



Friends

of the Children's
Justice Center of Maui

 Find us on
Facebook

Visit us online at:
www.mauicjc.org

A Publication by the Friends of the Children's Justice Center of Maui • April is "Prevent Child Abuse Month"

"BROKEN CHILDREN BECOME BROKEN ADULTS"

We need to intervene and begin the healing process before it is too late.



Paul Tonnesen
Executive Director

Seeing Beyond Misbehavior. Children who act out may appear strong but are surprisingly fragile inside. When their externalized misbehaviors are met with an assault of adult force, they come to believe that no one understands them or cares about their needs. This simply motivates further acting out.

We always need to look beyond a difficult behavior and ask ourselves:

- What is the child really saying
- What does the child really need

Behavior provides clues to the history of the child-their pain, their fears and their needs. Although we address misbehavior directly and quickly, we also must address it sensitively and responsively as a clue to the deepest needs of the child.

Children who have encountered deprivation or harm before they were brought home lack many types of connections. They can lack social connections, emotional connections, neurochemical connections, cognitive connections and sensory connections. As a result, they easily become isolated in a world of their own. Our goal is to bring these children closer to us, into our sphere of warm guidance and nurturing care, so we can help them connect to their world and to the people who care deeply about them.

Our intent is to see beyond maladaptive behaviors to the real child who has been holed up inside a fortress of fear. We use the term "real child" to refer to the core of highest potential inside a young person. It's always our goal to free up and

reveal this magnificent inner core and to enable the child to experience his or her full potential as a loving, connected and competent individual.

What happens in early childhood can matter for a lifetime

- Living with someone who is mentally ill or who has suicidal ideation
- Experiencing divorce or parental separation
- Living with someone who has an alcohol or drug problem
- Being a victim or witness of neighborhood violence
- Experiencing socioeconomic hardship
- Witnessing domestic violence
- Having a parent in prison
- Being treated or judged unfairly due to race or ethnicity
- Experiencing the death of a parent
- Emotional abuse
- Physical abuse
- Sexual abuse

Early experiences influence the developing brain, chronic stress can be toxic to this development, significant early adversity can lead to lifelong problems, early intervention can prevent the consequences of early adversity and stable, caring relationships are essential for health childhood development.

There is a lesson and a message for all of our societies buried in this. Adverse Childhood Experiences have a terribly deleterious effect on children's lives. Living in households where domestic abuse and violence are the norm has a significant and adverse effect on the development and mental health of children. Suffering from abuse, be it physical, emotional, sexual, exploitative, trafficking or neglect, can have a profound effect on the emotional well-being of children and their ability to grow up and realize their true potential as the future of our society.

It takes a community to protect a child and it is clear that society has a role that is more important than ever before to

Continued on page 3

Join Us



Mayor's Proclamation

Signing of Proclamation By:
Mayor's Representative

Special Performance By:
Uncle Wayne and
The Howling Dog Band

Kids and Adults Welcome

Tuesday, April 4th at 9AM
Maui County Building Front Lawn

inside 

- Who are the Friends?
- It takes a village
- Break the cycle of abuse
- How to help victims
- Much, much more!

Find out how you can help. Visit: www.MauicJC.org



Friends
of the Children's Justice Center of Maui

Board of Directors

President

Sheila Haynes

Vice President

Tom Leuteneker

Treasurer

Royle Taogoshi

Secretary

Fern Markgraf

Directors

Dr. Al Arensdorf

Albert William "Bill" Meyer Jr.

Anne Leuteneker

Valorie Spence

Dr. Bill Kepler, M.D.

Honorable, John

McConnell

Kim Whitworth

Maureen Marrs

Tobie S. Uedoi

**Honorary
Board Members**

Betty Leis

Lee Hoxie

Dean Frampton

Mary Repun

Executive Director

Paul Tonnessen

Contact Information

Phone: 808.986.8634

Fax: 808.244.2943

info@mauicjc.org

www.mauicjc.org

Who are the Friends?

The Friends of the Children's Justice Center of Maui (FCJC) is a private, non-profit corporation, founded in 1989 by a non-partisan group of community and business leaders concerned with the social welfare of children and families who have been traumatized by abuse and severe neglect.

The Mission of the FCJC has three parts.....

To provide assistance to abused and neglected children in Maui County. We do this by receiving requests from over 25 social services agencies and other professions for services or items that will help with the healing of the child. These services could be for education or tutoring, counseling, medical, transportation, social activities, sports activities, after-school programs, self-esteem issues, school needs and everything in between.

Promote prevention of child abuse and neglect.

We accomplish this task by creating and distributing a 20-page supplement in the Maui News about child abuse and neglect prevention; by producing and distributing DVD's on "Mandated Reporting" and "Shaken Baby Syndrome"; by participating in several community-wide forums such as "Keiki Fest"; by distributing two newsletters annually; and by participating in the 2009 PREVENT Institute, the Ho'oikaika Partners prevention committee, the Hanai Coalition for foster children and the Hawaii Children's Trust Fund Prevention Campaign.

To support the Children's Justice Center of Maui. The CJC is part of the State Judiciary, and is the safe and nurturing facility

where suspected victims of child sexual abuse and extreme physical abuse are brought for an interview and possible forensic examination.

We provide funds for training of the police and social workers who are involved in those interviews; snacks for the children being interviewed; snacks for the meeting participants; stuffed toys for the children; and support supplies for the office.

This past year, the FCJC:

- Served 800 children with funding for direct services.
- 1,612 children with Christmas gifts
- Over 24,000 households with our annual 20-page prevention newspaper supplement
- 3,000 readers through two newsletters
- 8,000 children and parents reached through community events
- 500 new parents given Shaken Baby DVD

And we do all of this with one paid staff person and many dedicated volunteers. We receive no Federal, State or County funding. Our funding comes from the Bradley and Victoria Geist Foundation, the Teresa Hughes Trust, Hyundai Championship Golf Tournament and companies and individuals through several fundraisers during the year.

We invite you to learn more about us and to help us through a tax deductible donation. If you have questions, call 986-8634, email us at info@mauicjc.org or visit our website at www.mauicjc.org.

Mahalo for your support!

Your donation is 100% tax deductible as allowed by law.

Please make check payable to:

The Friends of the Children's Justice Center Or FCJC

Mail to: FCJC of Maui 1773-A Wili Pa Loop Wailuku, HI 96793

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

VISA/MasterCard are also welcome:

Account No _____ Expiration _____

3 digit Authentication Code _____ (on back of card)

Signature: _____

This "Menu" is a sampling of the types of services and support offered by the FRIENDS

Bus Passes	\$30
School Supplies	\$40
Children's Clothing	\$100
Soup & Salad (Life Enrichment)	
Music/Art/Dance/Sports activities	\$100
School Field Trips	\$125
Senior/Graduation Expenses	\$250
Entree (Future Investments)	
Summer Programs	\$300
Self Esteem Classes	\$400
School Books & Fees	\$500
Complete Meal (Life Changing)	
Individualized Tutoring	\$1,000
Orthodontia	\$2,000
Specialized school tuition assistance	\$2,500
Total \$ _____	

"It takes a village to raise a child." By: Sheila Haynes

Throughout the United States we proclaim the month of April as Child Abuse Prevention Month. But there are children in need of nurturing and protection every day and every month. We all can play a significant role in assisting these children and effectively make every month Child Abuse Prevention month. Yes, even you, there are many ways to help. Raising children can be a demanding, sometimes exhausting experience for parents and especially for single parents. If you know a parent who is stressed and could use a break from his/her children, offer to babysit if you can.

Many parents lack extended family close by to offer support in childrearing. Many parents also lack parenting skills in how to manage children's misbehavior appropriately. This isolation and lack of skills can lead to stressful moments that escalate into behavior we regret. Children don't need perfect parents but they do need to feel and be safe.

Children do well when they can trust their parents to be stable, supportive and nurturing. Children thrive when they know they can talk with their parents, share



Sheila Haynes, President

concerns and ask for help with small and big problems. Sadly, this is often not the case. The expression "It takes a village to raise a child." is absolutely true. How about being a part of a family's village? Part of protecting children means that every child has someone in their lives who they can confide in. Parents aren't the only adults children need to depend upon. Aunts, uncles, grandparents, family friends, teachers, neighbors, yes all of us can step up and be part of the "village".

