We Need to Allow Abused Children to Have a Voice!

Learning to empower our children isn’t complicated. It really takes the same effort that you apply to any goal with enthusiasm, dedication and a willingness to “set aside” your preconceived ideas, prejudices and personal baggage. A child so whole heartedly wants to believe that his or her dreams can come true. How can we adults support this concept?

When a child is abused it tends to stem from someone taking away their innocence and power. According to a Department of Justice study statistics indicate that more than 60 percent of abused children surveyed were exposed to violence within the past year either directly or indirectly. Children’s exposure to violence, whether as victims or witnesses, is often associated with long-term physical, psychological, and emotional harm. Children exposed to violence are also at a higher risk of engaging in criminal behavior later in life and becoming part of a cycle of violence. Children exposed to violence are also more likely to abuse drugs and alcohol; suffer from depression, anxiety, and post-traumatic disorders; fail or have difficulty in school. Society tends to label these children as “problematic” or “juvenile delinquents” when in reality they are children who are having various challenges due to the unwanted trauma that someone else inflicted upon them.

Why listening is the key to protection
Those of us who work or have worked in the child protection arena have powerful, painful memories of the silencing of children. Some children were silenced because they were too young or too damaged, persuaded by family members to recount their disclosure of abuse. Others for fear of retaliation from the perpetrators. We need to empower them and let them know that they do have a voice as most children who have suffered abuse feel they do not have a voice. There are many understandable reasons why a child victim of sexual abuse is not likely to tell anyone about their abuse.

Often, the abusive adult will convince the child that they won’t be believed or that they are somehow responsible for the abuse and will be punished for it. The child may care about or feel protective of the person who sexually abused them and may feel they’d be betraying this person by telling about the sexual contact. The abuser will often use this information to help maintain the secrecy. Children frequently remain silent to protect a non-abusive parent from upsetting information.

Sometimes, a child may be confused if they experienced positive physical pleasure, arousal, or emotional intimacy from the abuse. This confusion can make it difficult for the child to speak up. A child may feel that they permitted the abuse and should have been able to stop it. Remember that there are no situations where a child is responsible for any sexual interaction with a more powerful child or adult. They are still only children!!!

People who abuse children may offer a combination of gifts or treats and threats about what will happen if the child says ‘no’ or tells someone. They may scare the child with threats of being hurt physically, but more often the threat is about what will be lost if they tell; the family breaking up or someone going to prison. In order to keep the abuse secret, the abuser will often play on the child’s fear, embarrassment or guilt about what is happening, perhaps convincing them that no one will believe them or that the child will be punished. Sometimes the abuser will convince the child that he or she enjoyed it and wanted it to happen. Children need to learn and understand that they do have a voice and that people will believe them.

We need to teach all our youth empathy, respect and compassion for all people.
We must raise each and every one of our children to respect all life. We cannot pick and choose which people/things deserve better treatment than others, it must be understood and children must be involved in learning that all life is a gift, we are all connected and equally deserving to be treated with compassion. We cannot end child sexual abuse without also impacting other very serious issues - violence against women, racism, gender-equality, discrimination against those with disabilities, the poor, bullying, all forms of crime, war, etc. We can teach, even toddlers, to pay attention to the feelings of others. When they take a toy from another child, hit or purposely scare, how does it affect the other child? As much as we need to protect our children from being abused, we must also protect them from becoming abusive and it starts with empathy.

Being a good person isn’t just about not hurting others, it’s about helping others.
Your child may witness or suspect abuse of another child, or may even find a friend disclosing abuse to them. Especially when abuse is perpetrated by a peer or in a group setting: e.g. hazing, house parties, youth groups, or at a workplace etc., if one child can find the courage to speak out on the behalf of another child being victimized, (rather than playing the role of a silent bystander, it will most likely help others stand up and do the right thing as well.

