



# The CAP VIBE

Fall 2014

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## Programs Available:

**Child Assault Prevention (CAP)**  
Preschool & Elementary  
**TeenCAP**  
Middle and High School

[www.FrontRangeCAP.org](http://www.FrontRangeCAP.org)

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501(c)(3)

**Non-Profit Organization**  
Tax ID # 84-1546924

## **The Best Way to Protect our Children... Is to Teach Them to Self Protect!**

It's time for yet another school year to begin. We are excited to get back into the classrooms and teach children/adolescents how to be **SAFE, STRONG and FREE!**

**Exciting News!!** Front Range CAP accomplished an amazing milestone this last school year and as of May 2014 we have served **100,000** Colorado children! But we still have a lot of work to do! Our calendar is booked yet again and we are scheduled to serve 16 schools during the 2014-15 school year.

As we send our children off to school everyday, it's always in the back of our minds...will they be safe? It is our main goal at FRCAP to continue working on the prevention of violence in our communities by reducing the vulnerability of children and adolescents to all forms of assault. We believe that through education and advocacy we can make our neighborhoods safer for all families.

**We believe that adults are 100% responsible for the safety of children. However, danger often rears its ugly head at times when a safe adult may not be around! We must educate and empower our children to self-protect when we are not there to provide that safety net.** However, we can not do this alone. We all need to think about our actions everyday and make the choice to do more. We must act, intervene and report unsafe situations. We must challenge ourselves and our children to take a stand against violence, use our power and education to create safer neighborhoods and schools. Together we are stronger than apart... together we can change our world! We know we can do something about the escalating reports of violence. We know that we can teach techniques to reduce both victimization and aggression. We know that reducing vulnerability will provide a safer environment for children to experience optimal growth and healthy emotional development.

**WE NEED YOUR HELP!!**

Thank you for your continued support as we move forward with this journey! **Please continue to reinforce the important safety lessons taught through the Child Assault Prevention (CAP) Program.** Children are vulnerable to assault, but they are not powerless to prevent it...if they know what to do! Every child should know what to do!

And remember, it is not just the children who benefit. Parents who teach their children to be "SAFE, STRONG & FREE," have told us they also have learned to pay more attention to being "SAFE, STRONG & FREE" too. They have learned to stand up for their rights more effectively and take better care of themselves in the daily course of their own lives.

CAP is for kids. But CAP is for adults, too.

Create a CAP Vibe in your community!

Yours Truly,

**Victoria Strong, FRCAP Executive Director**



## Safety Tips

- Young children should **always** go trick-or-treating with an adult. Make it a family outing, get to know your neighbors.
- **Never** trick-or-treat alone, have at least two buddies go with you.
- Plan your entire route and make sure parents know what it is.
- For added safety, wear reflective tape on the back of your costume so cars can see you clearly.
- Stay on the sidewalk at all times if possible and respect your neighbors' yards.
- Accept treats only in the doorway...**do not enter anyone's house or car unless you have permission from your parents.**
- **Remember your stranger safety rules!**
- Cross the street at a corner or crosswalk.
- Stay in familiar neighborhoods.
- Say "**Thank You**" for your treats!

### *After you've gathered all your goodies...*

- Wait until one of your parents check your candy before diving in.
- Throw away anything that has been opened or looks unusual.
- Try to save some candy for later...eating it all in one night could make for a sick tummy!!

Have Fun and Happy Haunting



## Bullying is Not a Normal Childhood Behavior

Although it happens a lot, bullying should not be seen as a normal, acceptable part of childhood. Help your children treat others with respect and stand up for themselves and for others in a positive way. These skills will serve them well through their years of school, work, and family relationships.

**Bullying** is defined as follows: "Bullying is unfair and one-sided. It happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose." Bullying is not the same as rough play or conflict between friends.

Parents don't want to bring up their children to bully or be bullied. But it does happen. In fact, studies show that up to 90 percent of children are regularly involved in bullying, either as targets or offenders (or both) or witnesses (also known as bystanders).

