

Connections Matter

Connections Matter, developing brain• relationships• community is an in-person or online training designed to engage community members in building caring connections to:

- Improve resiliency,
- Prevent childhood trauma, and
- Understand how our interactions with others can support those who have experienced trauma.

The training curriculum is an evidence-informed curriculum, developed, using a robust body of literature by Linda Chamberlain, PhD, MPH.



Pam Bettger

Pam is a certified trainer for the following programs. She has 16 years of experience speaking with children and adults about sexual abuse prevention.

The trainings listed are funded through **Wapello Children's Alliance** and are available at no cost to your organization. Most trainings are 2 hours long.

To request a training, contact Pam at pambettger@gmail.com or text/call 515-447-3383.

* Program developed by Prevent Child Abuse - Vermont and affiliated with Prevent Child Abuse - Iowa



Adult Trainings

Pam Bettger Child Sexual Abuse Preventionist

Stewards of Children

Stewards of Children® is an evidence-informed, award-winning two-hour training by Darkness to Light (www.d2l.org) that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through interviews with child sexual abuse survivors, experts, and treatment providers, Stewards of Children® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities.



TECHNICOOL: Keeping Kids Safe on the Internet ©*

There are multiple kinds of digital risks for children today, such as internet pornography, online groomers, and sexting. It is important for caregivers and teachers to have the information and tools to respond. Adults in this workshop will: a) learn the digital risks for children and strategize ways to keep children and youth safe in digital environments and b) learn effective strategies for dealing with children exhibiting concerning digital behaviors. Please join us to learn how to support youth in digital environments!

Overcoming Barriers to Protecting Children from Sexual Abuse™*

Participants will: a) distinguish healthy behaviors from boundary violations and pre-offending behaviors; b) practice directly addressing concerning behaviors. Individuals and communities have a strong desire to prevent child sexual abuse. However, they often face barriers to protecting children, including having relationships with those exhibiting concerning behaviors. In this workshop participants will consider what adults can do to assist communities in overcoming these common barriers to protecting children, creating safe spaces through a trauma-informed lens. This training is useful for infant through after-school teachers, educators, social workers, volunteers for children, mentors, coaches, professionals in many fields, parents, caregivers, grandparents, and foster parents.

Everything Everyone Needs to Know to Prevent Child Sexual Abuse ©*

This interactive training covers essential information for all adults to be better prepared to protect children from sexual abuse. Adults who are parents, caregivers, teachers, and other professionals want children to have abuse-free childhoods. This training is an important step! As a participant, you will: a) learn interactive tools that work to keep children safe from sexual abuse b) learn what grooming is and ways to respond to protect children c) discover how to talk to children at different developmental stages about healthy behaviors d) determine how to respond to incidents of potential child sexual abuse (including understanding the mandated reporter expectations in your state). Through

talking about child sexual abuse and how it happens, you will develop skills to recognize and respond to concerning situations. This training is particularly designed for adults caring for infants up to children ages 14. Educators, After-school professionals, educators, social workers, mentors, coaches, parents, caregivers, grandparents, and foster parents are invited to participate.

Nurturing Healthy Sexual Development™*

Gain information and skills to develop and maintain open communication with children, identify and respond to normal as well as concerning sexual behaviors in children, answer children's questions, and give children positive messages. Nurturing healthy sexual development plays an important role in protecting children from sexual abuse and/or developing sexually abusive behaviors. Participants will: a) summarize healthy sexual development in children at different developmental stages; b) give examples of how to nurture healthy sexual development in children. This training is useful for infant through after-school teachers, educators, social workers, volunteers for children, mentors, coaches, professionals in many fields, parents, caregivers, grandparents, and foster parents.