It’s also important that our children know to come to us, or a trusted adult with their concerns. Abuse prevention is not just about protecting our own kids, but keeping all kids safe from abuse. And as our children become older, we must also empower them with the ability and responsibility to help others.
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'okipa 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

<table>
<thead>
<tr>
<th>Service</th>
<th>Amount</th>
</tr>
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<tbody>
<tr>
<td>Bus Passes</td>
<td>$30</td>
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<tr>
<td>School Supplies</td>
<td>$40</td>
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<tr>
<td>Children's Clothing</td>
<td>$100</td>
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<tr>
<td>Soup &amp; Salad (Life Enrichment)</td>
<td>$100</td>
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<tr>
<td>Music/Art/Dance/Sports activities</td>
<td>$100</td>
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<tr>
<td>School Field Trips</td>
<td>$125</td>
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<tr>
<td>Senior/Graduation Expenses</td>
<td>$250</td>
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<tr>
<td>Entree (Future Investments)</td>
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<tr>
<td>Summer Programs</td>
<td>$300</td>
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<tr>
<td>Self Esteem Classes</td>
<td>$400</td>
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<tr>
<td>School Books &amp; Fees</td>
<td>$500</td>
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<tr>
<td>Complete Meal (Life Changing)</td>
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<tr>
<td>Individualized Tutoring</td>
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<tr>
<td>Orthodontia</td>
<td>$2,000</td>
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<tr>
<td>Specialized school tuition assistance</td>
<td>$2,500</td>
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</tbody>
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Total $___________

Mahalo for your support!
Be an Advocate for Maui’s Most Vulnerable Children

If you really want to make a difference in the life of an abused and neglected child, becoming a Court Appointed Special Advocate (CASA) is a surefire way to have a maximum positive impact. With over 1400 confirmed cases of child abuse and neglect in Hawaii each year, far too many children here live in fear. They live in fear of physical abuse, sexual abuse, being left alone, being neglected, and (if in foster care) never having a permanent place to call home.

Just imagine, through no fault of their own, these children are uprooted from their homes, and now spend their time attending court hearings, appointments and interviews; all while simultaneously adjusting to new foster homes. This is a scary, confusing, and anxiety-provoking time for them as dozens of strangers are quickly inserted into their lives: police, foster parents, therapists, social workers, judges, lawyers and more. While each plays an important role, the inclusion of a CASA can assist a child to better navigate the child welfare system during this most sensitive time.

The Judiciary’s CASA program (formerly known as Volunteer Guardian ad Litem (VGAL)) is a volunteer program that empowers ordinary citizens to serve as officers of the court. In our overloaded social welfare system, CASAs can provide another layer of protection so children don’t slip through the cracks. In Hawaii, hard-working social workers employed by the state typically have a heavy caseload of 40 to 60 active cases at a time, whereas a CASA is focused on just one case. This enables a CASA to shine a spotlight on the child, giving them a powerful voice in the courtroom. In turn, it provides the child with a consistent, focused adult whose sole purpose is to advocate for them throughout the process.

A CASA does not replace a social worker on a case, but their investigation can assist all parties. When a CASA is appointed to a case, finding a safe, permanent home for the child becomes their priority and remains so until the case is seen through. To accomplish this, a CASA researches the background circumstances of a child’s case, investigates available community resources, and makes written recommendations to the court. All options are considered using the guidepost of what is “in the best interest of the child.” Some possible outcomes include remaining with their parents or guardians (with a Case Plan to ensure a safe family home), being placed in foster care, or being freed for permanent adoption.

This process takes time, so in the interim, CASAs investigate and recommend appropriate services to help the child heal from the effects of abuse and neglect. They collaborate with service providers to do whatever it takes to carry out services for the child. This might be as simple as finding transportation to and from various therapeutic appointments, or as involved as organizing private funding for orthodontia. Many different services can help a child heal, and children with a CASA receive far more than other children.

Studies show that nationwide, CASAs are making a difference: CASA advocated children are more likely to find a safe, permanent home, more likely to be adopted, and less likely to re-enter foster care or spend time in long-term foster care. In fact, CASA advocated children spend an average of 8 months less time in care than children without a CASA. Additionally, older children are more likely to have a plan for transitioning out of care and into adulthood. CASA advocated children also do better in school than children without a CASA; they are more likely to pass all their classes, and less likely to have poor conduct, or be expelled.