If something seems questionable, question it. Speak up if another adult or older child or teen is bullying or hurting a child physically. Intervene if you observe someone touching a child in a way that makes you feel uncomfortable. Explain what it is that you see as inappropriate. This is often a very effective way to stop child sexual abuse before it starts. If you believe a child is being abused, call the 24 hour hotline at the Child Welfare Reporting line 1 800 494 3991 or contact your local Police Department. You do not need to have proof of abuse, just a reasonable suspicion, and your call is confidential. Trained professionals will then evaluate the child with the goal of ensuring their safety.

Each of us can help families be strong and children be healthy. If you are interested in volunteering, donating or receiving some information please give The Friends of the Children's Justice Center of Maui a call at 1 808 986 8634 or email our Executive Director Paul Tonnessen at paul@mauijc.org. You can learn more about the Friends by going on our website, www.mauijc.org.

Continued from front page.

protect those children within it who are at risk of, or who have suffered from, significant harm. The challenge for these people and organizations responsible for resourcing societies is what weight they will place on the importance of positive childhood experiences and what resources will be provided to allow children to maximize their potential. The challenge for communities and the societies in which they function is whether or not they are prepared to accept the responsibility that society clearly has in protecting children for if they do not, and protecting children is seen as someone else's business, how can we expect things to improve for the children who live within those communities?

We teach our kids to respect adults and other children, and they should - respect is an important part of growing up to be a pretty great human. There's something else though that's even more important - teaching them to respect themselves first.

Sometimes that means letting them know when we don't support something an adult in their lives has said or done and giving them permission to close down to the influence of those who contaminate their self-esteem, their happiness and their self concept. It's not always easy or possible to withdraw from a relationship, but with our support they can minimize the influence

and impact of those broken adults who might otherwise do harm.

Toxic relationships are ones in which someone's own negative behavior can cause emotional damage or contaminate the way a child sees himself or herself. They can lead to anxiety, depression, physical illnesses and feelings of isolation. Children can end up blaming themselves and feeling guilt or shame. Even if there is something about our kids that needs a little bit of a nudge in a different direction, any behavior that makes them feel less than or ashamed just won't do it. In fact, it will do damage.

We all have an inner voice. It's the one that tells us how we're doing, whether we're good enough, how we think the world sees us, what we've done wrong and what we've done right. When an adult is toxic, the risk is that the inner voice of the child will pick it up and make the words their own. Children are born awesome. Our job as the adults in their lives is to make sure they know this and to minimize the effect of anyone who might influence them to feel otherwise. When children feel stupid, slow, naughty, troublesome, untrustworthy, incapable or silenced in response to the comments of any adult in their lives, it's time for us to be their voice.

The Friends main goal is to reach out to the youth who have been traumatized by abuse in their lives and

are now acting out with unhealthy behaviors. Through our prevention efforts since our Executive Director started them 3 years ago we have had an amazing amount of success. We started our first year with working with high risk teens and worked on an anti-bully project. Most of the youth stated that they were bullies and did not understand the need for them to participate. When explained that their knowledge was of great value to us they agreed to participate. For 7 months we worked on researching the effects of bullying on the victims. This type of awareness indirectly addresses their behaviors through the project. To say the least by the end of the project they personally stated in the three anti-bullying videos that we created that they were sorry for the way they treated individuals. They show remorse and regret for their behaviors. This indirectly addresses the behaviors and the impact it has had in their lives and the community

The Friends have been able to focus more on being proactive rather than reactive when it comes to child abuse and neglect. From the funds we received last year we worked with high risk teens creating a prevention video regarding child abuse. Two years ago we also started a program called "Breaking the Cycle" and have been extremely successful in reaching these high risk teens. Since creating this program we had 5 students come forward disclosing both sexual and physical abuse. Mahalo for all your support!

Recognizing abusive behavior in yourself

Do you feel angry and frustrated and don't know where to turn? Do you see yourself in some of these descriptions, painful as it may be? Do you feel angry and frustrated and don't know where to turn? Raising children is one of life's greatest challenges and can trigger anger and frustration in the most even tempered. If you grew up in a household where screaming and shouting or violence was the norm, you may not know any other way to raise your kids.

Recognizing that you have a problem is the biggest step to getting help. If you yourself were raised in an abusive situation, that can be extremely difficult. Children experience their world as normal. It may have been normal in your family to be slapped or pushed for little to no reason, or that mother was too drunk to cook dinner. It may have been normal for your parents to call you stupid, clumsy, or worthless. Or it may have been normal to watch your mother get beaten up by your father.

It is only as adults that we have the perspective to step back and take a hard look at what is normal and



what is abusive. Read the above sections on the types of abuse and warning signs. Do any of those ring a bell for you now? Or from when you were a child? The following is a list of warning signs that you may be crossing the line into abuse:

How do you know when you've crossed the line?

- You can't stop the anger. What starts as a swat on the backside may turn into multiple hits getting harder and harder. You may shake your child harder and harder and finally throw him or her down. You

find yourself screaming louder and louder and can't stop yourself.

- You feel emotionally disconnected from your child. You may feel so overwhelmed that you don't want anything to do with your child. Day after day, you just want to be left alone and for your child to be quiet.
- The daily needs of your child seems impossible. While everyone struggles with balancing dressing, feeding, and getting kids to school or other activities, if you continually can't manage to do it, it's a sign that something might be wrong.
- Other people have expressed concern. It may be easy to bristle at other people expressing concern. However, consider carefully what they have to say. Are the words coming from someone you normally respect and trust? Denial is not an uncommon reaction.



**We Support
Our Community**



HAWAII PETROLEUM

**Ohana
FUELS**
ohanafuels.com

MINI-STOP
minitstop.com

CHFN

For more information contact us:

Maui: 808.270.2802 | Hilo: 808.969.6641 | Kona: 808.329.1862

hawaiipetroleum.com

PROUD SPONSORS



www.leisinc.com

24-Hour Service Line: 1-888-270-9582

How to Help a Victim

If someone you care about is sexually assaulted, you may feel angry, confused, and helpless. There are several things you can do to help in the healing process and provide the support your loved one needs.

- Believe the victim/survivor unconditionally. Accept what you hear without judgment.
- Reinforce to the victim/survivor that it is not his or her fault. Sexual assault is NEVER the victim/survivor's fault. It is important not to ask "why" questions, such as "Why were you in that area at that time?" that suggest that he or she is to blame for the assault.
- Understand that you cannot control how the victim/survivor feels or "fix" the problem. Everyone reacts differently to sexual assault and heals at his or her own pace. It is important that you not assume you know how he or she is feeling-almost any reaction is possible and completely normal.



- Be a good listener and be patient. Let the victim/survivor know you are there for him or her when he or she is ready to talk. When and if the victim/survivor does want to talk about the assault, do not push for information. Let him or her tell you what he or she is comfortable sharing in his or her own time.
- Help the victim/survivor regain a sense of control over his or her life. During a sexual assault, power is taken away from the victim/survivor. Support decisions and choices the victim/survivor makes

without passing judgment. Try not to tell the victim/survivor what to do; instead, assist by presenting options and resources for him or her to make the decision that is right for him or her.

- Respect the victim/survivor's need for privacy. If needs to be alone, respect that decision.
- Do not suggest that the victim/survivor "move on" with his or her life and forget about the rape. The victim/survivor needs the opportunity to work through the trauma of the assault and begin the healing process.
- Respect the victim/survivor's right to decide whether or not to report the assault to the police.
- Remember to take care of yourself- seek support if you need it. You will be better able to support the victim/survivor.

F H B . C O M

Be the one who makes a difference.

First Hawaiian Bank is proud to support the Friends of the Children's Justice Center of Maui. Thank you for making a difference in the lives of Maui's keiki.

 **First Hawaiian Bank.**
IT ALL STARTS WITH YES

Member FDIC 

MAUI+LANI

VILLAGE CENTER

IS PROUD TO SUPPORT FRIENDS OF THE CHILDREN'S JUSTICE CENTER.

Maui Lani Village Center is a thriving commercial hub in Central Maui. Ask us about a fee simple, build-ready lot for your business in this flexible mixed use district.



Professional Row



INQUIRE WITH:
COMMERCIAL PROPERTIES OF MAUI 244-2200

Breaking the cycle of child abuse

If you have a history of child abuse, having your own children can trigger strong memories and feelings that you may have repressed. This may happen when a child is born, or at later ages when you remember specific abuse to you. You may be shocked and overwhelmed by your anger, and feel like you can't control it. But you can learn new ways to manage your emotions and break your old patterns.

Remember, you are the most important person in your child's world. It's worth the effort to make a change, and you don't have to go it alone. Help and support are available.

Tips for changing your reactions

Learn what is age appropriate and what is not.

