



Mission Statement: The Mission of Crisis Connection Inc. is to work in partnership with communities to empower victims, survivors & persons affected by domestic & sexual violence through confidential crisis intervention, education and advocacy in Crawford, Dubois, Orange, Perry and Spencer Counties.

www.crisisconnectioninc.org

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CHECK OUT: WWW.THETVBOSS.ORG!

The Advertising Council has joined a broad cross-section of the media and entertainment industries to announce today the launch of a national multimedia public service advertising (PSA) campaign calling on parents to take a more active role in their children's television viewing habits called:

Children's bedrooms have increasingly become multimedia centers, raising important issues about supervision and exposure to unlimited content. Ad Council research shows the majority of parents (70-80%) have serious concerns about age-inappropriate television content. However, according to a Kaiser Generation M study, 53% of 8-18 year-olds say their families have no rules about TV watching. In addition, of the remaining 46% who say their families do have rules, the vast majority (80%) say these rules are enforced only some of the time, a little of the time, or never. Despite their general lack of awareness about blocking technologies, many parents are open to ideas that promise more control, and agree that these technologies can be an effective tool.

The campaign encourages parents to visit a new comprehensive website, www.TheTVBoss.org, which provides information on how they can take a more active role in their children's media consumption. Developed by Ripple Effects Interactive, the website features tips on managing television programming, (including using the V-chip and cable/satellite blocking mechanisms), making program choices together, talking to children about what they're watching and checking program content and ratings.



"HEALING FROM THE TRAUMA OF CHILDHOOD SEXUAL ABUSE. THE JOURNEY FOR WOMEN."

By: Karen Duncan, www.healing4women.com

Karen's book can be purchased at Barnes & Noble, Amazon.com, FetchBook.info or at the publisher's website, Greenwood Publishing. The Journey for Women shares the stories of eighteen women sexually abused as children and explains a compassionate approach to the healing of this trauma. Karen offers guidance and support to recognize and heal the prolonged effects of childhood sexual abuse that can include depression, anxiety, eating disorders, chronic shock, dissociation and physical pain. She also discusses how this childhood trauma can cause a traumatic pathway of revictimization to women and children throughout their lives. The incidence and prevalence of abuse by family members is also addressed. Duncan explains the dual dilemma - moral and legal - that women face in exposing a sexual perpetrator within their family when not protected by the legal system or supported by the family to reveal this crime. Karen writes from the perspective of both a therapist who has 22 years experience and as a woman who herself has healed from sexual abuse. Readers will find "The Journey for Women" insightful, compassionate and meaningful.

SAFE SCHOOL RESOURCES

The National Clearinghouse for Educational Facilities has launched a webpage offering information addressing those aspects of school facilities that help insure the physical security of students and staff. This information is coordinated with The U.S. Dept. of Education Office of Safe and Drug-Free Schools. Visit: www.edfacilities.org/safeschools. They also have a customizable checklist to assess the safety of a school regarding accidents, vandalism, crime, natural disasters, and terrorism. It is available at:

<http://www.edfacilities.org/checklist/checklist.cfm>.

There is also a free webinar entitled, "Proactively Planning for School Security: 10 Important Steps For Staying Ahead of the Curve". It is available on demand at:

http://asumaq.com/webinars/proactively_planning/

HOW TO ENSURE YOUR CHILDREN USE THE INTERNET SAFELY AND RESPONSIBLY:

Recently, we faxed a two-page handout from Cable in the Classroom regarding strategies for parents to use. You can learn more at their website, www.ciconline.org. Some tips suggested for making kids aware of risks in the real world:

1. SET RULES

- Do not give personal information through an online profile. Your address, name of your school, or phone number could all be used to identify where you live.
- Do not post pictures or videos that could identify who you are, or where you live or go to school.
- Do not meet in person anyone you have met online.
- Do not become a cyberbully by spreading rumors or by being mean to or saying inappropriate things.

2. USE PARENTAL CONTROLS

- Place internet-connected computers in common areas of the home.
- Set rules about when and how long children can be online.
- Monitor what they are doing online.
- Ask your Internet Service Provider (ISP) about any parental controls they may offer.
- Install a content filter and/or monitoring filter.
- Make sure you have up-to-date virus protection and a firewall.
- If your child participates as a character in an online game or has a blog or a profile at MySpace, Facebook, or other social networking site, have them show you what it is and how it works.