As a CASA myself, I see the rewards first hand. I am personally humbled to be able to make a difference in this way, and it is my honor to serve. I am a CASA because abused and neglected children are at the top of my priority list. I believe deeply in every child’s right to be safe, respected, nurtured, and heard. I also believe that justice should be accessible to all. Children often-times can’t speak for themselves, so having a CASA gives them a voice in critical life decisions.

Over 1,300 new cases of child abuse and neglect are reported in Maui County (Maui-Moloka’i- Lana’i) each year. Of those, about 150 are petitioned to Family Court. Last year, 35 CASA volunteers helped many of these children find safe, permanent homes and the opportunity for better lives. Every child who needs a CASA should have one, but we don’t have enough. Do you have the time, energy, and heart to help?

Can you commit to advocate for the best interest of a child for at least one year? Are you at least 21 years old? Can you complete 5 full days of training (40 hours)? Are you not on the CPS/CAN registry? Can you pass criminal checks and FBI clearances? If so, and you are willing to serve under the Judiciary’s code of conduct with honor, compassion, and courage, then you can apply to be a CASA and make a difference in the life of a child.

The Judiciary provides free training and staff support for all volunteers. If you are interested in becoming a CASA volunteer, please contact the persons listed below.

For Maui-Moloka’i- Lana’i
Kari Wakakuwa 1(808) 244-2729
Kari-Lynn.A.Wakakuwa@courts.hawaii.gov
Kelli Jean Haaff 1(808) 244-2729
KelliJean.A.Haaff@courts.hawaii.gov

Donations

www.mauicjc.org
More than 800 cases of child sex abuse reported in 2017, likely only a fraction of victims

By Elyssa Arevalo Published: January 7, 2018,

It's a problem that no community is immune to. Child sex abuse and child sex trafficking isn't often talked about but it happens more than you might think. The Children's Justice Center tells us hundreds of sex abuse cases are reported every year here in Hawaii.

However, those outcries are likely only a fraction of the victims. It's a secret that no child should have to keep. "Sexual abuse happens to children and it's rampant. It's very widespread in our community and others," deputy prosecuting attorney Thalia Murphy said. "There's a lot of shame, there's a lot of barriers that keep children from disclosing about abuse," Jasmine Maui Mukai, Children's Justice Center, said. Every year, those secrets are revealed at the Children's Justice Center of Hawaii.

In 2017, there were more than 800 reported cases of child sex abuse. Here's a breakdown of the cases reported for each county. The victims range in age from toddlers to late teens and in a majority of the cases, the one committing the abuse is known to the victim.

"Two-thirds of all children who are sexually molested don't tell until they are adults," Murphy said. "Especially if it's in the family, it's somebody within the family, whether it's a mother, father, somebody who they know and has a relationship and is abusing them it's just extremely hard to tell," Mukai said.

Recently there's been a growing number of reports of child sex trafficking. The justice center dealt with 162 cases last year. "And we know historically many of these children have been in our system, many of these children have been victims previously of abuse," Mukai said.

So what can be done to combat the problem? We're told it starts with community awareness. "I think the message is that we as the community has to be aware that there's a pretty significant prevalence of abuse, and that we really need to work together to be able to respond," Mukai said. "You need to let that child know that they were brave to tell, that they had a lot of courage to tell and that you need to tell the police," Murphy added.

If you'd like more information about the centers, here's their website: http://histatechaptercjcs.org
I moved to Maui a few months ago and stumbled on Paul Tonnessen by chance. ‘Come on in and see the Center’ he invites through email and so on a sunny Thursday morning I steer my Nissan Leaf through the back streets of Wailuku and into a small parking lot belonging to a clearly marked glass door.

A smiling woman greets me as I enter and tells me Paul will be with me in a moment. It is immediately clear that this space is for children, there’s a small table with small chairs and soft plush toys on shelves, couches and the floor everywhere.

I was raped when I was 7 and this space immediately makes me think just one thing, that I wish I had had a safe space like this.

Paul arrives a few minutes later, bubbly and smiling with a firm handshake. As he shows me around the Center the same thought echoes through my head. I wish there had been counselors listening and helping me. I wish there had been an interview room like this one, with soft colors and children’s murals. I wish there had been adults who listened and believed.

