



# B.C. SAFE

July 2016, Quarter 3 —Volume 1, Issue 2

**The mission of B.C. SAFE is to reduce the number of youth suicides and suicide attempts by increasing public awareness and providing educational and training resources to teens, parents, and educators of Broome County.**

## Paving Violence-Free Futures for Our Children

Anyone who cares for children has likely spent much of their time dreaming about what that child’s future holds and wondering how to manage keeping them safe in a world that often feels anything but. We hear a lot about stranger violence, but what we know is that far too frequently, the danger is closer to home. Interpersonal violence is rampant in our society and the effects of are far-reaching, however, prevention is possible.

One of the largest, international movements towards prevention is the White Ribbon Campaign. This campaign focuses specifically on engaging individuals to become role models of healthy, non-violent relationships. Read below to find out more about how you can join the White Ribbon Campaign movement, and how you can begin empowering your children through education and social skill-building.

### **Consent Education**

Consent should not be a topic we reserve for “the talk.” Early on, our children should be learning about boundaries and starting to recognize things that they are and are not comfortable with. They should also learn that other people have boundaries too, and that it is our responsibility to be mindful of them. We should teach our children to ask before touching or hugging someone, or before borrowing something that does not belong to them.

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### **Need Help?**

If you or a loved one is in crisis, seek emergency help immediately by calling **911** or call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**.

**Links:** Suicide Prevention Lifeline: [www.preventsuicideny.org](http://www.preventsuicideny.org)

Suicide Prevention Center of NY: [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Download the free HOPE—Broome County Mental Health App for more information and resources; available for iPhone or Android**

### Upcoming Events

**Mental Health First Aid Trainings**  
September 13—Youth Mental Health First Aid, intended for those who work with children ages 12-18  
September 20th—Mental Health First Aid for adults  
Classes run from 8:30am—5:00pm  
153 Court St, Binghamton.  
Throughout the month of September reduced cost and scholarship opportunities will be available.  
To register, contact Joanne Weir: (607) 771-8888 ext. 336

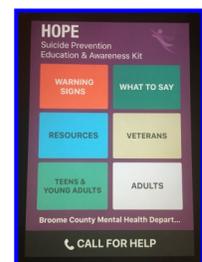
**B.C. SAFE World Suicide Prevention Breakfast**  
September 14th—8:00am  
Binghamton Club, 83 Front St, Binghamton B.C. SAFE cordially invites you to join them in supporting suicide prevention.  
Contact Heidi Mikeska: (607) 777-1146,  
[hmikeska@co.broome.ny.us](mailto:hmikeska@co.broome.ny.us)



**3rd Annual SAVE Walk**  
September 17, 11:00am-3:00pm  
Dorchester Park, Whitney Point.  
Community members will participate in a 5k and enjoy a meal. Participants will also listen to keynote speakers and renowned national mental health and suicide awareness advocates. Contact Event coordinator Jody Pangburn: (607) 222-8262

**MHAST 14th Annual Men Who Cook Competition and Public Tasting**  
September 30, 5:30pm to 9:30pm  
DoubleTree by Hilton  
225 Water Street, Binghamton.  
One-of-a kind tasting event featuring men of our community serving everything from appetizers to entrees to desserts.  
Contact MHAST Office: (607) 771-8888 ext. 336

**3rd Annual Broome-Tioga Out of the Darkness Community Walk through American Foundation for Suicide Prevention**  
October 9, 2016  
Check In: 8:30am Walk Begins: 10:00am Walk Ends: 12:00pm,  
Otsiningo Park 1 Bevier Street, Binghamton.  
(Contact) Kristina Doi (607) 759 8258





We should also teach our children to expect the same of others, and to let us know if someone does not seem to be showing respect for their boundaries.

We also should avoid forcing our children to hug others, even if they are family. While we may be worried about our child appearing rude, it is more important to assure our child that their physical safety and comfort comes first. By doing so, we give children the confidence and courage to know when to speak out if something does not feel right.

The younger children are introduced to the concept of consent, the more easily the message will translate as they become young adults and begin seeking dating relationships. This could be vital to preventing the unfortunate prevalence of teen dating abuse that we are currently witnessing today.

Empowerment and moving beyond rigid gender norms. Children are not born thinking in the binary ways that we adults have become accustomed to but it doesn't take long for them to adopt our rigid gender norms: boys like trains, trucks and wear blue; girls like dolls, dresses, and wear pink. Alongside these rigid gender norms often comes harmful messaging.

Boys are flooded with messages that they are expected to be tough and strong, not to show weakness or emotion, and that doing something "like a girl" is an insult. These messages perpetuate generations of men who believe the only acceptable emotion is anger and who believe that girls are naturally inferior. This is a dangerous combination that we know contributes to unhealthy and potentially abusive relationships down the road.

Girls, on the other hand, are swarmed with many mixed messages. From an incredibly young age, girls are taught that their value is based on their looks rather than their abilities; but also that they should be pure, polite, and ladylike. Girls are told that the boys who harass them are just doing it because they like them and that "boys will be boys." These messages create generations of women who expect to be treated like second-class citizens, who do not feel in control of their own bodies, and may in turn find themselves in dangerous situations ranging from eating disorders to abusive relationships.

Though we cannot always prevent our children from receiving these messages, there are a number of steps we can take to combat them. We can turn these messages into conversations and we can encourage our children never to limit themselves. We can provide them with a safe space to be, act, and feel any way they want. By taking these measures, we will help our children build confidence and self-esteem, and develop healthy social skills that do not involve violence.

As parents and caregivers, we can play a vital role in making sure our kids grow up with the belief that violence should never be tolerated. The White Ribbon Campaign aims to engage as many people as possible to step up and pledge never to commit, condone, or remain silent about violence in our community. To learn more about the White Ribbon Campaign initiative in Broome County, and to find out how to get involved, log on to [www.cvac.us/whiteribbon](http://www.cvac.us/whiteribbon). Also, look out for information on our upcoming launch event on October 29th which will be a family friendly Skate-a-thon at Skate Estate in Vestal, NY.

**Jennifer Spencer**  
**Education & Outreach Specialist, Crime Victims Assistance Center**  
**(607) 723 3200, [Jennifer@cvac.us](mailto:Jennifer@cvac.us)**

### **Suicide Prevention Tips-**

**Review**, and properly learn to identify behaviors and symptoms that may indicate a person is at risk. Knowing the 'Warning Signs' if you are close with someone is at risk.

**Take action** initiating discussions of ongoing problems and mental health. Making it clear, friends and family share a main concern, personal safety .

**Coping strategies** can take various forms, but begins with healthy social outlets , communities and engaged, helpful social connections.

**Give hope** for a better life after treatment and current problems are resolved.

### **Community Treatment and Recovery Center (CTRC)**

#### **Open Access Hours:**

Mondays - Thursdays, 7:00am - 8:00pm

Fridays 7:00am - 4:00pm.

14 Clinton Street, Binghamton.

Please call CTRC at (607)773-4262 for more information.

### **For more information about B.C.**

#### **SAFE, please contact:**

Heidi Mikeska

Community Project Director, Broome  
County Promise Zone

(607)778-1148

[hmikeska@co.broome.ny.us](mailto:hmikeska@co.broome.ny.us)