3. INSTILL MEDIA LITERACY SKILLS

- Talk about how to find, analyze, evaluate, interact with, and create information online.
- Realize what you find online isn't always 100% accurate.
- Follow the money. Modern media give advertisers many more ways to reach you.
- Check out the following websites --

Cable In The Classroom: <http://www.ciconline.org/default.htm>

Common Sense Media: <http://www.common Sense Media.org/reviews/age-grid.php>

Concerned Children's Advertisers: <http://www.cca-kids.ca/>

Education Showcase -Wired for the Future: <http://www.educationshowcase.com/>

Take Parental Control: <http://www.takeparentalcontrol.org/>

Cable Programming for Kids & Families: <http://www.controlyourtv.org/Networks.php>

FCC "Parents' Place": <http://www.fcc.gov/parents/>

National Ctr. For Missing & Exploited Children: www.missingkids.com

National PTA 'Parent Talk' & 'Health & Safety': http://www.pta.org/pr_category_details_1117232399312.html

Children's Online Private Protection Act: <http://www.ftc.gov/bcp/online/edcams/kidzprivacy/>

Alliance for a Media Literate America (AMLA): www.amlainfo.org

Center for Media and Public Affairs: <http://www.cmpa.com/index.htm>

Center for Media Literacy: <http://www.medialit.org/>

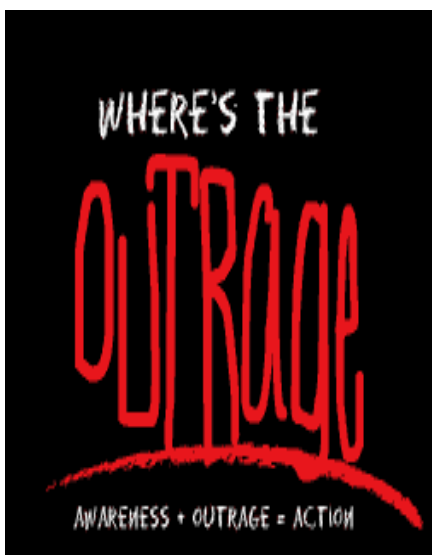
The Henry J. Kaiser Family Foundation: <http://www.kff.org/entmedia/index.cfm>

Media Literacy Review: <http://medialit.med.sc.edu/>

National Institute on Media and Family: <http://www.mediafamily.org/>

National Telemedia Council: <http://www.nationaltelemediacouncil.org/>

Ithaca College Project Look Sharp: www.ithaca.edu/looksharp



****TEENS & TECHNOLOGY:**

On TheAntiDrug.com, a crash course in the most popular communication tools used by teens today offers guidance and advice to help parents and caregivers monitor their teen's activities on these devices. Visit www.TheAntiDrug.com/E-Monitoring.

"She was wearing a really short skirt."

"She danced like she wanted it."

"We were drinking all night."

"Nobody forced her to come to my room."

"After all, I paid for everything."

"Hey, she asked for it."

There is no excuse for rape.

©2002 The Anti-Drug Campaign, New Haven, CT



ECSTASY

Ecstasy affects your brain. Ecstasy is often used at all-night dance parties ("raves"), nightclubs, and concerts. Ecstasy can damage the neurons in your brain, impairing your senses, memory, judgment, and coordination.

Ecstasy affects your body. Ecstasy is a stimulant that increases your heart rate and blood pressure and can lead to heart or kidney failure.

Ecstasy is not always what it seems. Because ecstasy is illegal and often produced in makeshift laboratories, it is impossible to know exactly what chemicals were used to produce it and where it came from. How strong or dangerous any illegal drug is varies each time.

Ecstasy can kill you. Higher doses of ecstasy can cause severe breathing problems, coma, or even death.

Know the law. It is illegal to buy or sell ecstasy. **It is also a federal crime to use any controlled substance to aid in a sexual assault.**

Before you risk it, get the facts. Despite what you may have heard, ecstasy can be addictive.

Know the risks. Mixing ecstasy with other drugs or with alcohol is extremely dangerous. The effects of one drug can magnify the effects and risks of another. In fact, mixing substances can be lethal.

Look around you. The vast majority of teens are not using drugs, including ecstasy. While ecstasy is considered to be the most frequently used club drug, less than 2 percent of 8th – 12th graders use it on a regular basis. In fact, 94 percent of teens have never even tried ecstasy.

Know the Signs

How can you tell if a friend is using club drugs? Sometimes it's tough to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may be using Ecstasy:

**Problems remembering things they recently said or did*

**Loss of coordination, dizziness, fainting*

**Depression *Confusion *Sleep problems*

What can you do to help someone who is using ecstasy? Be a real friend. Save a life. Encourage your friend to stop or seek professional help. For information and referrals, call the National Clearinghouse for Alcohol and Drug Information at 800-729-6686.

Q. Are there any long-term effects of taking ecstasy?

A. Yes. Studies on both humans and animals have proven that regular use of ecstasy produces long-lasting, perhaps permanent damage to the brain's ability to think and store memories.

Q. If you took ecstasy at a rave, wouldn't you just dance off all of its effects?

A. Not necessarily. The stimulant effects of drugs like ecstasy that allow the user to dance for long periods of time, combined with the hot, crowded conditions usually found at raves, can lead to extreme dehydration and even heart or kidney failure. In addition, some of ecstasy's effects, like confusion, depression, anxiety, paranoia, and sleep problems, have been reported to occur even weeks after the drug is taken.

FROM: www.freevibe.com

SPECIAL SOMEONE

Each month we spotlight a member of the community who has demonstrated the willingness to go the extra mile in assisting victims of domestic & sexual violence. These outstanding individuals are not vying for public attention; they simply go quietly about their business of being compassionate and involved people who are making a difference in someone's life everyday.

