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*"Let us put our minds together and see  
what life we can make for our children."  
—Sitting Bull (Hunkpapa Lakota)*

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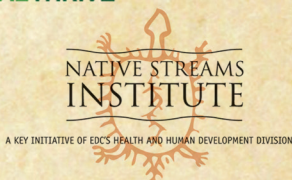
### **Effects of violence can be long-lasting**

American Indian/Alaska Native children experience or are exposed to violence at higher rates than any other race.

Children can be deeply hurt emotionally and physically. We all have a role and responsibility in preventing violence and helping children heal. Use cultural and community resources to support the children in your life to thrive.

**DEFENDING  
CHILDHOOD**  
PROTECT HEAL THRIVE

**FUTURES  
WITHOUT VIOLENCE**



**[www.DefendingChildhood.org](http://www.DefendingChildhood.org)**

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**Honoring and preserving  
the sacredness of children is  
up to all of us.**

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### **Some Resources:**

Defending Childhood Initiative  
[www.DefendingChildhood.org](http://www.DefendingChildhood.org)

National Resource Center  
for Children's Exposure to Violence  
[www.safestartcenter.org](http://www.safestartcenter.org)

Tips for Talking to Children and Youth  
After Traumatic Events for Parents and  
Educators

[http://store.samhsa.gov/product/  
KEN01-0093R](http://store.samhsa.gov/product/KEN01-0093R)

**For toll-free, 24/7  
confidential support, call:**

**National Domestic Violence Hotline**

1-800-799-SAFE (7233)  
TTY 1-800-787-3224

**Child Abuse Hotline**

1-800-422-4453

**Sexual Assault Hotline**

1-800-656-4673

**STAY CONNECTED TO OUR  
NATIVE**  
*way of life*

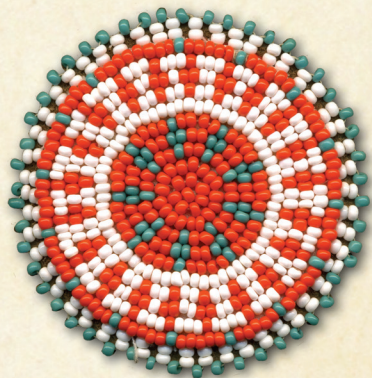


**Strengthen Families,  
Prevent Violence.**

Information for Parents,  
Grandparents and  
Caregivers  
on Helping  
Children  
Thrive







# KEEPING OUR *Sacred Ones* SAFE



Parents and caregivers hold a sacred role in the life of a child. Children need supportive and consistent adults in their lives to help them grow and thrive.

## **What are some ways parents, grandparents, and relatives can make a difference?**

- Take care of yourself. Making self-care a priority can help you better meet the needs of the children in your life.
- Stay connected to our Native way of life. Spend time with your children—share meals, your stories, laughter, games, songs and your dreams.
- Tell children that the violence is not their fault.
- Role model healthy relationships.
- Promote and practice non-violence.
- Create safe and predictable environments for children. Create routines and help children know what to expect.
- Connect children to Native traditions, activities or hobbies that they love and that make them feel successful.

- Be a good listener. Listening sympathetically and respectfully shows a child that they are heard and valued.
- Help them learn lots of words that express emotion to help them name their feelings.
- If a child uses challenging or difficult behavior, do not resort to shaming or isolating punishments.
- Support healthy friendships with their peers.
- Help a child develop his or her own problem-solving and coping skills to manage stress.
- Help a child identify supportive adults by asking the following questions: What has helped you feel better in the past? Does talking with me, a friend, teacher, elder, etc. help?
- Practice relaxation techniques such as meditation, going for a walk, and deep breathing, etc.

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*“Love one another and take care of each other.” —Chief Rocky Boy (Chippewa Cree)*

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Children who experience violence are impacted differently depending on their age and other factors. Pay attention to changes in behavior that may cause concern, including (but not limited to):

- Moodiness
- Change in sleep patterns
- Frequent nightmares
- Becoming aggressive or withdrawn
- Startles easily
- Delays or regression in development
- Alcohol or drug use

If you notice dramatic changes in your child, reach out to friends, family, health care providers, or other community resources for support.

If you are worried about your safety or your children's, call a friend, your local service provider, a hotline listed on the back of this brochure, or the police.

## WE'RE ALL CONNECTED