As parents, you don't want your children to be hurt, or to hurt others. Bullying prevention lessons such as those found in the Child Assault Prevention (CAP) program are teaching children to stand up for themselves and for others. We are not, however, teaching children to fight back. Hurting others, even in response to bullying, will not solve the greater problem of one person using power over another in a harmful way. And the bullying could last longer and become more serious when children fight back.

If you think your child is involved in bullying in any way, there are many ways to help:

**Talk to your children about bullying, even if it is not a problem now.** Tell your children how you want them to behave. Be firm, clear, and consistent. Follow through with consequences if you find out one of your children bullied another kid, but don't use put-downs or physical punishment, which will only shame them and teach them that violence is okay.

**Set up family rules.** For example, "In our family it's never okay to bully or just stand by and watch others being bullied. Bullying is wrong. If you find yourself bullying others, please let us know so we can help you change your behavior."

**Teach your child to speak up and walk away.** When your children see other kids being bullied, they can do things to help stop the bullying. Again, this is not easy: practice, practice, practice. Here are some things your children can do:

- Ignore the kid who is doing the bullying instead of laughing or watching
- Speak up to the kid who is doing the bullying ("Cut that out!")
- Reach out to the kid who is being bullied and ask him or her to walk away...

"Let's go play kickball"

**Practice answers to bullying behavior.** People who bully others hope for a reaction: crying, anger, shame. If targets don't do any of this, the person bullying may lose interest. It's not easy to be powerful and calm when someone hurts your feelings—or your body.

So it's important to practice. Come up with a few strong responses to most kinds of bullying  
**"That's bullying, and it takes my rights away.... Stop!"**.

**Show your children how to behave.** Even if it doesn't always seem like it, your children look up to you. Show your children how you:

- Stand up for yourself and others in a strong, calm way
- Make friends with people who are respectful and fair
- Treat all people respectfully and accept people who are different
- Report the bullying to an adult in the school

## Parents Raising Safe Children

**Listen to your children.** Good communication is the best prevention tool we have!

**"No Secret" Policy-** Help children to understand the difference between secrets and surprises and that kisses and touches should never have to be kept a secret.

**Passwords/Code Words-** very unsafe for children! DO NOT use them!

**Sleepover safety plans-** always allow your child an out! If they call and want to come home, go get them and then discuss their concerns.

**Participate in your child's activities-** do not just drop them off and leave. Be the parent sitting on the sidelines at practices and games!

**Private Parts discussion-**make sure your children know the proper names of their body parts-for safety purposes! Pet names are not safe!

**Alternate babysitter discussion-** In front of your child and the babysitter " *I know you will do great tonight and follow our family rules, and if anything happens while I am gone that makes you feel sad, confused or unsafe in any way we will talk about it first thing when I get home tonight!*"  
*When you return, talk to them about how their night went and discuss any concerns.*

**Public Restroom Safety-** Minimize the risks whenever possible. Go with your child or send them in groups.

**CAP Vibe- Perpetrator Repellant-**Perpetrators can tell if a child has been educated and if parents are paying attention. **Re-address and reinforce** skills by role playing and practicing with your children on a regular basis!

To download a parent educational packet please go to our home page [www.FrontRangeCAP.org](http://www.FrontRangeCAP.org)

## Help support our Mission and Keep Colorado Children Safe, Strong and Free!

**YES!!** I'd like to be a part of the wonderful things

**CAP is doing for our children.**

\_\_\_ \$25--To sponsor a child \_\_\_ \$50--To sponsor 2 children \_\_\_\$100--To sponsor 4 children

\_\_\_\$625--To sponsor a classroom \$\_\_\_\_\_Any amount will be appreciated

*\*Corporate Sponsorships Also Welcome\**

**Your gift is fully tax deductible. Your canceled check is your receipt.**

**Please make check payable to: Front Range Center for Assault Prevention  
P. O. Box 745727  
Arvada, CO 80006**

Name \_\_\_\_\_ School\_\_\_\_\_

Address\_\_\_\_\_ Phone\_\_\_\_\_

Is it okay for Front Range Center for Assault Prevention to list your name on our Contribution list?  
YES\_\_\_\_\_ NO\_\_\_\_\_