This month we recognize Diane Lehmkuhler from www.angelmissionforkids.com for her gracious assistance.

FREE PBS FRONTLINE VIDEOS AVAILABLE

Many who are interested in media literacy use the Frontline program, 'Merchants of Cool', in their educational and awareness efforts. Now Boston's PBS affiliate WGBH is providing a free web version.

Other popular online programs available for free are 'The Persuaders', 'The Way the Music Died', 'Inside the Teenage Brain', and 'American Porn'.

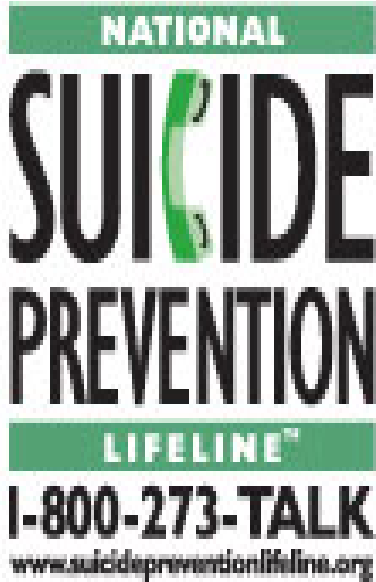
Merchants of Cool
<http://www.pbs.org/wgbh/pages/frontline/shows/cool/view/>

The Persuaders
<http://www.pbs.org/wgbh/pages/frontline/shows/persuaders/view/>

The Way The Music Died
<http://www.pbs.org/wgbh/pages/frontline/shows/music/view/>

Inside the Teenage Brain
<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/view/>

American Porn
<http://www.pbs.org/wgbh/pages/frontline/shows/porn/view/>



SUICIDE

Suicide (taking one's own life) is a serious public health problem that devastates individuals, families, and communities. It is the 11th leading cause of death among Americans (Anderson and Smith 2003). Suicide among Hoosier teens, ages 15-19, has increased, placing it ahead of homicide and behind unintentional injury as a cause of death. Indiana has an average suicide rate of 12 out of 100,000 people each year. Children who have been molested also experience an increased risk.

Completed suicides are only part of the problem. More people are hospitalized or treated and released as a result of suicide attempts than are fatally injured. While suicide is often viewed as a response to a single stressful event, it is a far more complicated issue. Suicide results from complex interactions between biological, psychological, social, and environmental factors.

References

Anderson RN, Smith BL. Deaths: leading causes for 2001. National Vital Statistics Report 2003;52(9):1-86.
Indiana Youth Institute, Spring 2007 Issue Alert, www.iyi.org

Here is an easy mnemonic to remember these warning signs:

IS PATH WARM?

- I** Ideation
- S** Substance Abuse

- P** Purposelessness
- A** Anxiety
- T** Trapped
- H** Hopelessness

- W** Withdrawal
- A** Anger
- R** Recklessness
- M** Mood Changes

www.suicidology.org

QPR

Written by Dr. Paul Quinnett, www.qprinstitute.com

QPR is a curriculum that uses the philosophy of questioning, persuading and referring:

- Q**uestion the person about suicide. Do they have thoughts? Feelings? Plans? Don't be afraid to ask.
- P**ersuade the person to get help. Listen carefully. Then say, "Let me help." or "Allow me to help you get help."
- R**efer to help.

To learn more, contact:

Survivors of Suicide of Dubois County, Inc.
104 South Sycamore Street
Huntingburg, IN 47542
Janet Schnell (812) 630-6779

www.survivorsofsuicide.com

ADDITIONAL RESOURCES:

- *The Indiana Suicide Prevention Coalition, www.indianasuicidepreventioncoalition.org
- *National Youth Violence Prevention Resource, www.safeyouth.org [*www.jasonfoundation.com](http://www.jasonfoundation.com)
- *Suicide Prevention Resource Center, www.sprc.org *SAFE-TEEN, www.safe-teen.com
- *American Foundation for Suicide Prevention, www.afsp.org *Columbia TeenScreen, www.teenscreen.org
- *Southern Hills Counseling Center, 1-800-883-4020, www.southernhills.org
- *Yellow Ribbon Project, www.yellowribbon.org & Janie Chappell, Deaconess Cross Pointe, 1-800-947-6789
- *Hopeline, www.hopeline.com *ASIST, www.livingworks.net *Resolving Conflict Creatively Program, www.esrnational.org
- *Promoting Alternative Thinking Strategies (PATH), www.channing-bete.com

People usually attempt suicide to block unbearable emotional pain, which is caused by a wide variety of problems. It is often a cry for help. A person attempting suicide is often so distressed that they are unable to see that they have other options: we can help prevent a tragedy by endeavoring to understand how they feel and helping them to look for better choices that they could make. Suicidal people often feel terribly isolated; because of their distress, they may not think of anyone they can turn to, furthering this isolation. In the vast majority of cases a suicide attempt or would choose differently if they were not in great distress and were able to evaluate their options objectively. Most suicidal people give warning signs in the hope that they will be rescued, because they are intent on stopping their emotional pain, not on dying.