



The Advocate Aspect

Family Support Center and Kids First Children's Advocacy Center – February 2011
Programs of Rural Resources Community Action – a non-profit agency



*That picture's not as
private as you think!*

What is Sexting?

Sexting is when people send sexually revealing pictures of themselves or someone else, or send sexually explicit messages via a text message.

Kids, (and adults!) sext to show off, to flirt with someone, or show someone that they are interested in them.

Even if a photo was taken and sent as a “token of love” for example, technology makes it possible for anyone anywhere in the world to see it.

How do we keep kids safe from Sexting?

- **Remind your kids that once an image is sent, it can never be retrieved and they will lose control of it.**
- **Ask teens how they would feel if their teachers, parents, or the entire school saw the picture, because that happens all the time.**
- **Talk about pressures to send revealing photos.** Let teens know that you understand how they can be pushed or dared into sending something. Tell them that no matter how big the peer pressure is, the potential humiliation can be hundreds of times worse.
- **Teach your children that the buck stops with them.** If someone sends them a photo, they should delete it immediately. It's better to be part of the solution than the problem. Besides, if they do send it on, they're *distributing pornography and that is against the law!*
- **Be Proactive. Your kids could be just a “click away” from big trouble.** Don't wait for an incident to happen to your child or your child's friend before you talk about the consequences of sexting. It's better to have the talk before something happens.

If you have questions or need help, call us on our 24-Hour Help Line

509-684-6139

February is National Teen Dating Violence Awareness Month

What's Teen DV Month?

Teen Dating Violence (DV) Prevention and Awareness Month is a national effort to raise awareness about abuse in youth relationships and promote programs that prevent it during the month of February.

The repercussions of teen dating violence are impossible to ignore – they hurt not just the young people victimized but also their families, friends, schools and communities. Throughout February, organizations and individuals nationwide are coming together to highlight the need to educate young people about healthy relationships, teach healthy relationship skills and prevent the devastating cycle of abuse.

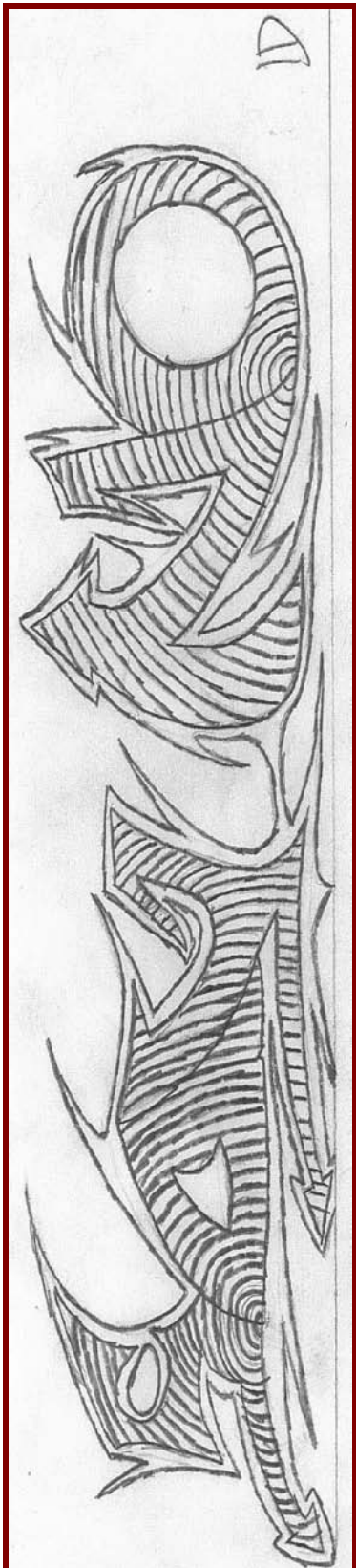
The History of Teen DV Month

For years, young people across the nation have organized to put a stop to dating violence. With their adult allies, they achieved a major victory in 2005 when the importance of addressing teen dating violence was highlighted in the reauthorization of the Violence Against Women Act.

The following year, Congress followed the lead of dozens of national, state and local organizations in sounding the call to end teen dating violence. Both Chambers declared the first full week in February "National Teen Dating Violence Prevention and Awareness Week." Then in 2010, Congress began dedicating the entire month of February to teen dating violence awareness and prevention.

Now in its second year, Teen DV Month is celebrated by leaders in government, student bodies, schools, youth service providers, community-based organizations, parents and more. **Join us** in promoting awareness of and preventing teen dating violence.

Family Support Center is focusing on sexting...It is a fast growing problem in the United States and we know this is a good time to educate teens and their parents to the issues. We have created this "**Say NO to Sexting**" bookmark that will be placed all around the county in school libraries. The artwork for this bookmark was designed by Levi Daniels, a sophomore at Jenkins High School.



Say **NO** to Sexting

- Some kids think sexting is no big deal. It is a **BIG** deal.
- Sexting is illegal and a federal crime.
- If you've received a nude photo, **DON'T** send it to anyone else.
- You never know **WHO** will see it.
- Would you want your parents to see it?
- If you think you're being harassed by someone texting you, talk to someone you trust for help.
- Once in cyberspace, always in cyberspace.
- Sexting is **NOT COOL!**

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What's Teen Dating Violence?

Teen dating violence is a pattern of abusive behaviors used to exert power and control over a dating partner.

What Does Dating Violence Look Like?

Teens and young adults experience the same types of abuse in relationships as adults do. This can include:

- Physical abuse: any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon
- Emotional abuse: non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation or stalking
- Sexual abuse: any action that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including rape, coercion or restricting access to birth control

While young people experience the same types of abuse as adults, often the methods are unique to teen culture. For example, teens often report "technological abuse" — receiving threats by text messages or being stalked on facebook.

If you or a loved one is in a violent relationship, please [get help](#).

Ten Warning Signs of Abuse

While there are many warning signs of abuse, here are ten of the most common abusive behaviors:

- Checking your cell phone or email without permission
- Constantly putting you down
- Acting extremely jealous or insecure
- Having an explosive temper
- Demanding to know where you are and who you are with all the time
- Isolating you from family or friends
- Undergoing large mood swings
- Physically hurting you in any way
- Being possessive
- Telling you what to do



-National Resource Center for Teen Dating Violence Awareness Month

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There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something better tomorrow.

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“It is not the world that needs peace; it is people. When people in the world are at peace within, the world will be at peace.”

