



## **AGENDA PACKET**

January 6, 2022 at 1:30 PM

Zoom <https://us02web.zoom.us/j/89966956319>

*Documents related to agenda items that are distributed to the San Benito County CAPC less than 72 hours prior to the meeting shall be available for public inspection at 1111 San Felipe Road, Suite 205, Hollister, CA 95023. Documents distributed to the CAPC at the meeting will be available at the meeting or after the meeting.*

# Child Abuse Prevention Council of San Benito County

January 6, 2022

1:30 p.m.

On Zoom <https://us02web.zoom.us/j/89966956319>



Erica Elliot, *Chair*  
Eric Taylor, *2nd Chair*  
Esther Curtice,  
*Secretary*

Kendra Bobsin  
Thomas Breen  
Krystal Lomanto  
Lynn Mello  
Ashlyn Canez  
Maria Vaca  
Cynthia Marttila  
Anthony Aguiar  
Joshua Mercier

1. **Call to Order & Roll Call**
2. **Acknowledge Posting of Agenda**
3. **Public Comment** – This item is reserved for persons wishing to address the CAPC on any matter not on the regular agenda. Persons wishing to address a particular agenda item should speak during that agenda item. Public comment is limited to five minutes per guest unless the Council determines that more time is needed.
4. **Approval of Minutes of the December 2, 2021 Meeting**
5. **Old Business: (discussion only)**
6. **New Business: (discussion only)**
  - (1) Update on Daniel Tallent contract
  - (2) Update on Video consult
  - (3) Video bids
  - (4) Brainstorm April content
    - a. Accordion: see below
    - b. Video: See below
7. **Action Items: (motion required)**
  - (1) Vote bids for video project
  - (2) Accept Lynn Mello's Resignation
8. **Member Announcements:**
9. **Adjournment: (motion required)**

## CAPC 2022 “It takes a Village” Accordion Language

English Side	Spanish Side
<p>1) It takes a Village</p> <p>“It takes a village” is a famous proverb that still rings true today. We as family, neighbors, and a community members are responsible to create a safe and healthy “village” for our children to thrive. We can each play a role in helping to support our future generations by:</p> <ul style="list-style-type: none"> <li>• Volunteering with different organizations to act as mentor and support to youth in our community <ul style="list-style-type: none"> <li>*Coaching kids sports or clubs</li> <li>*At your child’s school;</li> </ul> </li> <li>• Become a resource family in our community by helping keep our local foster youth in our County;</li> <li>• Meet with families in your neighborhood—join or create a parent support group to be able to talk about frustrations and/or support one another.</li> </ul>	
<p><b>2) Preventing Child Abuse</b></p> <p>Every child in our community deserves to feel safe and healthy. However, children in our community sometimes experience child abuse or neglect. They may not be able to talk about it due to feeling ashamed, guilty, or confused. They may be afraid to tell someone, especially when the person who is harming them is a parent or caregiver. The first step helping our children stay safe and healthy is to learn to recognize the warning signs of child abuse and neglect.</p> <p>Local statistic here</p> <div style="background-color: yellow; height: 1.2em; width: 340px; margin-top: 5px;"></div>	
<p><b>3) Red Flags</b></p> <p>Some of the Red Flags in children can include:</p> <ul style="list-style-type: none"> <li>• Physical bruising</li> <li>• Demonstrate more anger</li> <li>• More withdraw</li> <li>• Their grades may start to change</li> <li>• More depressed or anxious</li> </ul>	

<ul style="list-style-type: none"> <li>• Have a sudden loss of confidence</li> <li>• Start being frequently absent from school</li> <li>• Start to run away, or act out</li> <li>• Children may try to harm themselves</li> <li>• Express they don't want to go home</li> </ul> <p><b>How to Report if you Suspect Abuse?</b></p> <p>If you are concerned that a child you know may be experiencing abuse or neglect, or if you have questions around child abuse and neglect reporting feel free at any time to contact the San Benito County Child Protective Services Division at 831-636-4190 a representative will be happy to answer any questions that you have. If it is an emergency, you can also dial 911.</p>	
<p><b>4) Ways to Support our Youth</b></p> <p>Here are some helpful hints that we can use to help keep our children safe and strong:</p> <ul style="list-style-type: none"> <li>☐ Provide a safe and supportive home, create open lines of communication with your children and encourage them to share with you positive pieces of their day and if they had any problems they faced. There is always a reason behind why a child may misbehave or act out.</li> <li>• If you are feeling overwhelmed from your day --- be careful not to take out your stress and anger on your family. Find ways to create space to take care of yourself – you are important and if you are healthy your family will be healthy too.</li> <li>• Being familiar with people in the neighborhood can help your child feel that her neighborhood is a safe and friendly place. When you're walking or riding bikes around your local streets, just saying hello or waving to your neighbors creates this friendly feeling.</li> </ul> <p>Behavioral Health # First 5 # Go Kids # Early Start # Parent Programs?</p>	
<p><b>5) Online Safety</b></p>	

