

PROJECTSUN

Helping children flourish

Responding to Bullying and Cyberbullying

Guest Speakers:

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Bullying is not a new issue for children, teens, or even adults. However, bullying has been perpetually evolving. The "bully" is no longer just the biggest kid in your child's grade or the most popular girl in school as movies and television would have us believe. Cyberbullying has grown with the internet and social media, making it harder to escape or even see it happening. As a parent or caregiver, it is important to be educated on ways to talk about bullying with your child and how to take action if your child is impacted by bullying.

January's Parent Café will provide participants with ways to:

- Identify signs of bullying, including cyberbullying
- Pursue options to help report, mitigate, and prevent bullying
- Access resources that help your child flourish

January's Parent Café, "Responding to Bullying & Cyberbullying," will be held via webinar on **Thursday, January 21, from 5:30 - 7:00 PM.** To register, visit the Project SUN Facebook page or [CLICK HERE](#).

Reading Resources on Bullying

- [Top Warning Signs for Bullying](#)
- [Guide to Creating a Digital Wellness Plan For Your Family](#)
- [Bullying Laws In The State of Illinois](#)
- [My Child Is A Bully. What Should I Do?](#)

United Way of Illinois' 21-Week Equity Challenge

Join Project SUN and many other organizations and individuals in this free, 21-week program hosted by United Way of Kankakee & Iroquois Counties.

The Equity Challenge encourages Illinois residents to engage in conversations to gain a deeper understanding of the impact systemic racism and inequity have on our state and in our local communities. Participants will receive one email per week, covering topics such as Understanding Privilege, Housing & Redlining, Justice System Inequities, among many others.

The challenge begins January 18.

Sign up today! Register at:

unitedwayillinois.org/equity-challenge/

Stay tuned for more information! Local activities are being planned to build upon the material in the emails.



Word of the Month:

Cyberbullying

Cyberbullying is bullying that takes place over digital devices. It can occur through text, apps, or online social media. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include personal or private information about someone, causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

Source: stopbullying.gov

Join us for a System of Care Community Navigator Training!

In 2020, 59 individuals from 16 organizations participated in Project SUN's System of Care Community Navigator trainings. 43 attendees became certified Navigators!

Attendees will learn to use the online Kan-I Help database and scenarios when they might choose to make a referral to Project SUN. Open to all who are interested, this training is a tool designed to benefit your work, or simply enhance your personal knowledge. **Click a date below to register!**

SATURDAY, JANUARY 23, 9:30 AM - 12:30 PM

WEDNESDAY, FEBRUARY 24, 9:30 AM - 12:30 PM

Any questions? Contact projectsun@cfkrv.org





Helpful Resources

We challenge you to read at least one of these resources!

Visit projectsunkankakee.wordpress.com/ to comment and share your thoughts or questions. Pass along what you find helpful to a friend or family member!

FRIENDLY READ - Less Than 5 Minutes

- [Handling an Attention-Seeking Child](#) - Practical advice for dealing with a child who will do anything for attention.

REFLECTIVE READ - More than 5 Minutes

- [What is PANDAS?](#) - This bizarre infection caused by strep bacteria can present as an overnight boom of OCD symptoms.

ACADEMIC READ - Longer than 10 Minutes

- [The State of Mental, Emotional, and Behavioral Health of Children & Youth](#) - This report presents outcomes from a 2019 Forum which explored how various sectors and community efforts impact the development of young people.

CULTURAL COMPETENCE RESOURCE

- [Over One in Four Latino and Black Households with Children Are Experiencing Three or More Hardships during COVID-19](#)

Key Takeaways On Grief And Loss During the Holidays

December's Parent Café presenters, Anne King, local Field Advocate for the American Foundation for Suicide Prevention, Donna Balazs, the Bereavement Coordinator for Uplifted Care, and Moshe Brownstein, Counselor with Collective Balance Counseling LLC, provided many helpful tips, including responses to these two participant questions.

How can foster parents support children who experience distress and grief due to family separation?

Children in foster care suffer from complex trauma both from the reasons bringing them into foster care as well as from the removal and separation itself. Stay attentive to the child's developmental age, not just their chronological age. Coming into a new home may be overwhelming for any child, but especially one with complex trauma. Give the child space and make sure they feel welcome, safe, and cared for. If your foster child needs age-appropriate toys, books, or other materials, contact the Child Network's Caring Closet at 815-936-7372.

How can I let the people in my life know that they are saying things that are hurting me as I experience grief and loss?

People can ask a lot of intrusive questions, even if they don't intend to be hurtful. First, you need to be direct and honest, stating, "This is a difficult topic for me. I would appreciate it if you would give me space." They might persist because sometimes people don't get the message and may believe they are being helpful. If at all possible, physically remove yourself from that situation. It's okay to walk away. The best thing you can do for yourself is to treat yourself with dignity in this process of learning to cope with grief.

2020 Project SUN Fast Facts!



434

Newsletter Subscribers



11 Parent Café Events
in 2020 reached a total of
263 participants

4 Let's Talk Events
in 2020 reached a total of
35 youth attendees



938

Total Website Users



When should I call Project SUN for help?

1

Will services be for a **child under the age of 21**?

2

Is the child a **Kankakee County** resident?

3

Does the child have a perceived or diagnosed **mental, emotional, or behavioral (MEB)** health concern?



Do you need help finding MEB health services, including screenings and assessments?



Are there complications with the child's current service provider?



Are you searching for activities that may help strengthen the child's MEB health?



Is there a lack of coordination among the child's service providers?
(Ex: Providers not communicating with and/or supporting each other.)



Is an unmet family need preventing the child from receiving MEB health service(s) OR interfering with the MEB treatment plan, including a 504 Plan or an IEP?