



PACT

KANEOHE COMMUNITY FAMILY CENTER

A PROGRAM OF PARENTS AND CHILDREN TOGETHER

Family Center News

A partnership of Parents And Children Together(PACT) and the Department of Education, Castle Complex; partially funded by the State of Hawaii Department of Human Services and Department of Health, Alcohol and Drug Abuse Division through Federal Substance Abuse Prevention and Treatment (SAPT) Block Grant funds; and the U.S. Department of Education Office of Innovation and Improvement.

E-mail us at:
kfcf@pacthawaii.org
Website:
http://kfcf.pacthawaii.org



Vol. 17. No.10

October 2011

BULLYING

What Is Bullying

All of us have been teased by a sibling or a friend at some point. It is not usually harmful when done in a friendly, mutual way, and both parties find it funny. Teasing becomes hurtful when it becomes unkind, constant and crosses the line. This is when it needs to stop.

Bullying is intentional tormenting in physical, verbal, or psychological ways. It can range from hitting, shoving, name-calling, threats and mocking to extorting money and treasured possessions. Some kids use email, chat rooms, instant messages, social networking websites, and text messages to taunt others or hurt their feelings.

It is important to take bullying seriously and not just brush it off as something that kids have to "tough out." The effects can be serious and damage kids' sense of self-worth.

Why Kids Bully

Kids bully for a variety of reasons. Sometimes they pick on other kids because they need a victim, someone who seems emotionally or physically weaker, or acts or appears different in some way to feel more important. Although some bullies are bigger or stronger than their victims, that's not always the case.

Sometimes kids torment others because that is the way they have been treated in their family or other settings where everyone regularly gets angry, shouts, or calls names. Some popular TV shows even seem to promote meanness.

Helping Kids

If your child tells you about a bully, focus on offering comfort and support, no matter how upset you are. Kids are often reluctant to tell adults about bullying because they feel embarrassed and ashamed that it is happening, or worry that their parents will be disappointed.

Kids may feel like it is their own fault, that if they looked or acted differently it wouldn't be happening. Sometimes they are scared that if the bully finds out that they told it will get worse. Victims also feel like no one will believe them or do anything about the bullying, or that their parents will urge them to fight back when they are scared.

Praise your child for being brave enough to talk about bullying. Remind your child that they are not alone, a lot of people get bullied. Emphasize that it is the bully who is behaving badly, not your child. Reassure your child that you will figure out what to do about it together. Adapted from: <http://kidshealth.org/parent/emotions/behavior/bullies.html#>



Anti-Bullying!

Tuesday, October, 18, 2011

6:00 - 7:30pm

Queen Liliuokalani Children's Center

46-316 Haiku Rd., Kaneohe

Gain insight into the world of bullying

and be better informed and equipped to manage and respond to bullying situations. What can we do about it? How can we create an environment of kindness instead of bullying? Keep your kids safe from the cyber bully. HPD will also discuss policies and laws. Come as a family to learn about bullying prevention in this interactive discussion and informative workshop. Register now!

Call PACT Kaneohe Community Family Center 235-7747.

Domestic Violence Awareness Month

The Effects of Domestic Violence on Children

Domestic violence affects one out of every four women. Domestic violence prevention is a key piece to raising awareness. It takes a community to break the cycle of violence.

Studies show that 3-4 million children between the ages of 3-17 are at risk of exposure to domestic violence each year.

Witnessing can mean SEEING actual incidents of physical/and or sexual abuse. It can mean HEARING threats or fighting noises from another room. Children may also OBSERVE the aftermath of physical abuse such as blood, bruises, tears, torn clothing, and broken items. Finally children may be AWARE of the tension in the home such as their mother's fearfulness when the abuser's car pulls into the driveway.

What are the long-term effects on children who witness domestic violence?

Most experts believe that children who are raised in abusive homes learn that violence is an effective way to resolve conflicts and problems.