Having realistic expectations of what children can handle at certain ages will help you avoid frustration and anger at normal child behavior. For example, newborns are not going to sleep through the night without a peep, and toddlers are not going to be able to sit quietly for extended periods of time.



Develop new parenting skills.

While learning to control your emotions is critical, you also need a game plan of what you are going to do instead. Start by learning appropriate discipline techniques and how to set clear boundaries for your children. Parenting classes, books, and seminars are a way to get this information. You can also turn to other parents for tips and advice.

Take care of yourself.

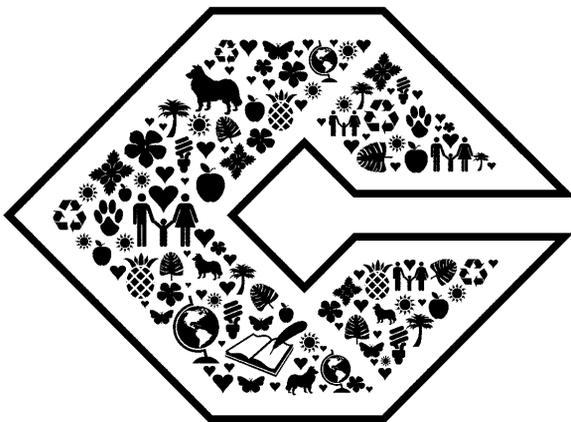
If you are not getting enough rest and support or you're feeling overwhelmed, you are much more likely to succumb to anger. Sleep deprivation, common in parents of young children, adds to moodiness and irritability—exactly what you are trying to avoid.

Get professional help.

Breaking the cycle of abuse can be very difficult if the patterns are strongly entrenched. If you can't seem to stop yourself no matter how hard you try, it's time to get help, be it therapy, parenting classes, or other interventions. Your children will thank you for it.

Learn how to get your emotions under control.

The first step to getting your emotions under control is realizing that they are there. If you were abused as a child, you may have an especially difficult time getting in touch with your range of emotions. You may have had to deny or repress them as a child, and now they spill out without your control.



We're proud to support Friends of the Children's Justice Center of Maui.



Member FDIC

centralpacificbank.com

Maui Family Support Services, Inc.

Providing Child Abuse Prevention and Family Strengthening Services to Children and Families in Maui County for over 36 Years!



EARLY HEAD START * HEALTHY FAMILIES AMERICA * KA PU'UWAI O NA KEIKI
OUTREACH AND RESOURCE SPECIALIST/EARLY IDENTIFICATION * YOUTH SERVICES
HALE HI'IPOI HANA CENTER * QUALITY CARE FOR HAWAIIAN KEIKI (QCHK)
KĀNE CONNECTIONS * MAUI COUNTY EARLY CHILDHOOD RESOURCE CENTER

Moloka'i: 808-553-8114

www.mfss.org

Lana'i: 808-565-7484

Wailuku: 242-0900 * Hana: 248-7609 * Lahaina: 661-1170 * QCHK: 793-2816

Cally L. Adams, DDS Pediatric Dentist



Specializing in the highest quality of dental care to infants, children, adolescents and special needs.
Se habla Español. Hospital dentistry.
Accepting New Patients. Call Today.



1325 S. Kihei Rd., Suite #108 Kihei, HI 96753
Ph: (808) 875-4808 Fx: (808) 875-4841
Web: callyadamsdds.com
Email: pediatric-dentist@callyadamsdds.com



Effects of Child Abuse and Neglect

Every child has a right to a safe childhood and a life free from violence. The experience of child abuse and neglect infringe upon that right.

The effects of abuse affect each child differently. While the effects of abuse can be severe and long-lasting, children who have been abused or exposed to violence can and do go on to have healthy and productive childhoods and adult lives. Children are resilient, and being able to discuss and guide our children through a recovery process is crucial to their success. It is often the first step towards healing. In most cases, once their safety is assured, children can overcome the effects of trauma through professional counseling or other supportive interventions.

Developmental and psychological and effects

The brain develops at an incredible pace during the early developmental stages of infancy and childhood. Studies about early childhood development indicate that the brain develops in response to experiences with caregivers, family and the community, and that its development is directly linked to the quality and quantity of those experiences. Meeting a child's needs during these early stages creates emotional stability and security that is needed for healthy brain development. Repeated exposure to stressful events can affect the brain's stress response, making it more reactive and less adaptive. With time a child may react as if danger is always present in their environment regardless of what the presenting situation actually is.¹

Research has found that children exposed to violence or abuse, if left unaddressed or ignored, are at an increased risk for emotional and behavioral problems in the future.² Children who are abused may not be able to express their feelings safely and as a result, may develop difficulties regulating their emotions. As adults, they may continue to struggle with their feelings, which can lead to depression or anxiety.³ The following are some of possible effects of child abuse and neglect on a child's mental health:

- Anxiety
- Depression
- Dissociation
- Difficulty concentrating
- Academic problems in school-aged children and adolescents
- Withdrawn and/or difficulty connecting with others
- Flashbacks
- Increased hypervigilance
- Difficulty sleeping

The overall impact of abuse also depends on the child's natural reactions to stress and ways of coping with stressful situations. Other factors can include age at which the trauma occurred, previous exposure to unrelated traumatic incidents and extent of therapy or timing of intervention.

Physical effects

Children are more physically susceptible to injury than adults as their bodies are still in development. When a child is being physically abused or neglected some of these injuries are apparent. However, there are times when a perpetrator is careful not to leave marks or injuries that are visible so that the abuse is not discovered. Being able to recognize the physical effects of abuse can be crucial in identifying an abusive situation and taking steps to protect a child from further abuse or neglect.

These are some common effects observed in children who have been physically or sexually abused and/or neglected:

- Bruises, welts or swelling
- Sprains or fractures
- Burns
- Lacerations or abrasions
- Difficulty in walking or sitting
- Torn, stained or bloody clothing
- Pain or itching in the genital area; bruises or bleeding in the external genital area
- Sexually transmitted infections or diseases
- Lack of adequate supervision, nutrition or shelter
- Poor hygiene
- Inappropriate dress

Children may develop these as ways to cope with complex trauma, or perhaps even to forget or suppress the traumatizing memories.

Possible emotional and behavioral effects of trauma include:

- Eating disorders
- Drug use
- Risky sexual decision-making
- Self-harm
- Troubled sleeping
- Discomfort with physical touch

Effects on children who witness violence

The emotional toll on children who witness threats or violence against others can be substantial, especially when those involved are familiar to the child and the violence takes place in the home. Children may be

affected when they witness domestic violence, regardless of whether or not they are directly abused.

Current research has found that children exposed to domestic violence are at an increased risk for emotional and behavioral problems, including anxiety, depression and academic problems. The research also suggests that some children who have witnessed domestic violence show no symptoms of psychological distress.

Children's responses may depend on the severity and frequency of the abuse, the availability of family and community support, and the child's resilience. Once their safety is assured, most children can overcome the effects of trauma through professional counseling or other supportive interventions.

Once their safety is assured, children who have experienced abuse or neglect can go on to heal and thrive. Being able to discuss and guide our children through a recovery process is crucial to their success, and often the first step towards healing. Most children who have been abused go on to recover and live healthy, productive lives.







Mother's Day Giveaway
HOME & KITCHEN Only

Enter to win merchandise totaling over \$1,000!
Drawing to be held on May 10th, in time for Mother's Day!



Zojourzi 2#
Bread Maker ...
Value \$278.99



Staub Tea Pot ...
Value \$243.00



Le Creuset
Tea Pot
Cassis ...
Value \$120.00

5 Prizes!



Le Creuset
6.75 Qt. Oval
French Oven ...
Value \$495.00



De Longi Battery
Cheese Grater ...
Value \$57.99

*Need not be present to win. One prize per person.
Your Home & Kitchen Store purchases qualifies you to enter
for the opportunity to receive 1 of 5 prizes.

877-3931 • 334 Alamaha Street Kahului • Mon-Fri 9:30-5 • Sat 9:30-4

Break the Cycle of Silence.
There are 39 million
survivors of child sexual abuse
in America today.

Let the healing and the
prevention begin today!

When a Child Tells About Sexual Abuse

What protective adults need to know

Three quarters of children who are sexually abused do not tell anyone about it and many keep their secret all their lives. Sexual abusers are more likely to be people we know, and could well be people we care about; after all more than 8 out of 10 children who are sexually abused know their abuser. They are family members or friends, neighbors or baby sitters - many hold responsible positions in society. The closer the relationship between the abuser and the victim, the less likely they are to talk about it.

