



CRA INSIGHTS

Information to grow with



Keeping kids safe this summer

This month we are going to focus on keeping our kids safe. Summertime means more idle time for kids, and let's be honest, in today's world, there are many dangers that children will face. Even a fun trip to the park or mall can become dangerous if you and your child are not aware of the safety measures needed to keep your kids protected against child predators. Online predators are also a threat and parents will need to educate their children to watch for the warning signs that someone they meet online may not be what they seem. We will touch on safety tips for kids that parents or caregivers can share with their children, parenting tips & media safety. There are many ways to monitor your child's online safety. We hope that the information provided in this newsletter will help aid parents in maintaining their children's safety.

UPCOMING EVENTS

6th annual Cynthia
wahlen memorial golf
tourney
august 17th
to sign up a team,
become a hole
sponsor or donate
prizes, contact
joans@crashelter.org

SAVE THE DATE!

our next designer
purse bingo event will
be held on November
23rd at Brow Tine
(formerly Cricket's)
more info to be
posted on our
[Facebook page](https://www.facebook.com/crashelter.org)

crashelter.org

Summer safety for your kids



THE QUICKEST WAY FOR A
PARENT TO GET A CHILD'S
ATTENTION IS TO SIT DOWN &
LOOK COMFORTABLE

-Lane Olinghouse

12 tips to share with your children

Summer fun locations like tourist attractions, carnivals, malls & parks have become a hot bed of human trafficking activity. Talk to your kids, share this list of safety rules and make your children aware of potential danger. It doesn't matter if you live in a big city or a rural setting, human traffickers will look everywhere to find their next target.

ADDRESS & PHONE NUMBER:

Teach your child your physical address and contact phone numbers including you and any family member that may be available to help in an emergency

CALLING 911:

Make sure that your child knows how to dial 911 in an emergency. Also, make sure that they are aware that it is for emergencies and give them examples of what those emergencies are.

RUN:

Make sure that your child is aware that if at any time they are scared of someone, **RUN** to safety. Discuss what those safety options are

IT'S OK:

It is OK to be **RUDE** to a grown up if you feel that you are unsafe

SECRETS:

Teach your children the difference between an **"OKAY"** secret & a **"NOT OK"** secret. Tell them to inform you if an adult ever asks them to keep a secret from parents or threatens that something may happen to their loved ones if they do not comply with the adults wishes

HOME ALONE:

There are times when you may leave a child of a certain age or maturity level home alone. The first rule you should teach them is to **NEVER** let anyone on the phone, social media or at the door know that they are home alone

GETTING LOST:

If you and your child get separated in a mall or store, make sure that they know to go to the closest store clerk or Mall Security person and ask for help. Make sure they are aware to **STAY PUT** until you are found.

SHORTCUTS:

Discuss with your child the dangers of taking a shortcut. Have them avoid them when walking from one place to another.

KICK, BITE, SCREAM:

if your child is ever "scooped" make sure they know to scream, kick, bite and **FIGHT** as hard as they can to get away! Never trust what the "scooper" tells them. They will lie and threaten family & friends to get the child to comply.

TRUST YOU "UH OH" VOICE:

Tell your parents or trusted adult if someone is asking you to do something that makes you feel uncomfortable.

ONLINE:

Always ask permission before getting on the internet and **NEVER** talk to people online that you do not know.

THREATS:

Never fear someone who is threatening you.

TELL your parents! They will protect you.

MORE INFO ON THIS TOPIC:

Some information for this article was taken from this site. www.allprodad.com

Resources

Online sites recommended by Homeland Security

onguardonline.gov: Guard against Internet fraud

ftc.gov/idtheft: FTC's website on identity theft

commonsensemedia.org : Media & Technology info

connectsafely.org : for parents, teen, educators & advocates

cyberbully411.org : resources for youth who have been cyber bullied

getnetwise.org :Resources for internet decisions

ikeepSAFE.org : teach children all ages internet safety

netsmartz.org : Interactive resource

staysafeonline.org : cyber security

wiredsafety.org : all ages education on internet safety

Parent tips

Being a parent is never an easy job. When it comes to protecting those precious extensions of yourself, it can become more difficult. Here are a few tips to help you to keep your children safe. You will need to judge the age appropriateness, but it is never too early to bring this info forward to your children.

Sit them down & talk often!

TRUST:

Trust works both ways. If you want your child to trust you, you will need to work hard to establish trust and communication from day one.

CONTACT:

Make sure you know how to find or contact your child at all times. Whether they are at a friends home or Grandma's house. Know how to touch base with them.

CALL LIST:

Have a **"CALL LIST"** of emergency contacts & make sure that your child knows the numbers for who to call if they cannot reach you.

LISTEN:

No matter how tired you may be, take the time to listen intently to your children when they tell you they had a bad dream. There could be a reason.