Children from violent homes have higher risks of alcohol/drug abuse, post traumatic stress disorder, and juvenile delinquency. Witnessing domestic violence is the single best predictor of juvenile delinquency and adult criminality. It is also the number one reason children run away.

Children need a safe and secure home environment. Every child has the right to grow up safe from harm and should feel that those they love are also protected. Violence in the home shatters a child's basic right to feel safe and secure in the world. Children need the violence to stop.

Please see hotlines and contact information on back.

Parent's Guide To The 5Rs



Responsibility

Taking ownership of one's actions, obligations and commitments.
Live It! Follow through on commitments made. Do not make excuses. Do what you say you are going to do.
Teach It! Assign chores to children. Give them a deadline to when it has to be done. Do not accept reasons as to why it could not be completed.

WEBSITES OF THE MONTH:
www.marijuana-info.org

Get facts that parents need to know about teens and marijuana. In 2009, 28.5 million Americans age 12 and older had abused marijuana at least once in the year prior to being surveyed.

www.learningtogrowhawaii.org
 Learning activities and resources for Hawai'i parents and care providers. Choosing child care, school readiness information and more.

COUNTRY FAIR & HAWAII WOMEN'S RODEO ASSOCIATION ALL-GIRLS RODEO
Saturday, October 1st
10:00am - 4:00pm

A fun family event at Kualoa Ranch. A day in the country featuring rodeo fun, keiki games, horse rides, down-home country food, baked goods, shave ice, crafts, games, farmer's market and craft booths!

KCFC can help you with:

- Community resources and referrals
- Education resources for parents and professionals
www.hawaiipirc.org
- Volunteer & community service
- Community Works in 96744
Coalition to Strengthen Families and Prevention of Underage Drinking
For more information call 235-7747.

KCFC Staff:

Christina Simmons, *Program Director*
 Cynthia Okazaki, *Site Manager*
 Jennifer Bui, *Program Coordinator*
 Jolene Chang, *Administrative Assistant*
 Melany Melakea, *Program Coordinator*
 Leilani Roth, *Program Assistant*

The **Family Center News** is printed monthly by the Kaneohe Community Family Center (KCFC), a program of Parents And Children Together (PACT).

Please direct questions, comments and suggestions to:
 The Kaneohe Community Family Center
 King Intermediate
 46-155 Kamehameha Hwy. Portable 1
 Ph. 235-7747 Fax 235-7748
 E-mail: kcfc@pacthawaii.org

Domestic Violence (continued)
You don't have to live in fear:

- Ohia Domestic Violence Shelter 24 hr. Hotline, 526-2200.**
- Domestic Action Center and Legal Hotline, 531-3771, M-F, 8:30-4:30.**
- National Domestic Violence Helpline** Help is available 24 hours a day, 365 days a yr. (1-800-799-SAFE (7233) or TTY 1-800-787-3224),
- The National Teen Dating Abuse Helpline, 1-866-331-9474.** Confidential online support at www.loveisrespect.org, live chat between 11am - 9pm Hawaii time.



Sunday, October 2nd
10 am - 3 pm

Children & Youth Day

Celebrate Hawaii's Keiki. Join over 200 exhibitors and community organizations for a day of free interactive, educational and fun activities for the whole family under the "Big Top" tents on the grounds surrounding the State Capitol. For more information visit www.hawaiicyd.org.

He'eia Elementary School Harvest Fest
Friday, October 28th
3:00 - 8:00 pm

It's a Fun Fair with a Halloween theme featuring a Haunted House and costume contest. games, rides, awesome entertainment, and ono food with kalua pig, hamburger steak, and beef stew plates.

Windward Nazarene's
10.31 FUN FEST
Monday, October 31st
5:30 - 7:30pm

Kaneohe Church of the Nazarene
 Enjoy a safe, family-friendly Fun Fest this Halloween. There will be free games, bounce houses, and candy! Food available for purchase. www.windwardnazarene.com

Baskets of Blessings WANTED

Join us for this holiday gift giving opportunity for the entire family *Baskets of Blessings* on **November 19th**. Your family can pack, decorate boxes and make cards. Bring non-perishable food, grocery gift cards in denominations of \$10, boxes, scotch tape, packing tape and wrapping paper. To make a donation or volunteer, call 235-7747 for more information.