Later, sitting in Paul’s office hearing about the teen outreach programs the Center organizes tears run involuntarily down my cheeks. I wish there had been people to listen, to care and to council me. I wish there had been adults who saw me through the pain and were able to help me heal.

As varied as it was I cannot help but ask myself how different my life would have been without years of self-abuse, drugs and sadness.

Of course I have survived, kids are resilient but kids who are given a second chance, kids who are able to learn their own self-worth, well, those kids soar....

Mahalo, Brooke
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.
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.
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.
The University of Hawai‘i Center on the Family, Waikiki Health and Hale Kipa just released the first comprehensive research study of its kind since the 1980s on homeless and runaway youth in Hawai‘i. The study offers a detailed snapshot of homeless and unaccompanied youth on O‘ahu, allowing for a more current and relative understanding of this population’s experiences and service needs.

Homelessness among youth is a serious and complex problem, with research showing that youth aged 12-17 are at higher risk than adults of becoming homeless. Older youth between 18 and 24, considered as transition-aged youth, are one of the fastest growing homeless populations. Nationally, most of the unaccompanied youth (89.0%) in the point-in-time estimates of homelessness were between the ages of 18 and 24. Transition-aged youth are still developing as young adults and need support until they are able to care for themselves. They require unique housing and services that are different than those tailored for adults or families.

Hawai‘i’s 2017 homeless point-in-time count reported 319 unaccompanied youth, with 82.0% of these youth living unsheltered and 92.0% of them between the ages of 18 and 24. In fiscal year 2016, the state’s homeless service system served a total of 624 unaccompanied youth and almost all of them (93.6%) were transition-aged youth. Among service users, unaccompanied youth aged 18-24 had the lowest rate of permanent housing placement with only 26.1% exiting to a permanent home compared to 49.0% of all homeless service users.

The Street Youth Study includes data that describes the basic demographics, homeless and runaway experiences, risk factors, well-being, and service utilization and needs of O‘ahu’s unaccompanied youth.

This study reveals a range of demographic backgrounds and experiences among street youth:
• Almost half (44.4%) of those surveyed were Hawaiian or part Hawaiian.
• The majority of the respondents (58.9%) were male.
• Nearly a fifth (17.2%) identified as lesbian, gay, bisexual, transgender, or queer/questioning.
• About a quarter (24.5%) had dropped out of school, and approximately half were considered idle (neither in school nor employed).

The majority of respondents experienced some risk factors for youth homelessness, including:
• 39.7% had interactions with foster care system and 48.3% with juvenile detention.
• Over half (50.3%) had been exposed to parental substance abuse, 60.9% to parental incarceration, and 22.5% were from military families.
• Over three-quarters (77.5%) experienced abuse.

Respondents offered a picture of their homeless experiences:
• Almost half (48.0%) had their first homeless experience with their families.
• The average age of the first homeless episode was 14.1 years.
• Almost three-fourths (72.2%) were currently homeless or at imminent risk of homelessness.
• 59.4% reported being homeless for one year or more.
• Nearly a fifth (17.9%) also considered themselves current runaways or throwaways.
• The most common reasons for currently being homeless or having been homeless were family discord, lifestyle choice, disagreeing with rules at home, and being kicked out.

The types of services that teens and young adults sought can provide insight into the priority of their needs:
• Services accessed by the majority of respondents included hot meals (75.5%), clothing and hygiene supplies (69.5%), showers (69.5%), laundry facilities (52.3%), and clinic services (50.3%).
• Respondents preferred services that met basic needs over ones such as airfare assistance for family reunification (4.6%), treatment for substance use (13.9%), and GED classes (15.9%).

Given the complexities of this population’s experiences, services and supports could benefit from taking multidimensional approaches to address their needs. A fully resource service delivery system requires a range of supportive and housing service components specific to the unique and varied needs of homeless youth. This study serves as a starting point for further discussion and research.

The data provided paints a picture of street youth on O‘ahu, but only in broad strokes. Being able to accurately describe the breadth of youth homelessness across the state is imperative for providing effective supports that will transition youth from the streets and toward a brighter future.

Learn more about
The Friends
Visit us online
www.mauicjc.org
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 present 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.

