



Visitation Newsletter

Understanding Teen Dating Violence

As a mother or father one of your worst fears is your son or daughter being hurt. Typically we fool ourselves and believe we can protect them from anything. When they fall we hug and kiss them. We tell them that it is alright. Once our children grow older they become independent and find themselves. Sometimes, it is hard to watch this happen especially if you have concerns about his/her relationship.

Dating violence is a type of intimate partner violence which occurs between two people in a close relationship. Dating violence can be physical, emotional, sexual, or a combination of these.

Physical violence occurs when a partner is pinched, hit, kicked, spit on, hair pulled, etc.

Emotional violence means

threatening him/her or harming his/her self worth. Name calling, shaming, embarrassing on purpose, or isolating the person from his or her friends and family are a few examples.

Sexual violence is forcing a partner to engage in a sex act when he or she does not or cannot consent.

Studies have shown that people who harm another in an intimate relationship are more depressed and more aggressive than their peers. Some other factors to watch out for an consider are below:

- ◇ Exposure to harsh parenting
- ◇ Belief that dating violence is acceptable

- ◇ Having problem behaviors in other areas
- ◇ Alcohol use or other drugs
- ◇ Trauma symptoms
- ◇ Having a friend involved in dating violence
- ◇ Exposure to inconsistent discipline
- ◇ Lack of parental supervision, monitoring, and warmth.



"Domestic violence is America's hidden war. And the battleground is in all our homes."
Michelle Bussolotti

Understanding Youth Violence

No one wants their child being violent with any one in their life. Sadly, youth violence occurs. Youth violence refers to harmful behaviors that can start early and continue into young adulthood. This person can

be a victim, an offender, or a witness to the violence.

Youth violence refers to a wide scale of behaviors. Some of these violent acts are bullying, slapping, hitting, etc. These behaviors unto another can cause

more emotional harm than physical. More extreme behaviors such as robbery or assault can lead to serious injury or possibly death to the perpetrator or victims.

(see pg two for rest of article)

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Special points of interest:

- ♣ 72% of 8th and 9th graders reportedly "date".
- ♣ 1 in 4 adolescents report verbal, physical, emotional, or sexual abuse from a dating partner.
- ♣ About 10% of students nationwide report being physically hurt by a boyfriend or girlfriend in the past 12 months.

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Understanding Child Maltreatment

Child maltreatment includes all types of abuse and neglect of a child under the age of 18 by a parent, caregiver, or another person in the custodial role such as grandparent, teacher, aunt/uncle etc. There are four common types of abuse.

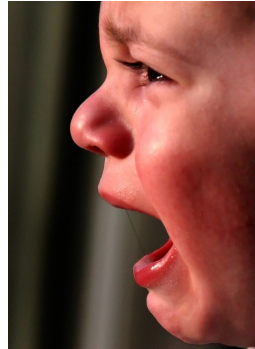
Physical abuse is the use of physical force. Physical force can be but is not limited to hitting, kicking, shaking, burning, etc.

Sexual abuse can consist of fondling, rape, and exposure of a child to other sexual activities.

Emotional abuse refers to behaviors that harm a child's self worth or emotional well being. These can include name calling, shaming, rejections, withholding love, and threatening.

Neglect refers to the failure to meet a child's basic needs. These needs include housing, food, clothing, education, and access to medical care.

Many cases of child abuse/neglect are not reported, and therefore we only see a small portion of child abuse/neglect cases. It has been reported however that 1,740 children died in the U.S. in 2008. Also, 772,000 children were found to be victims of maltreatment by CPS (Child Protective Services) in 2008.



"Child abuse casts a shadow the length of a lifetime"

~Herbert Ward

Many factors are considered as to who would be at risk for child maltreatment. A child's age can be a factor. Children under the age of four are at greatest risk due to severe injury and death from abuse.

The family environment can play another key role. Abuse and neglect can occur in families where there is a great deal of stress. Whether this comes from a history of family violence, drug or alcohol abuse, poverty, or chronic health problems.

If you fear a child you may know is in danger please contact you local law enforcement or social services.

Understanding Youth Violence Continued...

Some risk factors to consider are:

- * Prior history of violence
- * Drug or alcohol use
- * Association with delinquent peers
- * Poor family functioning
- * Poor grades in school

- * Poverty in the community

These risk factors do not necessarily mean that a young person will become an offender; however, keep in mind these factors could lead to youth engaging in violence.

Youth violence is the second leading cause of death for young people between the ages of ten and twenty-four. An estimated 20% of high school students reported being bul-

lied on school property in 2009. Over 656,000 physical assault injuries in young people age ten to twenty-four were treated in emergency rooms through out the United States in 2008.

"5,764 young people age 10 to 24 were murdered-an average of 16 each day in 2007."

-www.cd.gov/violenceprevention

Understanding Suicide

Suicide occurs when a person ends their life. It is the 11th leading cause of death among Americans. More people survive from suicide attempts than actually die. They are often seriously injured and need medical care. Sometimes for a short term; however, there are those that need long term care after a suicide attempt.

Most people are uncomfortable talking about suicide. Often society blames victims, their friends, and/or

family. When one commits suicide or tries to it leaves their friends, families, and community devastated.

More than 34,000 people kill themselves each year. Another staggering number is more than 376,000 people with self-inflicted injuries are treated in emergency



"Suicide is a permanent solution to a temporary problem."

Phil Donahue

rooms each year.