USE THE NEWS ON TV:

Talk to your children about inappropriate incidences you hear on the news and get their perspective. Let them learn & become aware of potential dangers in the world, even if your first instinct is to shield them.

QUESTION:

Question & monitor anyone that takes an unusual interest in your children.

IT'S OK:

Teach your kids that it is **OK** to be rude if they feel they are being **threatened** in any way. They will need to hear it directly from you because this message often contradicts everything they have been taught before.

SECRETS:

Teach your kids the difference between an **"OKAY"** secret & a **"NOT OK"** secret. Assure your child that you would never want him/her to keep a **"NOT OKAY"** secret from you.

YOUR VEHICLE:

Whether or not you live in a metro or rural community, **NEVER** leave your children unattended in a vehicle, whether it is running or not.

SCREAM:

Yes, as much as it will get on your nerves, have your child practice their most annoying scream! They may need it someday.

RESEARCH

Stay informed & check out websites for registered offenders that may be living in your neighborhood. Talk to your children about why these people should be avoided and what to do if contact happens.

GO WITH YOUR GUT:

Trust your instincts. Never question yourself. Ask questions regarding your child and the people that are in your child's life.

Information in this article taken from *Child Watch* shared via the *Huffington Post

There are still 45 missing children in Wisconsin

Visit this site to view the current 45 missing children. Please take some time to go view the pictures. You may have seen these children.

https://chippewa.com/news/local/gallery-jayme-closs-has-been-found-but-there-are-children/collection_ce2b254a-59be-5ca7-bcc3-1f6b860cde6a.html#1

Adam Aljamrah

Mahdi Aljamrah

Orin Anderson

Ganem Avila

Kayla Berg

Elisjah Blackmer

Kimberly Bond

Ricky Bryant

Sara Bushland

Trinity Echols

Madeline Edman

James Egan

Marcina Ellzaldi

Robert Fritz

Taniah Garron

Dontray Hunter

Ah-Jah Kern

Kendra Lamb

Diandra Lightbourne

Angel Maciel

Ariana Maciel

Neftali Rosales

MaKenzie Marken

Dakota Menger

Kiara miller

Jaden Mullett

James Mummer

Alexis Patterson

Alexis Nayeli-Perez

Tanya Rivera

Jaden Robinson-Martin

Jossani Rosales-Mardigal

Neftali Rosales-Mardigal

Stacy Rudolf

Fabion Santana

Suzanne Schultz

Reginad Sexton

Shawn Rowsey

Catherine Sjoberg

Dynasty Williams

LaVontae Williams

Layla Willis

Justina Wrencher

Summer Zimdars

Teahjah Zollicoffer

"Nothing you do for children is ever wasted"

garrison keillor



Indicators of Human Trafficking

Most often, Human Traffickers depend solely on abduction to secure youth for personal or business trafficking. However, in some instances, Traffickers will allow their new "property" to remain in their home, with a catch. They will regularly threaten to harm the important people in your child's life. This could be you, Grandparents, siblings or even the family pet. Your child could still be going to school, working their job and yet be in danger of being trafficked.

Here are some situations for you to review. Subtle changes in your child's behavior could indicate trouble.

ASK THE TOUGH QUESTIONS!

Don't be afraid, let your child know it is never their fault & teach them to trust you.

SITUATION:

Teens whose circle of friends change completely.

SOLUTION:

Know your kids friends and who their **FRIENDS** are hanging around. Don't be afraid to be the parent that says no.

SITUATION:

Your teen receives an offer that is too good to be true-a dream car, fancy clothes, even a job offer.

SOLUTION:

Keep in good communication with your kids. Do things with them to build relationships and to help them understand that it is important to discuss with you any opportunities before saying yes or accepting the "gift"

SITUATION:

Kids have increased and unexplained absences from school

SOLUTION:

Work with the school to ascertain what is happening & cooperate with them so that you can immediately address the issue

SITUATION:

You child is bringing home new cell phones or other expensive gifts from a new friend

SOLUTION:

Find out where the new gifts are coming from, confiscate them & contact authorities if necessary

SITUATION:

If your teen is hanging with a new boyfriend/girlfriend who is several years older

SOLUTION:

Find out what you can about them. In most cases you may have to be the parent & restrict contact. Be aware that you may need to watch your child at this point so that they do not decide to run away with the boyfriend, girlfriend. Generally, this contact will fill your child's mind with how good things could be away from home. Away from you.

SITUATION:

New tattoos

SITUATION:

Find out who did the tattoo, who was with them when they got the tattoo & what does it mean. Are there others with the same tattoo? Often, traffickers will "**brand**" their group. Most likely the tattoo may be hidden in an area not seen while wearing clothing.

