initiative (NJ SFI) also focuses on preventing child abuse and neglect by strengthening families through early care and education.

The Children's Trust Fund supports various child abuse prevention programs.

School-Linked Services

School Based Youth Services Programs (SBYSP). The programs provide services before, during and after school and throughout the summer and are open to all youth ages 10 -19 enrolled in any school that hosts a SBYSP.

The New Jersey Child Assault Prevention Project (CAP), which is fully supported by DPCP, is a statewide program that trains children, parents and teachers to prevent assaults by peers or adults and stranger abduction. CAP staff work closely with local school districts, parent/teacher associations, home school groups and other community groups to deliver the training.

The NJ Statewide youth helpline, 2ND FLOOR, is available 24-hours a day, seven days a week, to children and young adults ages 10-24. Youth can either call the helpline, 1-888-222-2228, or access the interactive Web site www.2NDFLOOR.org.

A Tribute to Our Friend and Colleague..... Nanci Marie Fasanella

Nanci Fasanella, Program Manager for DCF's "Strengthening Families" program, passed away on February 26, 2011. Nanci had worked with the Department for over three years. During that time she was not only a supporter of CAP but of other children and families services. Her dedication and commitment to the Department's mission was exemplary. In addition to her work at DCF, she was the project manager to the Children's Futures Early Literacy Program at Mercer County Community College and served on the Policy Advisory Board at Kean University Advocating Growth for Early Childhood Educators. Most of all Nanci's caring and kind personality was infectious to all she met. She was truly a person that not only made a career of helping others but also made it a life calling. Nanci you will be greatly missed !



"A life of giving, is a life that leaves an inheritance into the future"

~ Author Unknown

Recognizing our CAP Sages.....

Mary Rotunno **Middlesex County CAP**



Mary has always advocated for children and families as evidenced by the fact that she was PTA President of her elementary school and middle school; then rose to the County level in that position. She also served as Chairman of the Juvenile Protection Committee. It was then that

she became aware of CAP and decided to participate. She never imagined that she would become such an integral part of NJCAP.

Mary rose from facilitator to Preschool Coordinator of Middlesex County CAP in 1988 and then to County Coordinator in 1991. In 1995, Mary became Executive Director of Middlesex County CAP, Inc. Under her leadership, the task force grew and became strong. Many of her facilitators have been with CAP for ten or more years which is greatly due to Mary's quality leadership! If you ask her about her job, she tells you that it is all about prevention, "Empowering Children to be Safe, Strong and Free" and the incredible work that her facilitators do each and every day that is important.

Jane Papin **Monmouth County CAP**



When Jane Papin received a phone call from her daughter's teacher asking her to train for the CAP Program to be implemented in the Matawan Aberdeen School District, she had no idea that this would be her path for the next 25 years. Jane, who did not have her driver's license, began her journey by riding her bike to the

training and to the schools in Matawan.

Jane is trained in all CAP curricula and is a Trainer of facilitators for the Elementary CAP program. Jane was also part of the CAP team that piloted the special needs program; and it was Jane, who suggested using pictures to enhance the program. Jane's husband, Joe Papin, drew the first set of pictures which were used for over 20 years. Jane has been an important part of the Monmouth County Task Force. We have come to rely on her wisdom and try to duplicate her enthusiasm for a program that "has made such a difference in the lives of children."

April Child Abuse Prevention Month

April is National Child Abuse Prevention Month, a time to raise awareness about child abuse and neglect and create strong communities to support children and families. April, 1982 was proclaimed the first National Child Abuse Prevention Month. Since then, child abuse and neglect awareness activities have been promoted across the country during April of each year.



In 1989, the Blue Ribbon Campaign to Prevent Child Abuse began as a Virginia grandmother's tribute to her grandson who died as a result of abuse. She tied a blue ribbon to the antenna of her car as a way to remember him and to alert her community to the tragedy of child abuse. The Blue Ribbon Campaign has since expanded across the country, and many wear blue ribbons each April in memory of those who have died as a result of child abuse. In other communities, special fundraisers are held to support prevention activities and treatment facilities for victims, and candlelight vigils are held as a remembrance. Most recently, the focus has shifted to a more positive message of celebrating "blue ribbon" individuals, organizations, and communities that have done much to prevent child abuse and neglect.