Children often show us rather than tell us that something is upsetting them so being aware of the signs is vital. However, children may give vague hints that something is happening. Their information may not be clear and they may not have the words to explain what is happening to them. The way adults respond to this is vital to ensuring the child's safety.

Respond with care and urgency.

If you think a child is trying to tell you about a sexually abusive situation, respond promptly and with care. The police and children's social services have joint working arrangements for responding to suspected child sexual abuse. They are experienced in this work and will deal sensitively with the child and family.

Believe the child.

If a child trusts you enough to tell you about abuse, you must remember that they rarely lie about such things. Although it may be hard to believe that someone we trust or care about is capable of sexually abusing a child, it's highly unlikely that a child would deliberately make false accusations about adult-like sexual behaviors.

The pressures on the child to keep silent are enormous. It takes tremendous courage to talk about abuse. A child's claim that sexual abuse did not happen (when it actually did), or taking back a disclosure of abuse are common. Sometimes the child's account of what happened changes or evolves over time. This is a common pattern for disclosure and should not invalidate their story.

Be supportive.

It is important that they feel supported - don't dismiss their claims or put them off talking about it.

Stay calm.

If they are talking to you about it, don't get angry. Stay calm and steady. If you get angry the child may think you are going to punish them - this will play into the hands of the abuser who warned the child not to tell.

Be caring.

Make sure the child knows you love them and that they have done nothing wrong - and keep telling them. The child will need to see that adults believe them and they are doing all they can to protect them. Make sure the child knows they were right to talk about it and that you are glad they came to you.

Face the problem.

When the abuse is known, adults must face the problem honestly, protect the child at all costs and place responsibility appropriately with the abuser. Re-establish safety. Do what is necessary to protect the child from further harm. Put into place a safety plan.

Get help

Get help from professionals who can help guide you towards safety and healing.

Do not despair

Children can and do recover from child sexual abuse. It is incredibly difficult to hear that someone you love has been hurt in such a way but help to recover is available.

What the child may be feeling

Fear

Afraid that the person who abused them will reject or harm them or those they love. Scared that no one will believe them. Anxious about what will happen next. Confused and conflicted Unsure about whom they can trust. Feels protective and/or loving toward the person who abused them. Regrets having told (may even take back the disclosure).

Guilt and shame

Believes they are responsible for the abuse. Feels guilty about upsetting the family by telling. Feels ashamed if they experienced positive physical sensations.

Hope and relief

Is relieved that the burden of secrecy has been lifted. Feels hopeful that the abuse will now stop.

Sexual abuse or incest within the family

When a child is abused by another family member, each family member is affected. Typically, the help of outside specialists is needed to address the emotional toll on the family and to assist the healing process of each individual.

Contradictory feelings

When sexual abuse takes place within families, the pain we experience can include conflicting and confusing emotions. We may feel extreme anguish over what was done to the child, while still feeling love and concern for the family member who committed the abuse.

What protective parents and caregivers may be feeling

Anger

Rage toward the person who abused for harming the child, betraying our trust, deceiving and manipulating us. Anger at the child for not telling sooner.

Guilt

Self-blame for not having seen what was happening in time to protect the child (even when the person responsible for the abuse did all that they could to keep it hidden). Guilt over loving or caring about the person who abused the child.

Fear

Afraid about how the abuse will impact the child. Fearful about the family's future and the consequences for the person who abused the child.

Loneliness and loss

Grieving for the loss of the life we had, or thought we had, before we knew about the abuse. Feeling extreme sense of isolation.

Finding support for ourselves

As protective parents and caregivers, we also need support. Connecting with whom we can share our feelings will help us cope with the trauma and the challenges we face. Useful contacts can be found on our resource page.

*Continued on next page.
Continued - When a child tells.....*

Anger

Feels angry at the child for telling

Shame and remorse

Feels extreme self-hatred; may want to self-harm is remorseful over the harm they have done.

Fear

Afraid of legal consequences Fears loss of family and loved ones, home, reputation, status and job. Concerned about being viewed contemptuously by others If a child or teen, fears being taken from home losing friendships

Denial

Feels impulse to deny, justify or minimize the harm

Relief and hope

Relieved that the burden of the secret has been lifted Hopeful that they will get help for a problem they have struggled with secretly over time

Helping yourself

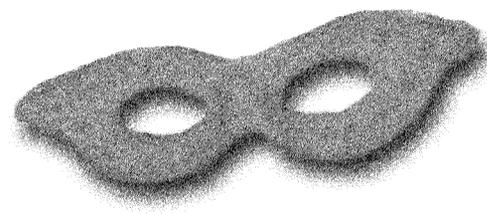
Learning that a child has been abused is a time of trauma. It's important to get help for yourself to help you cope with the emotions, challenges and decisions you face.

This may be the time to turn to a friend, clergy member, counselor or therapist for emotional support. The more able you are to cope, the more you can help your child and family. Organizations that you may wish to contact can be found on our resource page.

**Law office of
Kirstin Hamman**

Specializing in
Family and Special Education Law

2200 Main Street Suite 515
Wailuku, HI 96793
808-419-6556 kirstin@hammanlaw.com



*The Friends of the
Children's Justice Center
of Maui cordially invites
you to participate in*

**THE PHANTOM
FUNDRAISER**

Look for our invitation in
your mailbox or check our
website for details at
www.mauicjc.org

Deeply rooted in Maui,
we're *proud* to lend our support.



Sugar cane fields.

*Building communities and brighter futures,
with our hands and our hearts.*

A&B Properties
Maui Paving
HC&S

AB
ALEXANDER & BALDWIN, INC.
alexanderbaldwin.com

East Maui Irrigation
Kahului Trucking
& Storage
Maui Brand® Sugar



**Partners in Health
for Hawai'i**

“Just as HDS is paving the path as a leader in improving oral health for Hawaii we look to UHA...as the leader in overall employee wellness.”

Mark Yamakawa
President and CEO
Hawaii Dental Service



Call today to find out how we help keep
employees—and businesses—healthy!



uhahealth.com
sales@uhahealth.com

Neighbor Islands:
1(800) 458-4600, ext. 301

7 Steps to Prevent Child Abuse

The burden of prevention has been resting for years on the smallest shoulders in our society: the children who are most vulnerable, least powerful, and least likely to be able to protect themselves from a powerful adult. This is especially true when considering that the majority of sexual abuse (93%) happens at the hands of an adult well known to the child. When children are abused by adults they are also confused by the fact that this person is supposed to be a protector, a caretaker, and worthy of trust simply by being an adult (after all, we also teach children to obey adults, which can be very confusing).

Child abusers are very often "experts" at emotional manipulation of children, gaining their trust well in advance of the actual abuse. In light of these facts (and many others), it is clear that the time has come for adults to assume responsibility for protecting children. Their shoulders were not built for carrying such weight.

The following facts and the "7 Steps to Protecting Our Children From Sexual Abuse" are directly quoted here with the permission of the nonprofit organization From Darkness to Light. This is an invaluable resource that is well worth "book making."

STEP 1:

Learn the facts and understand the risks. Realities - not trust - should influence your decisions regarding your child."

1 in 4 girls and 1 in 6 boys will have been sexually abused by their eighteenth birthday. Consider this the next time you walk through a mall or down a street and see several or many children. Whenever you enter a classroom or ball game, look around and do the math. It is a sad reality...but one we can have a positive effect on.

Only 1 in 10 children reports the abuse themselves. Those children who keep the abuse a secret or who tell and are not believed are far more likely to suffer psychological, emotional, social, and/or physical problems that will most likely follow them into adulthood.

22% of abused children are under 8 years old. The average age of abused children is 9. Most likely, you know a child who either has been or is being abused. It is also likely that you know an abuser! Most are not

"strangers," but are our friends and family members.

34% of victims are abused by family members.

59% are abused by people the family judges to be trustworthy. In fact, it is a common tactic of abusers to first establish a trusting relationship with the parents of the child.

Many young children are abused by larger, older children.

Those who abuse children have no characteristics that "set them apart" for us to identify them as abusers. They look and act just like us and go out of their way to appear trustworthy.

Those who sexually abuse children are drawn to places where they will have easy access to children (and are often those we judge to be "wonderful" with children) such as sports leagues, faith centers, clubs, and schools. It is important to be sure that the clubs, leagues, etc., where your child is involved has a policy about doing background checks on its volunteers.

STEP 2:

Minimize Opportunity - "If you eliminate or reduce one-adult/one-child situations, you will dramatically lower the risk of sexual abuse for your child."