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.WAI O NA KEHI OUTREACH AND RESOURCE SPECIALIST/EARLY IDENTIFICATION • YOUTH SERVICES HALE HIPO HANA CENTER • QUALITY CARE FOR HANABI KEHI (QCHK) KANE 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

Learn more
Visit us online www.mauicjc.org

Pukalani Chiropractic
7 Aewa Place Suite 12
Pukalani, HI 96768
808-572-5599
YOU CAN HELP

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:
   • 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.

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. 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.
Why Do Our Children End up Homeless?

The vast majority of youth do not become homeless by choice. Many different factors contribute to youth homelessness, but studies suggest that there are common paths to homelessness for young people. The majority of homeless youth have either run away, been kicked out of unstable home environments, abandoned by their families or caregivers, involved with public systems (foster care, juvenile justice, and mental health), or have a history of residential instability and disconnection.

Family Dysfunction, Rejection and Conflict

For many youth, instability in their homes forces them out onto the streets before they are adults. Common family experiences include child abuse and/or neglect, domestic violence, parental substance use, and family conflict. Ninety percent of youth accessing youth shelters for minors through the federally funded Basic Center programs state that they experience difficulty at home, such as constant fighting or screaming.

Parental issues and ensuing conflict related to a youth's sexual orientation, gender identity, or gender expression is another reason youth become homeless. Youth are kicked out of their home or leave home because it is too dangerous for them to stay. One study found that twenty-five percent of lesbian, gay, bisexual, and transgender (LGBT) youth reported family rejection as the reason for their homelessness. Another study found that over one-third of youth who were either in the care of social services or who were homeless had been physically assaulted in their homes upon coming out to their family.

There is a disproportionate number of lesbian, gay, bisexual, and transgender (LGBT) youth among the homeless youth population. Multiple studies have shown that up to 40% of homeless youth are LGBT. Our society has changed dramatically in the acceptance of LGBT persons, but some families and community members have been unable to accept these realities. Family rejection for being who you are is enormously detrimental psychologically, and evidence suggests that these young people have increased depression and a sense of futility that leads to risk-taking and even self-destructive behaviors. At the same time, LGBT homeless youth are targeted for even more exploitation on the streets than their straight homeless peers.

Child Welfare System Involvement

For some youth, family instability leads to involvement with the child welfare system. There is a disproportionate representation of foster youth among the homeless youth population. Approximately 12 to 36 percent of youth, ages 18 or 21, exiting the foster care system due to emancipation ("aging out") become homeless. Approximately 23,000 to 27,000 youth age out of the foster care system every year. Though some former foster care youth manage to find adequate living situations after emancipation, one study found that 31% of youth transitioned more than five times within a two to four year span post-foster care. This is due primarily to the fact that, while youth are expected to be independent, few have acquired the skills or ability to earn the income needed to live on their own post-emancipation.

In a recent data collection project of 656 homeless youth between the ages of 14 and 21, 51% reported having stayed in a foster home or group home. Youth who emancipate from foster care are less likely than youth in general to graduate from high school or college. Limited support coupled with low educational attainment results in limited employment opportunities and leads to unemployment and financial instability, which contributes to homelessness. Low earning potential and instability with a general shortage of affordable housing result in youth "couch-surfing" in order to avoid sleeping on the streets.

Additionally, a significant number of young people in the foster care system run away or are forced out of their foster care living situation due to conflict and/or rejection. Every year, 4,500 to 6,500 young people run away from their foster care placement. Some young people run away because they want to reconnect with their biological family and other young people are fleeing abusive or unwelcoming foster care placements.

Aaron’s sole caretaker, his mother, died when he was a teenager and he had no other family who could care for him. No one stepped in to care for him; not even the child welfare system. Aaron was sleeping at friends’ houses for a bit, but soon ended up homeless and living on the streets.