Some other indicators that something may not be "right" in your child's life. Look for:

Avoiding eye contact, visible bruising, low self esteem, memory gaps, weight loss, depression, anxiety or fear, anger outbursts

For more information about this article or other information regarding human trafficking, go to inourbackyard.org

National Human Trafficking Resource Center
Hotline: 888-3737-888

CRA is not affiliated with any of these sites and does not have an opinion or preference to any. The sites listed are for informational use and should be researched to determine if the information provided is valid in your situation.



Internet & Social Media Safety

Summer break is here, which means kids are starting to spend more free time online & on mobile devices. Children run into all sorts of risks in the cyber world, including cyber bullying, inappropriate content, online predators & cyber criminals seeking to steal their personal information.

5 online safety tips from Homeland Security

Don't share too much information:

Create a list of things your kids should never post or share online-like their birthday and year, full name, address & phone number. Make sure they understand why it is important to keep this information private.

Be careful WHAT you post:

The internet isn't private. Once your kids share a post, picture or video, they cannot control how others will use it. **Remember that it can NEVER be permanently deleted.** Teach them to be thoughtful & cautious in what they post & share online.

Only connect with people that you know:

"Don't talk to strangers" is a good rule for the real world AND the cyber world. Predators & stalkers can easily create fake profiles to hide their identities, so instruct your kids to only connect with friends they actually know in real life. Also check your children's privacy settings to make sure that strangers cannot see their profiles. Sometimes privacy settings get reset to default settings after a program updates, so check their profiles regularly.

Keep your location private:

Many apps, networks & devices have geo-tagging features which broadcast your location. This information could lead a stalker directly to your kids. Check to make sure that these features are completely off.

Protect your password:

Show our kids how to create strong passwords & make sure they know to never share them with anyone (except you!)

Social Networks

Friends

Groups

Photos

Profile

Getting started

Consider the following:

Start Early:

After all, even toddlers see their parents use all kinds of devices. As soon as your child is using a computer, a cell phone or any mobile device, it's time to talk to them about online behavior, safety & security. As a parent, you have the opportunity to talk to you kid about what is important before anyone else does.

Create and honest, open environment:

Kids look to parents to help guide them. Be supportive & positive. Listening & taking their feelings into account helps keep conversations afloat. You may not have all the answers, and being honest about that can go a long way.

Initiate conversations:

Even if kids are comfortable approaching you, don't wait for them to start the conversation. Use everyday opportunities to talk to your kids about being online. For instance, a TV program featuring a teen online or using a cell phone can open up a discussion about what to do- or not do- in a similar circumstance. New stories about Internet Scams or cyber bullying, for example, also can help start a conversation with kids about their experiences and your expectations.

Communicate your values:

Be upfront about your values and how they apply in an online context. Communicating your values clearly can help your kids make smarter and more thoughtful decisions when they face tricky situations.

Be patient:

Resist the urge to rush through conversations with your kids. Most kids need to hear information repeated, in small doses, for it to sink in. If you keep talking with your kids, your patience & persistence will pay off in the long run. Work hard to keep the lines of communication open, even if you learn your kid has done something online you find inappropriate.

This article was taken from the Homeland Security stop.think.connect Booklet. For a copy go to: https://www.dhs.gov/sites/default/files/publications/Chattling%20with%20Kids%20Booklet_o.pdf



Donations needed in shelter

CRAHELTER.ORG








Sometimes a survivor will only be able to leave their home safely with the clothes on their back. While in shelter they will need basic items to restore their quality of life for themselves and their children. You can view a larger *"WISH LIST"* of needed donations on our web page. The items listed here each month are things we are in immediate need of.

If you are able to help out and drop off a donation, you can do that right at the shelter. If you would rather make a monetary donation, you can mail the donation check to: CRA

PO Box 365

Milltown, WI 54858

July Donation requests

-  Ketchup, Mustard, Relish
-  Mayo, BBQ Sauce, pickles
-  Baked Beans, Hot dogs
-  Sliced cheese, Jelly
-  Cereal
-  Fruit snacks/Healthy snacks
-  Mac n Cheese, Hamburger Helper



Donations are greatly appreciated and help us to carry out our commitment to survivors and their children.

Call our 24/7 Crisis Line, 800-261-7233 for help.

**United Way
St. Croix Valley**



Community

Education

CRA works to increase the communities awareness about domestic and sexual violence through community outreach. Part of CRA's mission is to help eliminate violence in our communities, and with that in mind, we offer presentations regarding our services and education on a variety of topics related to domestic and sexual violence awareness to schools, community organizations, church groups and other service providers. If you are interested in learning more about the cycle of violence and how to help stop domestic violence and sexual assault in your community, Call us at **715-825-4414** to find out more.

Support Groups

All groups are held every week unless noted.