Remember that abusers often befriend the child and the child's family in order to gain their trust.

Always look for group situations to involve your child in rather than placing your child alone with one adult.

Strongly encourage policies limiting one-adult/one-child situations in all youth related activities such as faith groups, sports teams, and school clubs. Make sure parents/caregivers can observe or interrupt activities at any time. Also make sure that background checks have been done on all volunteers and others working directly with children.

Insist that personnel (paid and volunteer) receive quality training on prevention, recognition, and reporting of child abuse.

Drop in unexpectedly when your child is alone with any adult!

Monitor your child's internet use. The internet has become a favorite means for pedophiles to interact

privately with children. Their goal is to lure them into physical contact after gaining their trust.

Set an example by personally avoiding one-adult/one-child situations with children other than your own.

STEP 3:

Talk About It - Children often keep abuse a secret, but barriers can be broken down by talking openly about it. It's VERY IMPORTANT to understand why children don't tell.

Children are afraid of disappointing their parents.

Children are afraid of disrupting the family.

The abuser sometimes threatens the child or a family member.

The abuser shames the child, points out that s/he let it happen, or tells her or him that their parents will be angry.

Some children who did not initially disclose abuse are afraid or ashamed to tell when it happens again.

Some children are too young to understand. Many abusers tell children the abuse is "okay" or a "game." Know how children communicate.

Children who do disclose sexual abuse often tell a trusted adult other than a parent. Therefore, training for people who work with children in any capacity is very important.

Children may tell "parts" of what happened or pretend it happened to someone else to gauge adult reaction.

Children will often "shut down" and refuse to tell more if you respond emotionally or negatively.

If your child does not talk to you, don't think it's a sign of poor parenting.

Talk openly with your child. Teach your child that it is your job to protect him.

Teach your child that it is not her responsibility to protect others.

Demonstrate daily that you will not be angry, no matter

K N O W T H E F A C T S

what your child tells you about any aspect of his life.

Listen quietly. Children have a hard time telling parents about troubling events.

Teach your child about her body, about what abuse is and, as age-appropriate, about sex. Teach her words that help her discuss sex comfortably with you.

Teach your child that it is against the "rules" for adults to act in a sexual way with children and use examples.

Start early and talk often. Use everyday opportunities to talk about sexual abuse.

STEP 4:

Stay Alert - Don't expect obvious signs when a child is being sexually abused. Signs are often there but you have to spot them.

Learn the signs.

Physical signs of sexual abuse are not common, although redness, rash, or swelling in the genital area, urinary tract infections, or other such symptoms should be carefully investigated. Also, physical problems associated with anxiety, such as chronic stomach pain or headaches, may occur.

Emotional or behavioral signals are more common. These can run from "too perfect" behavior, to withdrawal and depression, to unexplained anger and rebellion.

Sexual behavior and language that are not age-appropriate can be a red flag.

Be aware that in some children there are no signs whatsoever.

If you find physical signs that you suspect as sexual abuse, have the child physically examined immediately by a professional who specializes in child sexual abuse. Note: If you live outside the area served by Kids First, Inc., call us for a CAD in your area or call the National Children's Alliance at 1-800-239-9950.

STEP 5:

Make a Plan - Learn where to go, who to call, and how to react. Don't overreact. Just as you stay calm when your child breaks an arm and follow a plan you've made in advance for such emergencies, stay calm and

follow a plan if your child reports abuse. If you react with anger or disbelief, the response from the child may be the following:

The child shuts down.

The child changes his story in the face of your anger and disbelief, when, in fact, abuse may actually be occurring.

The child changes his account around your questions so future telling appear to be "coached." This can be very harmful if the case goes to court.

The child feels even more guilty.

Note: VERY few reported incidents are false.

Offer support. It's very important to think through your emotional response before you're in a position where you suspect abuse. Hopefully, you'll never need to use the skills, but you will be prepared to respond in a supportive way if the need arises.

Believe the child and make sure he knows it.

Don't ask questions. This could be confusing to the child, make her upset, and could damage criminal prosecution of the offender.

Assure the child that it's your job to protect him and that you'll do everything you can for him.

Report in all cases of suspected abuse, whether inside or outside the family. The child's safety is much more important than any emotional conflict you may have to face. Remember: you are the adult.

Don't panic. Sexually abused children who receive psychological help can and do heal.

Remember: North Carolina is a mandatory reporting state. Act on suspicions and report. If the abuse is outside of the family, report to the police or sheriff's department. If the abuse happened within the family, report to the Department of Social Services.

STEP 6:

Act on Suspicions. A child's well being may depend on it. If you are in a situation where you suspect abuse but do not have any proof, you may be reluctant to report. Many of us do not trust our "gut" feelings, even though they are most often right. A child cannot afford for you to take the chance that it is wrong. If you are still reluctant, please call one of the following:

Child Welfare Reporting Line 1-800-494-3991 or your local Police Department

STEP 7:

Get involved.

Volunteer and financially support organizations that fight the tragedy of abuse such as your local Child Advocacy Center Prevention Programs, Crisis information and referral services Rape crisis centers

Use your voice and your vote (children do not have this right) to make your community a safer place for children.

Ask your elected officials what legislation they are supporting to protect children.

Support legislation that protects children (contact Prevent Child Abuse NC for more information on current legislation. See web address on links page).

Demand that local government put more money into efforts to fight child abuse.

Contact members of Congress.

Write letters to the newspaper in your area.

Break the cycle of silence.

If you were a victim of sexual abuse, consider using your personal story to break the silence and reach others about the effects of abuse. Very often, people will listen to someone they know much more readily than they will respond to "cold" information.

There are 40 million survivors of sexual abuse in America today. May the prevention of further abuse and healing begin. You can make the difference! SHARE WHAT YOU HAVE LEARNED AT EVERY OPPORTUNITY!

Friends of the Children's Justice
Center of Maui

 Friend us on
Facebook

5 Myths About Child Abuse

April is National Child Abuse Prevention Month, when organizations across the country come together to raise awareness about child abuse.

Child abuse, or maltreatment, can take different forms, including neglect, psychological maltreatment, and physical or sexual abuse. Maltreatment can result in long-lasting negative consequences to children's physical, psychological, behavioral, societal, and even biological development.

During this month and throughout the year, Child Trends is dedicated to investigating the most effective ways to support families and reduce the risk of child abuse and neglect. Here, we debunk some common myths about child maltreatment.

Myth 1:

We can predict which children will be maltreated based on risk factors.

Risk factors associated with child maltreatment include extreme poverty, family unemployment, caregiver substance abuse, lack of understanding of child development, and neighborhood violence. However, each of these only weakly predicts the likelihood of maltreatment.

For example, although maltreatment is more common among families living in poverty than among other families, the majority of parents with low incomes do not maltreat their children.

When risk factors are present, protective factors can mitigate the likelihood of maltreatment. Such protective factors include parental social connections, knowledge of parenting and child development, concrete support in times of need, and children's social-emotional competence. Because maltreatment is so difficult to predict, prevention approaches that strengthen protective factors among at-risk families broadly—even if the risk is low—are likely to be most effective in reducing maltreatment.

Myth 2:

In families with abusive parents, parents and children don't love each other.

It is a common misconception that abusive family members do not love one another. Maltreatment affects all children differently. Maltreatment survivors frequently harbor negative feelings toward abusive parent(s) through adulthood; yet, at the same time, many victims of maltreatment show ongoing loyalty to their parents, remember positive qualities about their parents, and continue to love them.

Many parents may love their children, yet not be equipped to deal with the stresses that come with raising children. When a parent perceives their environment to be unpredictable and stressful, and does not take advantage of available social supports, they are more likely to respond to children in an aggressive manner.

Myth 3:

We know how many children are maltreated.

The Administration for Children and Families (ACF) reports that, in 2013, citizens and professionals made 3.5 million reports alleging maltreatment to public child welfare agencies. Agencies carried out 3.2 million investigations, and verified 679,000 victims of maltreatment.

These numbers almost certainly underestimate the actual incidence of maltreatment. A study that did not rely on official reporting found that actual maltreatment rates may be more than three times higher than the ACF numbers. Studies conducted outside of the child protective services system estimate that one in four children in the United States experience maltreatment in their lifetime.

Myth 4:

Maltreated children are better off removed from their homes.

The majority of children who come to the attention of child protective services remain with their families, with the support of in-home or community services. The importance of the parent-child relationship to children's development is a key rationale for intervening to

support families, so children can either remain with their families or, if placed in foster care, reunify with their families quickly.