There is no getting around the influence of social media on children and the constant connection to screens/apps. It is important to talk to your child about ways they can stay safe online. Here are some tips that can help:

- Make sure apps and games are age appropriate.
- Take your child seriously if they report feeling uncomfortable with an online interaction.
- Watch for signs of your child being targeted like spending long hours online (especially at night), child hiding online activities, phone calls or contacts you don't know, or gifts you didn't buy.
- Discuss rules in your home for what is ok and not ok when online searching, activities, apps, and games
- Never reveal personal information like address, phone number, etc
- Tell a trusted adult if someone makes you feel scared or sad.
- Share your password with your parents. But, never share your password with strangers or someone online.
- Never agree to meet someone from online in person.
- For younger children, keep technology usage in common areas so you can monitor what your child is using.
- Get involved and know what activities, apps, and games your child is playing and using when online.
- There are several online tools that let you control your children's access to adult sites or content.
- You can even limit the amount of time your children can be online each day.
- Search "parent controls" on the app or system you are trying to setup for step by step guides.
- You can also download parental control apps that control multiple systems and platforms. Make sure social media accounts are set to private.

For more information check out:

<a href="https://www.icactaskforce.org/internetsafety">https://www.icactaskforce.org/internetsafety</a>	
<p><b>6) SA, DV, CSEC → Relationship Safety</b></p> <p>We all play a role in providing a good example to our youth about the importance of respectful, honest, and positive relationships: how to make responsible decisions regarding relationships, how to resolve conflicts, establishing good boundaries, and maintaining a sense of self in their relationships.</p> <p>As the child starts their journey into independence, parents are still a major area of support and reason. Open, non-judgmental avenues for communication allow the child a safe place to go when they need support. Be careful not to label a child as being good or bad -- but instead let them know that their behavior is good or bad. Make sure you are having equitable conversations about healthy and unhealthy relationships. Many times we have conversations with our daughters about being safe and not making risky decisions; but we forget to have conversations with our sons about their choices, staying safe, and what healthy is.</p> <p>Talking about healthy versus unhealthy behaviors, consent, sex, and body changes can be incorporated into your everyday life; utilizing TV shows, media, conversations, and other teachable moments. Check out more information on how to start these conversations at all ages @ <a href="https://www.communitysolutions.org/wp-content/uploads/2021/08/Healthy-Relationships-Parent-Toolkit-2021-English.pdf">https://www.communitysolutions.org/wp-content/uploads/2021/08/Healthy-Relationships-Parent-Toolkit-2021-English.pdf</a></p>	
<p><b>7) Tobacco and drugs</b></p> <p>..... to be filled in by public health ....</p>	
<p><b>8) Ways to Support our Youth</b></p> <p>Here are some helpful hints that we can use to help keep our children safe and strong:</p> <ul style="list-style-type: none"> <li>• Help our kids learn the value of their voice. Encourage them to speak up if they are ever uncomfortable or feeling threatened by someone or something.</li> </ul>	

<p>☐ Talk about who are trusted individuals in their life they can reach out if they need help.</p> <p>☐ Be kind and respectful to others. Modeling good behavior can help children learn to treat others with kindness as most children are mimic the behaviors they see.</p> <ul style="list-style-type: none"> <li>• Help your child get explore their hobbies or interests by joining sports clubs, music, art classes, dance groups, or volunteer groups. These can give your child opportunities to build skills, follow interests and 'give back' to the community. They're also ways for you to connect with other parents.</li> </ul> <p>YMCA # Youth Alliance # Community Solutions # LGBTQ Youth Space # School Services?</p>	
<p><b>9) Ways to get involved</b></p> <p>Make a difference in your community by finding ways to get involved:</p> <ul style="list-style-type: none"> <li>• Introduce yourself to your neighbors</li> <li>• Volunteer in the community</li> <li>• Mentor youth</li> <li>• Become a resource family</li> <li>• Participate in carpool with other families</li> <li>• Help check in on your friends that are parents to see if they need any support</li> <li>• Learn and share about the resources in your community</li> <li>• Take a parent education class in the community</li> <li>• Remind your friends and family it is ok to ask for help</li> <li>• Organize a block party</li> </ul> <p>Support your local organizations that serve our youth by using your voice to advocate for services. Or by donating time or money. Or become a volunteer. To learn more about opportunities in the community connect to 211 211 resource</p>	
<p><b>10) Become a Resource Family</b></p>	

Lastly, you can support your Village by becoming a resource family. When children come into foster care, they really need a loving, nurturing, supportive family to lean on until they are hopefully able to return home. Children need to be able to be close to home. They need to be able to stay in their school and continue to visit those that are important to them. Most importantly, they need someone that truly cares to help them through this difficult time in their life. Someone they can trust.