Juvenile Justice System Involvement

There is a two-way relationship between youth homelessness and the criminal justice system. Youth involved with the criminal justice system are more likely to report unstable housing. Young people who end up on the streets are often victimized or commit minor status offenses in order to survive (acquire food and shelter). Homeless youth report a high level of involvement with the criminal justice system, at 20-30%. Much of this is due to arrests that stem from activities associated with daily survival such as pan-handling, loitering, or sleeping outdoors. In addition, homeless youth on the streets are often victims of crime, including assault, robbery, commercial sexual exploitation and labor trafficking. Unfortunately, these youth end up in the juvenile justice system and upon exit, return to the street with nowhere to go and few skills to help avoid homelessness.
A large number of youth who exit juvenile detention later become homeless and a significant number of emancipated (aged-out) former foster youth become incarcerated. The Midwest Evaluation found 12% of young men who aged out of foster care were incarcerated. This is due primarily to the fact that while youth are expected to be independent, few have acquired the skills needed to live on their own post-emanicipation. In addition, involvement with the justice system increases a youth’s chances of later homelessness. The odds of becoming homeless within a year of release from incarceration, including the juvenile justice system, is 1 in 11.

Charlene’s mom struggled with addiction and when Charlene was 13 years old she became the primary caretaker of her three younger sisters. Charlene became pregnant at age 16 and after her son was born, her stepfather began to sexually abuse and rape her. Charlene found the strength to report her stepfather to the police and he was incarcerated. Soon after, Charlene was placed in foster care with her son. At 18, she exited foster care and became homeless with her son.

**Economic Hardship**

Families facing economic hardship due to poverty and the depressed economic climate are unable to support themselves and their children. Joblessness coupled with residential instability experienced by poverty-stricken families due to a lack of sustainable and affordable housing, force many youths to find shelter outside of the traditional nuclear family dwelling.

**Residential Instability**

Many homeless youths report a history of residential instability that may stretch back to when they were still with their family. One study found that 40% of homeless youth had parents who received public assistance or lived in public housing. A family’s poor economic situation can lead to family homelessness. Family homelessness may then lead to a youth being homeless on their own as they grow older or are separated from their families. In fact, some family shelters do not take older youth, particularly males, which may result in the youth being on their own and on the streets. In other instances, a lack of financial resources leads to older youth leaving the household to lessen the strain on the rest of the family.

A youth may move from couch-surfing to the streets or other places, like abandoned buildings, etc., as the effectiveness of their survival strategies in keeping them off the streets wanes. 80% of older youth who enter a federally-funded Transitional Living Program report the inability to maintain housing as a reason for their homelessness, and 35% report insufficient income to sustain housing.

**Extreme Disconnection**

There has been a lot of discussion in recent years about "disconnected youth", also known as "opportunity youth". Disconnected youth are characterized by their disconnection from education, the workforce, and networks of social support. They are off-track to reach a future that includes self-sufficiency, economic stability, and overall well-being. Homeless youth are the most extreme example of disconnection and face multiple hurdles to reconnection.

Most homeless youth are disconnected from educational systems and have been off-track educationally for an extended period of time. This includes long periods without school attendance or enrollment. This often culminates in dropping out prior to completion of a high school degree. Lack of high school completion is linked to unemployment and diminished earnings among those who are employed. Someone who has not completed high school is four times more likely to be unemployed than a college graduate.

Some youth are homeless because they are on their own and unable to afford housing due primarily to unemployment or underemployment. The degree of youth disconnected from the workforce is at unprecedented levels. There are 2.7 million fewer jobs currently for youth 16-24 than there would have been if there had not been recession.

Just over half of young adults ages 18-24 are currently employed, the lowest it has been since the government began collecting data in 1948. And the picture is starker for homeless youth who had little opportunity to develop the academic credentials, job skills, and work supports needed to gain employment.

*Article courtesy of National Network for Youth.*
Hoʻoikaikea Partnership
Keeping our families whole, supported, and safe.
www.hooikaikapartnership.com