In-home services include parent training or coaching, individual/family therapy, referrals to substance abuse treatment, or material supports (food, clothing, furniture, etc.). While foster care is necessary in severe cases of abuse and neglect, children typically have better outcomes in the areas of delinquency, entering the criminal justice system as adults, teen birth rates and earnings if they remain at home.

Myth 5:

Only bad parents get so angry with their children that they feel like hitting them.

It is common for parents to get angry or frustrated with their children's behavior from time to time. But it is the inability to cope with anger-provoking situations that increases the risk for potential abuse, as parents lose control of negative emotions and harm their children.

Abusive parents are shown to have more unrealistic expectations of child behaviors, and with a low frustration tolerance, are more annoyed with child behaviors. By using more positive parenting and consistent disciplinary practices, as well as coping strategies to control anger, parents can improve parenting satisfaction and reduce parental stress, thus reducing the risk of maltreatment.

Sharpen your skills!

Every home cook needs a great set of knives.
We've got the cutting edge with Kai Sun.



Marmac Home & Kitchen

877-3931-334 Alamaha St., Kahului **ACE** Earn Ace Rewards with every
Mon-Fri 9:30-5 • Sat 9:30-4 **Hardware** Home & Kitchen purchase!

Boys & Girls Clubs of Maui Provides Positive Experiences for Youth



**BOYS & GIRLS CLUBS
OF MAUI**

Sometimes, all it takes is a little encouragement.

Boys & Girls Clubs of Maui has been serving local youth since 2000. Programs and services provided during out-of-school times at the six Clubhouses are important to each young member, many of whom would have nowhere else to go that is not only safe, but provides them with educational and recreational opportunities that enrich their lives in a profound way.

National studies have shown that children who participate in after school programs are safer, have better academic performance, better school attendance, and better behavior and health outcomes than children who do not.

Membership is open to all Maui youth ages 9 to 17, regardless of need, family situation or socio-economic status. For many of the members, their club is a home away from home, especially if home is not a very welcoming place.

As an after school program, the amount of time BGCM staff have to positively impact a child's life is limited. But, that's not to say great things can't happen during just those few hours each week.

In addition to fun and educational programming, one very significant thing is also happening during club hours: the young members are developing positive relationships with club staff, connecting with a caring adult for perhaps the first time ever. And it is these connections that can lead to marked

improvements in a child's life.

For example, three middle school girls attending one of the clubs were all struggling with their grades. It was obvious to staff during Power Hour, the mandatory homework assistance program at the club, that they had no interest in school work, despite the fact that they were all far behind their classmates.

The unit director made it her mission to help the girls realize their full potential academically, understanding that poor school performance often leads to a lack of self-esteem in other areas of a young person's life as well. For several weeks, the club staff made sure each girl was given individualized assistance during Power Hour, and also recommended them for a special tutoring program being offered at the club.

The efforts paid off for the girls in a very big way, with one raising her .28 GPA to a 2.0 in a single grading period. All three have made remarkable progress with not only their grades but also in their positive self-image.

"These girls are still a work in progress," said the unit director, "and I know that, unfortunately, a lot of their academic hardship comes from their home life."

But, she added, "I believe that, with just a little time, effort, encouragement and consistency, amazing things can happen."

The membership of Boys & Girls Clubs of Maui is a microcosm of the citizens of Maui. Some club members are dealing with homelessness, hunger, physical and mental abuse, bullying, and much more. Many live in single parent households, live with their grandparents or other family member, or are in foster care. You wouldn't know that to look at them as they bound through the club doors every day after school. Coming through the doors they are all equal, they are all club kids, and they all can look forward to having great futures.

Graphic Design Services for The Friends Supplement were provided by:



Mark Givensell

givensell
marketing group

Website & Graphic Design
Marketing Services

Free Consultations

voice: 357.4563

email: mark@givensell.com

web: www.givensell.com



Our Mission is EDUCATION

Service providers encounter additional challenges when trying to promote safety and community reconnection for children who are survivors of sexual assault who identify as LGBTQ.

Children who identify as LGBTQ struggle not only with the aftermath of sexual assault, but with systematic oppression and discrimination. Thus, culturally competent, LGBTQ-affirming services and training are crucial to assist them with their healing process.

Our local religious institutions instilling the Protective Factors

Family Strengthening and Things of the Spirit
By: John A. H. Tomoso+, MSW, ACSW, LSW
Social Worker and Priest



John 3:16, is a well-known and often-quoted, often-used verse from the Gospel; "For God so love the world that he gave his only Son, so that everyone who believes in him may not perish but have eternal life." I believe, then, that we have been given life by a generous, merciful and loving God. We have the knowledge, which can be shared among ourselves and with our community, to live a life that is reflective of a divine and eternal reality that is present here on Maui. It is a presence that all the families in our community can call upon.

In Deuteronomy, of the Hebrew Scriptures, it is written that Moses prayed that the Lord would not destroy the people "...who are His very own possession." I know, then, that families on Maui are and can be a reflection of that divine and eternal reality. As a Social Worker, I have tried to practice and nurture the

Five Protective Factors of Family Strengthening. They are:

- Enhancing parental resilience
- Providing an array of social connections
- Providing parents concrete support in times of need
- Facilitating knowledge of parenting and child development
- Supporting healthy social and emotional development in young children

As a Priest, I would like to offer suggestions on how we can, as a community, assume these protective factors in our daily lives.

1. Let us remember the strong, healthy families and related experiences within them, from our own upbringing. Do you remember a parent, a grandparent, an uncle, an aunt who was, for you, a strength and strong presence? Can you try to emulate him or her in your life now? Growing up, I remember "talking story" with my Kupuna about "how it was" and what they did at my age. I remember how some of them quoted Psalm 103 that "everlasting to everlasting is the Lord's love". They told me to love, to aloha at all times, even when it was hard to. I still remember what they told me and I share it; embed it in my family relationships now.

2. Appreciate the strength and goodness in the families you know; in your own family. When you see strength and goodness around you, especially as it is shared with children, say something, humbly and respectfully, in appreciation and gratitude. In the first chapter of 1 Thessalonians, the Apostle Paul offers a veritable hymn of praise and thanksgiving for the "...faith, love and steadfastness" of the families in Thessalonica. I believe it is never wrong to say something nice to anyone, especially when it is about goodness, mercy, respect.

3. Know that one can never be "too busy" to spend time with family members. Here, I think we need to balance our work and our play, remembering that it always "takes a village" to raise a child. In our balancing, let us be a part of this village; this village where every child needs a caring adult, parent, uncle, aunt, friend. This village metaphor is good one to understand, given the many roles there are in the family. One can never be "too busy" to perform them.

4. Talk about family conflicts. Every family quarrels. Right now, in our community, we have quarrels of the social, economic, political kind. Are we talking, as families, about how we can resolve our conflicts, our quarrels; how we can resolve things, bring solutions to problems? Do we understand that the external quarrels that our community is having, can affect and add stressors the internal life of our families? Why not talk to your children about what's happening, conflict-wise, in our community as a way bring to resolution to the conflicts that surround them in the home and in all their relationships outside the home.

5. Never be afraid of bringing up a spiritual solution to any family problem. Spirituality, even religion, can

offer great insight, inspiration and motivation. Here, that "divine and eternal reality" I cited earlier, can be called upon to strengthen, guide and facilitate, to show love! In Philippians 2, we are asked, "...in humility", to "consider others better..." Family strengthening can, indeed, be nurtured through humility, through understanding, though knowing that everyone has a part to play in the strengthening.

6. Both Hebrew and Christian Scriptures ask that we not "harden our hearts" if we hear the voice of the Divine, of God. I believe all Sacred Scriptures, the world over, talk about a heart that is soft, and nurturing, kind and compassionate. Commit yourself to being soft, nurturing, kind and compassionate; with children, with adults; with as many as you can in our community. Commitment, I know, takes patience and discipline. Have thought about involving your "soft heart" with that of a child who has no Father, or Mother or Family?

In working with families over the 40+ years of my practice as a Social Worker, I have seen how disjointed, how fractured, how injured family life can become. For me, the Five Protective Factors of Family Strengthening allows one to be helpful, by staying patient and disciplined and supportive of family life. We all have a role to play in this village, by which all families are strengthened.

As a Priest, allow me to say that, as Deuteronomy 4 asks, consider seeking the Lord's wisdom to find strength, patience, discipline and support, "...with all your heart and with all your soul." As a Social Worker, I know that such a heart, a "soft heart", comes with commitment, respect and responsibilities towards others. And there are many professional and programs out there who can help. I know they are generous, merciful and loving. They are my colleagues!