Hawaii Medication Take Back Program
October 29, 2011 ~ 10:00am - 2:00pm
 Windward Mall (center court area)
 Please bring your unused or expired medication for safe, anonymous disposal.

OCTOBER

- 1 Windward Ho'olaulea, 9am - 8pm** at Windward Community College.
- 4 Ohana Food Distribution, 2:30 - 4:00pm** at K.E.Y. Project, Kahaluu.
- Oogles 'n Googles, Preschool Activity, 10:15am** at Kaneohe Public Library.
- 5 Community Works in 96744, 5pm** at Kaneohe Community Family Center (KCFC). Find out about resources in the community and prevention of underage drinking. Call 235-7747.
- 6 Song Tales for Preschoolers: A Musical Storytime, 10:15am** at Kaneohe Library.
- 8 Alzheimer's Support Group, 10 - 11:30am** at KCFC. Call Melany at 235-7747.
- CarFit, 8am-12pm FREE** at WCC, Hale Akoaoka parking lot. Safe driving for the mature driver. To register call 843-1906.
- Cyber Safety Education & Awareness Workshop, 9 - 11am FREE** at WCC, Hale Kuhina. Learn the safety and security issues of the internet. Call 235-7433 to register.
- 10 Discoverer's Day Holiday**
- 11 Dyslexia Panel, 6:30 - 9pm** at HI USA Credit Union, 1259 A'ala St., Honolulu. To register call 538-7007.
- Windward Community Children's Council Mtg., 6 - 7:30pm** at Windward Comprehensive Health Center, Health Conf. Rm. Open to all parents and guardians of special needs children. Call 586-5370.
- 12 Kahaluu Neighborhood Board Mtg. 7pm** at K.E.Y. Project, Kahaluu. Call 527-5749.
- Ohana Caretakers Support Group, 9 - 11am** at QLCC. Relatives caring for children. Call Robin at 234-2207.
- 13 Huikakoo (Grief Support Group), 5:30 - 8pm** at QLCC. Call Kristi at 235-7613.
- 17 Ohana Food Distribution, 1:00pm** is registration and distribution starts at 2:30pm. "First come, first served" at K.E.Y. Project, Kahaluu.
- AARP Driver Safety Program, 9am - 1pm** at WCC Hale Kuhina. For motorists 50 yrs. and older. www.aarp.org. Call 235-7433 to register.
- 18 Pre-School Nature Hour, 10:30am** at Ho'omaluhia Botanical Gardens. "Animal Faces." Bring lunch. Call 233-7323.
- 19 Windward Homeless Coalition, 4 - 5pm** at KCFC. For more information call 343-4052.
- 20 Kaneohe Neighborhood Board Meeting, 7pm** at Ben Parker, Cafeteria. Call 523-4815.
- 22 Benefit for PACT, Celebrity auction, casino games, food and entertainment** at The Pacific Club. Benefit for the prevention of child abuse and neglect. Call 847-3285.
- 25 Kaneohe Christmas Parade Meeting, 6:30pm** at Church of the Nazarene. Volunteers needed! Call Ku'ulei at 348-2749.
- 31 Windward Mall's Safe Trick-or-Treat, 5:30 - 7:30pm.** Participating merchants will be giving out goodies.

School Community Council Meetings

Ahuimanu	10/11 @ 2:30	Library
Ben Parker	10/4 @ 2:30	Principal Off.
Castle H.S.	10/4 @ 5:30	Admin Conf Rm.
He'eia	10/6 @ 6:00	Library
Kahalu'u	10/13 @ 3:00	Library
Kaneohe	Please call the school 233-5633	
Kapunahala	10/13 @ 4:00	Office
King Int.	10/19 @ 4:00	Office
Puohala	10/6 @ 5:00	Library
Waiahole	10/20 @ 2:15	Library