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

Hoʻoikaikea 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

Prevent Child Abuse Hawaii

Partners in Development — Child & Family Services — Maui Family YMCA — Department of Education — Bayada — MEO
# 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 |
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<tr>
<td><strong>Department of Human Services (CPS)-Maui Section 243-5143 Intake 888-380-3088 Molokai Unit - 808 553-1703 / Lanai Office - 808 565-7102</strong></td>
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<tr>
<td><strong>Maui Police Department</strong></td>
<td>244-6400 or 911</td>
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<tr>
<td><strong>Aloha House 579-9584</strong></td>
<td>Child &amp; Adolescent Outpatient Mental Health Services 249-2121</td>
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<tr>
<td><strong>Aloha United Way - 24-hour information &amp; referrals Phone: 211</strong></td>
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<tr>
<td><strong>ATV (Molokai) - TROs/anger management -all ages 808 553-3202</strong></td>
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<tr>
<td><strong>Aloha House - Outpatient substance abuse treatment &amp; mental health services 579-9584</strong></td>
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<tr>
<td><strong>Big Brothers/Big Sisters - Provides 1-on-1 mentoring 242-9754</strong></td>
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<td><strong>Catholic Charities 875-2984</strong></td>
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<td><strong>Children’s Justice Center - Maui 244-7926</strong></td>
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<td><strong>Community Clinic of Maui - Medical outreach services 871-7772</strong></td>
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<td><strong>It Takes An ’Ohana <a href="http://ItTakesAnOhana.org">http://ItTakesAnOhana.org</a></strong></td>
<td>Support for those who care for children and youth affected by foster care</td>
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<td><strong>DOH-Family Guidance Center - Mental health services for children 243-1252</strong></td>
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<td><strong>DOH Family Health Services 984-2136</strong></td>
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<td><strong>DOH Public Health Nursing 984-8206</strong></td>
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<td><strong>Hale Ho’omaluhia - 24-hour hot line &amp; women’s shelter on Molokai 808 567-6888</strong></td>
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<td><strong>DHS-Income Maintenance - Financial, medical, and food stamps 984-8300</strong></td>
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<td><strong>Family Life Center 877-0880</strong></td>
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<tr>
<td><strong>Good Beginnings 270-5557</strong></td>
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<tr>
<td><strong>Hui Malama Center - Tutoring GED programs and youth services center 244-5911</strong></td>
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<td><strong>Imua Family Services - Children with developmental delays 244-7467</strong></td>
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<td><strong>Ka Hale A Ke Ola Homeless Resource Center 242-7600</strong></td>
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<td><strong>Lanai integrated Service System (LISS) Operated by PACT, services primarily to DHS families for counseling, visitation, &amp; family strengthening 808-565-9191 pacthawaii.org</strong></td>
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<td><strong>Lanai Women Helping Women 808-565-678</strong></td>
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<td><strong>Lanai Community Health Center 808-565-6919</strong></td>
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<tr>
<td><strong>Legal Aid Society of Hawaii- Civil (not criminal) legal assistance to low income persons 244-3731 Malama Family Recovery Center - Substance abuse education &amp; treatment-women 877-7117</strong></td>
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<tr>
<td><strong>Malama Family Recovery Women-specific outpatient and residential substance abuse treatment that targets pregnant and parenting women. 808-877-7117</strong></td>
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<td><strong>Maui AHEC Child Sexual Abuse Crisis Response - Molokai 553-3623</strong></td>
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<td><strong>Maui County Catholic Social Ministry 244-8106</strong></td>
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<td><strong>Maui Economic Opportunity - possible rent/utility help &amp; child day care program 249-2990</strong></td>
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<td><strong>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</strong></td>
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<td><strong>Maui Food Bank 877-4357</strong></td>
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<td><strong>Maui Humane Society 877-3680</strong></td>
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<td><strong>Maui Youth &amp; Family Services - Adolescent programs 579-8414 Molokai 808 553-3907</strong></td>
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<td><strong>Mediation Services of Maui - Custody/dispute resolution 244-5744</strong></td>
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<td><strong>Molokai Community Health Center 808-553-5038</strong></td>
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<td><strong>Molokai Community Services Council 553-3244 Molokai Family Support Services-Family strengthening services, 0-5 yr. olds 808-553-3276</strong></td>
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<td><strong>Na Hale O’wainee Lahaina Homeless Resource Center 662-0076</strong></td>