Learn more about
The Friends

Visit us online
www.mauicjc.org

After-Effects of Child Sexual Abuse in Adults

Both women and men may experience a wide array of symptoms that may be associated with a history of childhood sexual abuse. Frequently, the underlying cause of these symptoms is not recognized by the physician and, in many cases, by the patient.

Although there is no single syndrome that is universally present in adult survivors of childhood sexual abuse, there is an extensive body of research that documents adverse short- and long-term effects of such abuse.

To appropriately treat and manage survivors of CSA, it is useful to understand that survivors' symptoms or behavioral symptoms resulting from childhood sexual abuse often represent coping strategies employed in response to abnormal, traumatic events.

These coping mechanisms are used for protection during the abuse or later to guard against feelings of overwhelming helplessness and terror. Although some of these coping strategies may eventually lead to health problems, if symptoms are evaluated outside their original context, survivors may be mis-diagnosed or mislabelled.

In addition to the psychological distress that may increase the effect of survivors' symptoms, there is evidence that abuse may result in biophysical changes. For example, one study found that, after controlling for history of psychiatric disturbance, adult survivors had

lowered thresholds for pain. It also has been suggested that chronic or traumatic stimulation (especially in the pelvic or abdominal region) heightens sensitivity, resulting in persistent pain such as abdominal and pelvic pain or other bowel symptoms.

Although responses to sexual abuse vary, there is



remarkable consistency in mental health symptoms, especially depression and anxiety. These mental health symptoms may be found alone or more often in tandem with physical and behavioral symptoms. More extreme symptoms are associated with abuse onset at an early age, extended or frequent abuse, incest by a parent, or use of force. Responses may be mitigated by such factors as inherent resiliency or supportive responses from individuals who are important to the victim.

Even without therapeutic intervention, some survivors maintain the outward appearance of being unaffected by their abuse. Most, however, experience pervasive and deleterious consequences. The primary after-effects of childhood sexual abuse have been divided into seven distinct, but overlapping categories:

1. Emotional reactions
2. Symptoms of posttraumatic stress disorder (PTSD)
3. Self-perceptions
4. Physical and biomedical effects
5. Sexual effects
6. Interpersonal effects
7. Social functioning

Responses can vary greatly within the seven categories. Also, survivors may fluctuate between being highly symptomatic and relatively symptom free. This variability is completely normal.

- Administration for Children and Families
- National Clearinghouse on Child Abuse and Neglect Information
- National Institutes of Health-National Library of Medicine
- U.S. Department of Health and Human Services, National Center on Child Abuse and Neglect

Protecting Your Toddler at Home



- Keep emergency numbers next to your telephone in case of injury, fire, poisoning, or any other situation requiring immediate assistance.

- Store medicines and household cleaners on a high shelf. But remember closets and shelves aren't the only place to find these dangerous items. For example, medicine may be found in women's purses, and poisonous cleaners may be in your garage.
- If you have stairs in your home, prevent falls by blocking them with safety gates.
- Keep matches away from children. Your toddler may play with them and accidentally start a fire.
- Never allow a young child to be responsible for your toddler, even for a few minutes. Young children can't always tell what an active toddler will do.
- Putting small toys in wall sockets is tempting to toddlers. Keep the sockets covered with safety plugs.
- Keep electrical cords out of the way. Small children can pull the cord and be injured when something heavy falls on them.
- Be sure your child is never alone around water. Keep toilet seats covered. Children can drown in as little as a few inches of water.

Telephone: (808) 244-6601

Alfred M. Arensdorf, M.D.,
F.A.A.C.A.P.
Child & Adolescent Psychiatry

33 Keonelo Street
Wailuku, Hawaii 96793



Surfing Goat Dairy

"Winner of 18 National Awards"
"Best Goat Cheese spread in North America 2004, 2005 & 2006"

808.878.2870
info@surfinggoatdairy.com
3651 Omaopio Rd. • Kula, HI 96790

**UPTOWN FOODMART
& CAR WASH**

Alvin Makimoto
Owner



2085 Main Street
Wailuku, Maui, HI 96793
Phone: (808) 244-0869
Fax: (808) 244-6242
uptown@hawaiiantel.net



"Convenience with a Smile"

Protect our keiki

If you suspect child abuse report it by calling:

Child Welfare Services
at 1-800-494-3991 or MPD at
244-6400 or 911
Lee and John Hoxie

Physical and Behavioral Indicators of Possible Abuse

(Behavioral indicators less certain than most physical indicators)

Physical Neglect

Physical Indicators

- Unexplained bruises (in various stages of healing)
- Unexplained burns (cigarette or immersion)
- Unexplained fractures, lacerations, or abrasions
- Evidence of delayed or inappropriate treatment for injuries

Behavioral Indicators

- Withdrawn, self-destructive, aggressive behaviors
- Afraid to be at home/runaway behavior in adolescents
- Complains of soreness or moves uncomfortably
- Bizarre explanation of injuries
- Wary of adult contact, apprehensiveness with others

Physical Neglect

Physical Indicators

- Abandonment
- Unattended medical needs, distended stomach, emaciated
- Consistent hunger, poor hygiene, inappropriate dress
- Consistent lack of supervision

Behavioral Indicators

- Frequently absent or tardy
- Regularly displays fatigue, listlessness
- Steals food, extreme need for affection, extreme loneliness
- Reports no caretaker at home

Sexual Abuse

Physical Indicators

- Injury/trauma to genital area
- Torn, stained, or bloody underclothing
- Pain, swelling, or itching in genital area
- Sexually transmitted disease -pregnancy when youth is under legal age of consent

Behavioral Indicators

- New fears of persons or places/withdrawn behavior
- Unusual aggressiveness
- Sexual play beyond what is considered normal
- Fear that there is something wrong with genital area
- Regressed or baby-like behavior
- Sleep problems, nightmares

If you are a mandated reporter and you have reason to believe a child has been or is being abused, you must make a report to the proper authorities for investigation.

To report suspected abuse, call:

The Department of Human Services-Child Welfare Service at 1800-494-3991
or
The Maui Police Department at 244-6400

Bullying

Every day nearly 160,000 children in the U.S. stay home from school because of bullying. Bullying isn't "just part of growing up." It can have a lasting effect on the victim, the bully, the school and the community. Every child deserves an environment where they can develop without fear of aggression or cruelty. Following are some ways parents and adults can help prevent the long lasting effects of bullying.

General Prevention Tips:

1. Spend quality time with your child. Talk and listen to your child.
2. Be a positive role model. Respect others and stand up for yourself when people don't respect you.
3. Teach your child not to be a bystander. Encourage your child to tell the bully to stop, or to walk away and get help from an adult.
4. Help your child feel good about him-or herself in a healthy way. Encourage your child to set and reach goals.
5. Use positive discipline and teach nonviolence. Teach that using violence to solve problems or deal with anger only makes things worse.
6. If you're worried about your child or yourself, seek help from school counselors, school support groups, private therapists or your family health-care provider.

Tips for Parents of Bullies

1. Know the warning signs. Your child may be bullying others if they:
 - Enjoy putting others down and don't care about others feelings.
 - Disrespect authority and people who are different from them.
 - Disregard rules.
 - Need to have power over others.
 - Make jokes about violent acts or enjoy violence.
2. If parents learn that their child is bullying others, they can do the following:
 - Stay calm. Felling angry or ashamed is

normal, but instead focus on how to help your child learn positive behavior.

- Talk about it. Ask your child why he or she is bullying others. Talk about non-violent ways deal with strong feelings like anger. Most importantly, make it clear that you think bullying is wrong and set clear, nonviolent consequences for future bullying behavior.