A resource family is a foster care provider who is certified to care for children in need when those children are removed from their home due to abuse and neglect. If you are interested in becoming a resource family and supporting foster youth call us at 831-636-4382 or email us at [RFA@cosb.us](mailto:RFA@cosb.us) and ask for more information.

## CAPC Video Project for Child Abuse Awareness Month 2022

**Goal:** Create short videos for social media and websites to inform the community of child abuse and roles that community members can play

**Plan:** Create a total of 8 videos (4 in English and 4 in Spanish). Each video will be about 2-3 minutes long and incorporate speakers such as social workers, schools, judges, community members, etc.

**Costs:** Ashlyn, Erica, and Esther will each collect a bid from a videographer on costs

### Timeline:

- November
  - Brainstorm project
    - Intersections of violence --- community connection?
    - What role do you play? How do you prevent? Ways to get involved? How to you support child abuse?
  - Video Concepts: It Takes A Village
    - Each video will highlight community members role's in getting involved
- December
  - Approve Bids
  - Identify location
    - Film during Winter Break
    - Film @ Historical park – Tres Pinos – Trini to look into Indoor reservation
  - Identify speakers
    - See video list
- January



- Select filming dates with videographers
  - Filming needs
  - Questions
- January/February
  - Film
- Late March
  - Receive final product
- Release Videos in April
  - 4/4
  - 4/11
  - 4/21
  - 4/28

**Filming to include:** short interviews with people, b roll, and other items suggested by videographer

<b>Video Concept 2022: It Takes a Village</b>			
<i>Video #</i>	<i>Targeted Message</i>	<i>Potential Interviewees</i>	<i>Questions to Ask</i>
#1	Introduction to It Takes A Village Campaign	CAPC Members *Josh *Esther *Krystal	What does it takes a village mean? Why do we want to help kids that are not ours? Why is preventing child abuse important?
#2	Spanish Version → Introduction to It Takes A Village Campaign	CAPC Members Spanish – Trini Spanish- -	What does it takes a village mean? Why do we want to help kids that are not ours? Why is preventing child abuse important?
#3	How do you support your village?	*Go Kids *HPD ->Staci Esqueda *Local parent *BHD *LGBTQ Youth Space *Librarian *Teachers * Mallory Schidmt = baseball coach	What role do you play to support kids in our community?  How do you help prevent child abuse?  Why do you do what you do?  Would you encourage others to do it?

#4	Spanish Version → How do you support your village?	<ul style="list-style-type: none"> <li>*Go Kids</li> <li>*HPD -&gt;Staci Esqueda</li> <li>*Local parent</li> <li>*BHD</li> <li>*LGBTQ Youth Space</li> <li>*Librarian</li> <li>*Teachers</li> <li>*Mallory Schidmt = baseball coach</li> </ul>	<p>What role do you play to support kids in our community?</p> <p>How do you help prevent child abuse?</p> <p>Why do you do what you do?</p> <p>Would you encourage others to do it?</p>
#5	How do you support your village?	Kids version?? --- How do you	<p>How you do you support other youth in our community?</p> <p>Why do you do what you do?</p> <p>What</p>
#6	Spanish Version → How do you support your village?		
#7	How do you support your village?	<ul style="list-style-type: none"> <li>*SBCSO – Brandy</li> <li>*Probation – Isabel</li> <li>*Youth Alliance</li> <li>*Faith Based Leader</li> <li>*Sports Coach</li> <li>*CASA</li> <li>*Community Solutions</li> <li>*LULAC</li> <li>*Opioid Task Force</li> </ul>	<p>What role do you play to support kids in our community?</p> <p>How do you help prevent child abuse?</p> <p>Why do you do what you do?</p> <p>Would you encourage others to do it?</p>
#8	Spanish Version → How do you support your village?	<ul style="list-style-type: none"> <li>*SBCSO – Brandy</li> <li>*Probation – Isabel</li> <li>*Youth Alliance</li> <li>*Faith Based Leader</li> <li>*Sports Coach</li> <li>*CASA</li> <li>*Community Solutions</li> <li>*LULAC</li> <li>*Opioid Task Force</li> </ul>	<p>What role do you play to support kids in our community?</p> <p>How do you help prevent child abuse?</p> <p>Why do you do what you do?</p> <p>Would you encourage others to do it?</p>