Some risk factors to watch for if you believe someone you know is suicidal are previous suicide attempts, history of depression or other mental illness, alcohol or drug abuse, family history of suicide or violence, physical illness, and feeling alone.

Understanding Intimate Partner Violence

Intimate partner violence occurs between two people in a close relationship. Intimate partner can be a current or former spouse or dating partner.

Many types of behaviors can occur with intimate partner violence. Acts of violence can range in frequency and intensity.

Physical violence is when a person hurts another or tries to hurt a partner by hitting, kicking, pushing, or other types of physical force.

Emotional violence is threatening a partner or loved ones, as well as, their possessions. Degrading their partner and harming their self worth. Such examples include but are not limited to stalking, name calling, intimidation

(looks, gestures, displaying weapons, abusing pets), and isolation (not letting a partner see friends and family).

Sexual violence is forcing a partner to take part in a sex act when that person does not consent.

It has been seen that intimate partner violence is a serious problem in the U.S. Each year, women experience about 4.8 million intimate partner related physical assaults and rapes.

This also resulted in



"We can all take responsibility for helping to bring about change, and keeping our friends and colleagues safe from domestic violence."

-Charles Clark

2,340 deaths in 2007 which 70% were females.

It should be everyone's mission to end domestic violence so we can all live a free and productive life.

To see more examples and more areas of abuse you can find the power and control wheel on the WWW or see www.cdc.gov/violenceprevention.

Getting a pet? What to Consider When You Have Children

Animals especially dogs are part of many families in the U.S. An issue that is apparent is more than 4.7 million people have been bitten in a year. Each year 800,000 people in the United States seek medical attention from dog bites. Half of these cases are children.

Dog bite cases are highest for children ages five to nine years. As a child ages the rate decreases. Almost two thirds of injuries among children four

and younger are to the head and neck area. Injury rates in children are significantly higher for boys than girls.

Things to consider before you get a dog is the dogs history of aggression. If the dog does have a history of being aggressive they would not be suitable for a family with children.

Properly socialize and train any dog in the household. This means teaching the dog to have obedient behaviors. These include having the dog

roll over to show their abdomen, and taking their food without the dog growling. If you have had the dog since it was pup make sure you put your hand in their dish and take food away so they get used to this.

(continued on pg 4)

"The great pleasure of a dog is that you may make a fool of yourself with him and not only will he not scold you, but he will make a fool of himself too."

-Samuel Butler

Child Passenger Safety

Child passenger safety is an issue all parent's need to think about. Whether your taking your new bundle of joy home for the first time, or your child is growing and in need of different car seats.

It is estimated that in the U.S. during 2008, 968 children ages fourteen and younger died as occupants in motor vehicle accidents, and approximately 168,000 were injured.

Using a child safety seat reduces the risk of death in passenger cars by 71% in infants, and 54% for toddlers ages one to

four years. All children ages twelve and younger should ride in the back seat. A rear facing child car seat (in the back) is required for a child that is less than 1 year old and weighs less than twenty pounds. Forward facing seats are required if the child is at least 1 year old but less than 4 years old and weighs be-



"Children need models more than they need critics."

-JOSEPH JOUBERT

tween 30 and 50 pounds. A booster seat is required for a child ages 4 to 8, weighs between 40 and 80 pounds, and is less than 4 feet, 9 inches tall. A safety belt is required when a child is 8 years old or older, weighs 80 or more pounds, and is at least 4 feet, 9 inches.

For this topic and more please visit www.chw.org/carseats, and <http://www.cdc.gov/MotorVehicleSafety>.

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If you need visitation services
speak with Holly or Sandy.



The Family Center is a private non-profit domestic abuse and sexual assault program that opened its doors in 1984. The Center offers shelter, counseling, support, advocacy, visitation, and referrals to other agencies.

Abuse can take many forms. It can be physical, emotional, psychological, sexual, or financial. Often victims find it hard to reach out to someone; however understanding that it is a use of power and control and not love can help.

If you are in need of help please contact (715) 421-1511 and ask to speak to a counselor. Staff members are here 24 hours a day and walk ins are welcome! Please visit our Website at www.familyctr.org

Getting a pet? Continued.....

Spend time with the dog before you buy or adopt it. This way you may see if the dog displays any unfavorable behaviors. Never leave your infant or young children alone with the new bought dog.

You can prevent dog bites by teaching your children basic safety around dogs and review this frequently with them. Never approach an unfamiliar dog. Do not disturb a dog while they are eating, sleeping, or caring for puppies. If the dog has been a part of the family for an extended period of time, and is used to the children in the household disturbing it while they are eating or sleeping this may not be an issue. However, it is best practice not to disturb them at these times.

Only pet a dog if you have allowed the dog to see you and sniff your hand. If you allow the dog to do this they will become familiar with you, and then you can proceed to interact with the dog.

If an unfamiliar dog looks as if it is going to confront you remain motionless. Do not run away and scream. If you are knocked over by a dog, roll into a ball and lie still.

Do not let your children play with dogs that are not familiar to the family, alone. Always



make sure you are supervising your child and the dog. If your child is older and the dog has been part of the family for a substantial amount of time this may not be an issue.

Dogs are part of the family and should be treated with care and respect. Do not teach your pet aggressive behaviors as these behaviors will be portrayed by your animal.

"I think dogs are the most amazing creatures; they give unconditional love. For me they are the role model for being alive."

-Gilda Radner