Tips for Victims and Witnesses

1. Many children who are bullied keep it a secret. They may think telling will make matters worse, so know the warning signs. A victim may:
 - Seem quiet or depressed.
 - Have bruises or other injuries.
 - Come home with missing or damaged belongings.
 - Ask for more lunch money.
 - Loose interest in school or do poorly in school.
2. If parents learn that their child is being bullied, they can do the following:
 - Again, stay calm. Tell the child that nobody deserves to be bullied.
 - Ask why your child thinks he or she is being bullied.
 - Think of peaceful solutions together.
3. Encourage your child to:
 - Stick with a group. Avoid being alone in "target" areas like locker rooms, rest rooms empty classrooms, and avoid places where the bully hangs out.
 - Don't fight back or seek revenge.
 - Be assertive and confident. Use body language to show you are not afraid.
 - Agree with the bully. Say, "You're right." Then walk away.
 - Tell the bully to stop or walk away and get help from an adult. Report all bullying incidents.
 - Teach your child not to be a bystander. When no one speaks up, the bully learns he or she can get away with it.

website: PacificIslandPalms.com



CHRIS LEUTENEKER

PACIFIC ISLAND AND EXOTIC PALMS

769 HOLOPUNI ROAD

KULA, HAWAII 96790

CELL: 808.280.2194



CENTRAL PACIFIC BANK

Wailuku Branch

2016 Wells Street
Wailuku, Hawaii 96793
Telephone (808) 249-6701
Facsimile (808) 249-2572
Cellular (808) 264-2819

Tobie Uedoi

*Branch Manager
NMLS #639290*

Lahaina Branch

355 Keawe St Suite 401
Lahaina, HI 96761
Telephone (808) 662-7071
Facsimile (808) 662-7081
Cellular (808) 264-2819



Maui Youth &
Family Services



Aloha House



Malama Family
Recovery Center

Helping hundreds of at-risk youth and thousands affected by addiction and mental-health issues

(808) 579-8414, Ext. 8102

myfs.org

aloha-house.org

malamafamilyrecovery.org

(808) 572-3535
Fax (808) 572-3616

CONSULTING STRUCTURAL ENGINEERS

10 Ulana Street
Makawao, Maui, HI 96768

Walter Vorfeld & Associates



Ho'oiikaika Partnership

Keeping our families whole, supported, and safe.
www.hooikaikapartnership.com

The mission of the Ho'oiikaika Partnership is to create a seamless safety net of child abuse and neglect prevention services for children and their caregivers.

Ho'oiikaika Partnership is a network of public and private agencies and individuals that support the prevention of Child Abuse and Neglect. We believe there is no shame in offering help as a member of our community or in receiving help when we need it.

When parents and communities possess the following five Protective Factors, the risk for neglect and abuse diminishes and optimal outcomes for children, youth, and families are promoted.

- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete support for families
- Social and emotional competence in children

Maui County Child Abuse Prevention Month Activities are sponsored by

Child Abuse Prevention Planning Council

and



Maui Resources for Information and Assistance

Child and Family Service -Crisis Response; prevention and education/parenting/ sex abuse treatment Maui 877-6888
Molokai Branch 808 567-6100
24 Hour Hotline 873-8624

Department of Human Services (CPS)-Maui Section 243-5143 Intake 800 494-3991 Molokai Unit - 808 553-1703 / Lanai Office - 808 565-7102

Maui Police Department
244-6400 or 911

Aloha House 579-9584
Child & Adolescent Outpatient
Mental Health Services 249-2121

Aloha United Way - 24-hour information & referrals Phone: 211

ATV (Molokai) - TROs/anger management -all ages 808 553-3202

Aloha House - Outpatient substance abuse treatment & mental health services 579-9584

Big Brothers/Big Sisters - Provides 1-on-1 mentoring 242-9754

Catholic Charities 875-2984

Children's Justice Center - Maui 244-7926

Community Clinic of Maui - Medical outreach services 871-7772

It Takes An 'Ohana
<http://ItTakesAnOhana.org>
Support for those who care for children and youth affected by foster care

DOH-Family Guidance Center
- Mental health services for children 243-1252

DOH Family Health Services 984-2136

DOH Public Health Nursing 984-8206

Hale Ho'omalua - 24-hour hot line & women's shelter on Molokai 808 567-6888

DHS-Income Maintenance - Financial, medical, and food stamps 984-8300

Family Life Center
877-0880

Good Beginnings
270-5557

Hui Malama Center - Tutoring GED programs and youth services center
244-5911

Imua Family Services - Children with developmental delays 244-7467

Ka Hale A Ke Ola Homeless Resource Center
242-7600

Lanai Integrated Service System (LISS) Operated by PACT, services primarily to DHS families for counseling, visitation, & family strengthening 808-565-9191 pacthawaii.org

Lanai Women Helping Women
808-565-678

Lanai Community Health Center
808-565-6919

Legal Aid Society of Hawaii- Civil (not criminal) legal assistance to low income persons 244-3731
Malama Family Recovery Center - Substance abuse education & treatment-women 877-7117

Malama Family Recovery
Women-specific outpatient and residential substance abuse treatment that targets pregnant and parenting women.
808-877-7117

Maui AHEC Child Sexual Abuse Crisis Response - Molokai 553-3623

Maui County Catholic Social Ministry
244-8106

Maui Economic Opportunity - possible rent/utility help & child day care program 249-2990

Maui Family Support Services - In-home family strengthening services, Teen pregnancy prevention and support Program, Early Head Start, Healthy Start and Fatherhood Initiative Program
242-0900

Maui Food Bank 877-4357

Maui Humane Society 877-3680

Maui Youth & Family Services - Adolescent programs 579-8414 Molokai 808 553-3907

Mediation Services of Maui - Custody/dispute resolution 244-5744

Molokai Community Health Center
808-553-5038

Molokai Community Services Council
553-3244

Molokai Family Support Services-Family strengthening services, 0-5 yr. olds 808-553-3276

Na Hale O'wainee
Lahaina Homeless Resource Center
662-0076

Neighborhood Place Of Wailuku
986-0700

Ohana Makamae 248-8538

PACT- Violence intervention services (men, women & adolescents), mental health services for public school students
244-2330

Pact-Ulupono Family Strengthening Program
244-2330

PATCH - Child care provider referrals
242-9232

Queen Lili'uokalani Children's Center - Services for children of Hawaiian ancestry 242-8888
Molokai 808 553-5989

Salvation Army - Possible rent/utility help for homeless 871-6270

Victim Witness assistance Program - Court-related services for victims 270-7695

Women Helping Women - Shelter & help for women victims of domestic violence and their children 242-6600

Nationwide Resources for Information and Assistance

Child Help National Child Abuse Hotline
1-800-4-A-CHILD or 1-800-422-4453 www.childhelpusa.org

National Center for Missing & Exploited Children
1-800-843-5678, missingkids.org

National Center for Victims of Crime
1-800-FYI-CALL or 1-800-394-2255
www.ncvc.org

National Children's Alliance
1-800-239-9950 www.nca-online.org

National Organization for Victim Assistance -800-TRY-NOVA or 1-800-879-6682 www.try-nova.org

Office for Victims of Crime Resource Center
1-800-851-3420 TTY 1-877-712-9279
www.ojp.usdoj.gov/ovc/ovcres/welcome.html

Children's Defense Fund
1-800-233-1200 www.childrensdefense.org

Darkness To Light 1-866-367-5444
www.darkness2light.org

National Clearinghouse On Child Abuse & Neglect Information <http://nccanch.acf.gov/>

Office of Juvenile Justice & Delinquency

Prevention <http://ojjdp.ncjrs.org>

Prevent Child Abuse America
www.preventchildabuse.org

Annie E. Casey Foundation. Serving children and families.

Child Abuse Prevention Network
www.child-abuse.org

Child Welfare Information Gateway
www.childwelfare.gov

Connect for Kids.
www.connectfor kids.org

Faith Trust Institute
www.faithtrustinstitute.org

National Teen Dating Abuse Helpline
www.loveisrespect.org

Parents, the Antidrug
www.theantidrug.com

Safe Kids.com Internet safety for kids
www.safekids.com

US Dept of Health & Human Services
www.os.dhhs.gov

Children's Defense Fund
www.childrensdefense.org

Connect For Kids
www.connectforkids.org

Delta Society
www.deltasociety.org

National Center For Victims Of Crime
www.ncvc.org

Child and Family Web Guide
www.cfw.tufts.edu

Center for Disease Control and Prevention
www.cdc.gov/violenceprevention

National Child Traumatic Stress Networks
www.NCTSN.org

National Center on Shaken Baby Syndrome
www.dontshake.org

Joyful Heart Foundation
www.joyfulheartfoundation.org



OLD LĀHAINA LŪ'AU

TRADITIONAL  HULA & FEAST


Frommer's Maui

"Its authenticity, intimacy, hospitality, cultural integrity and sheer romantic beauty have made this Maui's top lū'au."

Hawaii Magazine

"This is the best lū'au on Maui. I rate it the best in the state."

Zagat Survey

*"Excellent"
"Extraordinary to Perfection"*


Mālama i nā keiki

*In support of
"Prevent Child Abuse Month"*

1251 Front Street, Lāhaina
Along the ocean in Historic Lāhaina Town

For Reserved Seats Call 667-1998  www.oldlahainaluau.com