Please call to sign up 715-825-4414

POLK COUNTY GROUPS:

MONDAY'S:

Amery S.T.A.R.S. Group: From 4-5 pm
(Surviving Trauma Advocacy Resource Support)

TUESDAY'S:

Osceola S.T.A.R.S. Group: From 6-7 pm
(Surviving Trauma Advocacy Resource Support)

WEDNESDAY'S:

Milltown Parenting Group: from 1-2 pm
Milltown S.T.A.R.S. Group: from 2-3 pm
(Surviving Trauma Advocacy Resource Support)
Domestic Violence Education Class: from 10-noon
every other Wednesday

THURSDAY'S:

Milltown Family Group: Dinner from 5-5:30pm
F.U.N. Family Group Milltown: from 5-6pm
Milltown S.T.A.R.S.: from 6-7 pm
(Surviving Trauma Advocacy Resource Support)

Burnett County – 715-349-7272

Burnett County Group: from 4-5 pm on Monday

Barron County – 714-651-4969

Barron County Group: from 5:30-6:30 on Thursday



June Donations

In Kind Donations

Cheryl Bjornstad
Bone Lake Lutheran Church
Charlotte Gudmunsen
Amy Johnson
Jay Matiew
Kris Mattson
Twyla McPherson
Milltown VFW
Doris Nelson
Marion Nelson
Raelyn Neumann-Johnson
Corey O'Donovan
Sandi Oachs
Open Cupboard
Sally Ortman
Peace Lutheran Church
Lori Peper-Rucks
Lori Prezel
Polk County Homemakers
Megan Pullin
Britany Radzak

MaryLou Randall
Spare Time Bowl
Marlys Spencer
Synergy Group
The New Frontier
Trinity Lutheran Quilters
United Way SCV
Megan Walker



Grants received

Hugh J. Anderson Foundation

Cash Donations

Renee Dau
Chris Moeller
Kathleen Novitzke
June Pabst
Town of Alden
View Point Lodge
Yellow Lake Lutheran Church

Did you know you can help CRA in many ways

<h3>HOW CAN I HELP?</h3>	 <p>In Kind Donation These are donations of new personal items, baby care items, person hygiene items, cleaning products, new or gently used household items, clothing, toys, furniture</p>	 <p>Cash Donation We use cash donations to purchase items such as food, toiletry items, cleaning products, diapers or what ever is needed in shelter. Mail to CRA, PO Box 365, Milltown, WI 54858</p>
 <p>Thrivent Choice Dollars Thrivent Choice allows eligible members to recommend where Thrivent distributes part of its charitable outreach funds. For information visit the Thrivent Choice page on Thrivent.com.</p>	 <p>amazonsmile Every time you purchase on AMAZON.COM, they will donate to CRA. Just go to smile.amazon.com before purchasing and pick Community Referral Agency. You are making a donation that doesn't come out of your pocket!</p>	 <p>Fundraising Events Participate, volunteer or share our events on social media. We do a lot of fundraising to keep up with the needs at shelter. "LIKE" our Facebook page to keep up on current fundraisers.</p>

All donations are greatly appreciated by Community Referral Agency & clients. We would not be able to continue our work with out you.



Thank you for your support

Due to your overwhelming generosity, we are no longer accepting clothing donations at this time. We are always looking for the following household items in good condition:

Dishes, glasses, flatware, pots & pans
Decor
Sofas, chairs, end tables
Dining table & chairs
Dressers and bed side tables

If you are unsure if a donation is needed, please give us a call at 715-825-4414



Please help us better inform you!

Complete the following and mail to: CRA, PO Box 365, Milltown, WI 54858 or email to joans@crashelter.org

Newsletter Survey

I enjoy receiving the newsletter each month	Yes	No	Sometimes
I have learned about something new by reading this newsletter	Yes	No	Sometimes
What do you like the most about CRA's newsletter? _____			
I rely on the newsletter to inform me of fundraising events at CRA	Yes	No	Sometimes
I have attended one or more of CRA's fundraisers	Yes	No	
I am familiar with CRA's web page	Yes	No	
I have already "Liked" CRA's Facebook page	Yes	No	
Were you aware that CRA can give presentations to your organization?	Yes	No	
Has CRA given a presentation for your group/organization?	Yes	No	
I would like to find out more about CRA's volunteer program	Yes	No	

Contact information:

Name: _____

Email: _____

If you do not have an email, MAILING address: _____

Are there any services that CRA doesn't currently provide that would benefit your organization?

How did you find out about CRA and the programs that we provide?

I would like to see more information on the following topics in the newsletter

Domestic Violence	Sexual Assault	Stalking	Human Trafficking	Teen Dating Violence
Child Abuse	Suicide Prevention	Elder Abuse	Mental Health	Cyber Stalking
Social Media Danger	Safety Planning	Restraining orders		

Thank you!

We are always striving to improve our presence in the community & we appreciate the time you took to help us with this survey.

Please don't forget to send it back via email or snail mail!

If you have any questions, please contact us at 715-825-4414