In recognition of April as Child Abuse Prevention Month County CAP Projects are:

- Having Fundraisers
- Recognizing School Districts/Superintendents who have participated in CAP
- Sending letters to School Districts with Grant Applications and blue ribbon postcards
- Promoting Radio PSA's
- Submitting Newspaper Articles

NJ CAP Advisory Board Members

Since 1986, the New Jersey Child Assault Prevention Advisory Board Members have been an integral part of NJ CAP Project. Advisory Board represents many agencies, organizations and individuals who play an important role in the lives of New Jersey children and who have a special interest in the prevention of child abuse and neglect.

Board member responsibilities are quite simple- to support and strengthen the principals of primary prevention as implemented in the CAP Program. In addition to Board meetings, all Advisory Board Members are required to observe CAP classroom workshops. The NJ CAP Advisory Board is also the planning arm of our Biennial Awards Luncheon. This statewide event honors people from across New Jersey who have made the prevention of child abuse a priority.

Other responsibilities for board members include supporting and promoting the CAP program and acting as a resource to CAP for the agency/organization represented on the Board.

NJ CAP Advisory Board Members Respond to Classroom Workshops



"Seeing how engaged the kids were was impressive. They were truly interested and stayed on the edge of their seats the entire time."

**Rush Russell, Executive Director,
Prevent Child Abuse, NJ**

"Both students and staff responded positively to the information presented. I was able to see the connection between concepts and practice."

**Gloria Hancock, Director of Programs
Juvenile Justice Commission**



"Every school would benefit from this program because in today's busy world many parents are not taking the time to talk to their own children about these issues."

**Charlotte Arr, Vice President
NJ PTA**



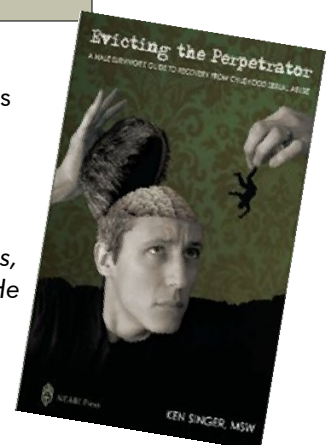
"One can't fully appreciate the challenges of dealing with such personal and difficult issues involving young people unless one sees it firsthand. Being in the workshop was invaluable."

**Paul Langan— Editor,
Townsend Press &
Author of the Bluford Series**

KEN SINGER: EVICTING THE PERPETRATOR

A Male Survivor's Guide to Recovery from Childhood Sexual Abuse. This new book for male survivors offers a unique perspective about moving past the ways abusers can control a survivor's life for years after the abuse. Through exercises and assignments, survivors will learn how to retake control of their lives. Ken Singer offers clear insights and useful advice about how to support a victim's recovery.

Ken is executive director and past-president of NJ Association for the Treatment of Sexual Abusers, and past president of Male Survivor—the National Organization on Male Sexual Victimization. He has specialized in treating male survivors and juvenile and adult sex abusers since 1978. He has served on the NJ CAP Advisory Board for over ten years.





You never know what children will come up with...

During review after a preschool workshop we asked the child what can you do if someone you don't know tries to grab you? Her answer was "You can scratch, pull their hair, kick, wiggle and GIGGLE and then runaway!" **Hudson County CAP Project**

During day one preschool class a student was wearing a birthday hat. The facilitator told this child that her birthday was tomorrow. The next day when the CAP team arrived the whole class was excited to give the facilitator her own birthday hat that was made by them.
..... **Atlantic/Cape May**

After an elementary workshop a student approached Kim and asked her if she was the "boss" of the CAP group? Of course she is the County Coordinator and therefore the supervisor and "boss" of the CAP task force, but Kim was not sure how he knew this, so she asked him "What makes you think that?" The 2nd grader looked up at her and said "because you have the most pins on you".

(We guess that he thought she had been awarded medals of honor similar to in the military)



**Coordinor for Gloucester - Salem
Kim Pinto**



NJ CAP Regional Training Center Staff and Countywide Coordinators

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