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<td><strong>Neighborhood Place Of Waialu 986-0700</strong></td>
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<td><strong>Ohana Makamae 248-8538</strong></td>
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<td><strong>PACT- Violence intervention services (men, women &amp; adolescents), mental health services for public school students 244-2330</strong></td>
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<td><strong>Pact-Ulupono Family Strengthening Program 244-2330</strong></td>
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<td><strong>PATCH - Child care provider referrals 242-9232</strong></td>
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<td><strong>Queen Lili`uokalani Children’s Center - Services for children of Hawaiian ancestry 242-8888 Molokai 808 553-5989</strong></td>
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<td><strong>Salvation Army - Possible rent/utility help for homeless 871-6270</strong></td>
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<td><strong>Victim Witness assistance Program - Court-related services for victims 270-7695</strong></td>
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<tr>
<td><strong>Women Helping Women - Shelter &amp; help for women victims of domestic violence and their children 242-6600</strong></td>
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<tr>
<td><strong>Nationwide Resources for Information and Assistance</strong></td>
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<tr>
<td><strong>Child Help National Child Abuse Hotline 1-800-4-A-CHILD or 1-800-422-4453 <a href="http://www.childhelpusa.org">www.childhelpusa.org</a></strong></td>
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<td><strong>National Center for Missing &amp; Exploited Children 1-800-843-5678, missingkids.org</strong></td>
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<td><strong>National Center for Victims of Crime 1-800-FYI-CALL or 1-800-394-2255 <a href="http://www.ncvc.org">www.ncvc.org</a></strong></td>
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<td><strong>National Children’s Alliance 1-800-239-9950 <a href="http://www.nca-online.org">www.nca-online.org</a></strong></td>
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<td><strong>National Organization for Victim Assistance -800-842-3676 <a href="http://www.novac.org">www.novac.org</a></strong></td>
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<td><strong>National Center For Victims Of Crime <a href="http://www.ncvc.org">www.ncvc.org</a></strong></td>
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<td><strong>Prevention <a href="http://ojdp.ncjrs.org">http://ojdp.ncjrs.org</a></strong></td>
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<td><strong>Prevent Child Abuse America <a href="http://www.preventchildabuse.org">www.preventchildabuse.org</a></strong></td>
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<td><strong>Annie E. Casey Foundation. Serving children and families.</strong></td>
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<td><strong>Child Abuse Prevention Network <a href="http://www.child-abuse.org">www.child-abuse.org</a></strong></td>
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<td><strong>Child Welfare Information Gateway <a href="http://www.childwelfare.gov">www.childwelfare.gov</a></strong></td>
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<td><strong>Connect for Kids. <a href="http://www.connectforkids.org">www.connectforkids.org</a></strong></td>
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<td><strong>Faith Trust Institute <a href="http://www.faithtrustinstitute.org">www.faithtrustinstitute.org</a></strong></td>
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<td><strong>National Teen Dating Abuse Helpline <a href="http://www.lovesisrespect.org">www.lovesisrespect.org</a></strong></td>
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<td><strong>Parents, the Antidrug <a href="http://www.theantidrug.com">www.theantidrug.com</a></strong></td>
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<td><strong>Safe Kids.com Internet safety for kids <a href="http://www.safekids.com">www.safekids.com</a></strong></td>
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<td><strong>US Dept of Health &amp; Human Services <a href="http://www.os.dhhs.gov">www.os.dhhs.gov</a></strong></td>
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<td><strong>Children's Defense Fund <a href="http://www.childrensdefense.org">www.childrensdefense.org</a></strong></td>
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<td><strong>Connect For Kids <a href="http://www.connectforkids.org">www.connectforkids.org</a></strong></td>
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<td><strong>Delta Society <a href="http://www.deltasociety.org">www.deltasociety.org</a></strong></td>
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<td><strong>National For Victims Of Crime <a href="http://www.ncvc.org">www.ncvc.org</a></strong></td>
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<td><strong>Center for Disease Control and Prevention <a href="http://www.cdc.gov/violenceprevention">www.cdc.gov/violenceprevention</a></strong></td>
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<td><strong>National Child Traumatic Stress Networks <a href="http://www.NCTSN.org">www.NCTSN.org</a></strong></td>
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<td><strong>National Center on Shaken Baby Syndrome <a href="http://www.dontshak.org">www.dontshak.org</a></strong></td>
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<td><strong>Joyful Heart Foundation <a href="http://www.joyfulheartfoundation.org">www.joyfulheartfoundation.org</a></strong></td>
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Mālama i nā keiki
In support of “Prevent Child Abuse Month”

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