

Safe Neighborhoods Newsletter

Safe Kids Now Network, LLC
Stephanie Mann, Director

NOVEMBER 2024
Sher Graham, Editor

Making Neighborhoods Safer for Kids & Families!

Safe Kids Now Network LLC (www.safekidsnow.com) shares information to empower and keep children, families, and neighbors safe throughout our global communities.



Children are God's love gift; they are Heaven's generous reward - Psalm 127:3

NEIGHBORHOOD BREAKING NEWS!

GRATITUDE. Every day we have so much to be thankful, whether they are joyous memories or life's challenges. Each teaches us something about ourselves and how we respond or react to these occasions. Life is short. Be in gratitude for each person, each activity, each memory made each hour of each day of each year.

Check out the videos on the safekidsnow.com website. Great information to share with educators, parents and professionals.

Don't forget the SKN free download for "Ten Steps to Make A Safe Neighborhood." Share this with others and help spread awareness on keeping neighborhoods safe.

From the Director's Desk

Greetings from the Director's Desk! This month, we are sharing thoughts from our network members on topics that are important to the safety of our children and communities. If you have an article you would like to share, please email to safeneighborhoods@gmail.com by the 10th of each month.

New Avatars on Website Home Page: I am producing avatars that represent community heroes from our network. This month, A. J. Jelani, an activist from Richmond, CA. He established Christmas on the Streets for kids on his block. It's a celebration for all neighborhood children. www.safekidsnow.com

YOUR NEWS: If you have relevant announcements about important events aligned with our efforts to shed light on the problems that kids, their families, please email safeneighborhoods@gmail.com by the 10th of each month prior to our monthly newsletter emailed around the 15th-20th of each month. If it is an event, we need 60 days lead time to promote your event.

From the Editor

This month, we are talking about child abuse, tips on being in gratitude, and more.

Your Soul Never Dies!

By Stephanie Mann

Would you make any changes in your life if you knew your soul would never die? Every human life is a gift, and as free people, we can make the world around us a better place for everyone.

Many young Americans were never told that human beings are born with many gifts, including an imagination to dream big, creativity to find a path to success, insights to discover joy in life, intuition to see the future, a sense of humor to keep going, and a self-protective conscience to keep families safe and healthy. The body will die, but your soul moves on with a recording of your life's journey.

What we need to know is how to prosper in a free society.

Life can be a positive adventure when we ask God's help to discover solutions and find our mission. Freedom of choice allows us to have faith and find our direction. Alternatively, we can go along with the crowd or listen to Satan, become angry and abusive, and steal or harm others for self-gratification. However, our conscience can convict us as we take drugs to escape from ourselves. Today, we have thousands of lost souls living on our streets.

How to wake up and thrive!

Years ago, I learned about my past lives when I met Dr. Helen Wambach, who offered the inner journey of Past Life Regression. I joined twelve people for four hours, which changed my life. I experienced three past lives that went back centuries. I saw my life as a child and as an adult and two of my deaths. One man fell asleep, but the others shared their journey and had amazing stories with clues they could research. We saw for ourselves that our soul moves on, and at some point, we are born again. That tells us about the journey of a child who is born a genius. However, when I got home, no one took my story seriously.

How to survive an abusive childhood

I had a difficult childhood, alcoholism, and divorce at age ten, and a new man moved into our home. At age fifteen, I was abandoned in Mexico, and I didn't speak the language. However, over the years, I enjoyed a wonderful life with my husband, who understood the power of God, and our children became independent and successful. Today, after 50 years of following God's mission for my life, perhaps I have enough history for you to listen to my message.

Your life journey is your choice and responsibility, no matter what has happened to you. We were born alone and die alone. However, when we reach out and discover God's love, we are never alone, which helped me survive when I was abandoned

We live by our daily choices and learn valuable lessons along the way. Will the future be bright for your children and grandchildren? Will your children's lives be a fulfilling journey? I am grateful that I chose to seek God's love and support. In a confused society, we must encourage each other to make good choices to stay safe and healthy! You decide!

Stephanie L. Mann, Author and Crime and Violence Prevention Consultant at Safe Kids Now National Network. www.safekidsnow.com

About the Director: Stephanie L. Mann, Crime and Violence Prevention Consultant and founder of Safe Kids Now National Network LLC. Her experiences in crime prevention has given her the insight, wisdom, and vision to advocate for safe communities and neighborhoods for all children around the world. She is the author of five books on family, home, neighborhood and city safety. Stephanie conducts workshops and keynote speeches as a professional speaker on crime prevention and safety. You can reach her at safeneighborhoods@gmail.com or visit <https://www.safekidsnow.com>

Breaking Every Chain with My Voice!

By Barbara Joy Hansen

One out of three women and one out of five men have been sexually abused. Every two minutes a child is molested. Every five minutes a woman is raped. Most never tell! The following is my story ~

I am a proactive pastor's daughter survivor of childhood, preteen & adult sexual abuse causing & exposing me to be SCARED SILENT for 38 dreadful years. As a broken little girl of age 2-8 by incest with my grandfather who also molested my dear mother and female cousins, I was unable to understand what happened to me until I began writing my inspirational true book/honest tell all memoir, *Listen to the Cry of the Child*: breaking the generational curse!

At the age of 11-12 I was sexually traumatized with PTSD or known as Traumatic Amnesia by a 27-year-old youth pastor at a Christian youth camp who also molested many of my friends. I faced, confronted and chose to forgive this clergy in 1999 with support of a Sex Abuse Case set up by eight clergy and well-known psychologist. They questioned him setting up a Committee of Discipline and a Committee of Restoration for me and three of my friends. ONLY SEVEN weeks later he fell down the stairs and broke his back and died! Using Grief Journals I shared with no one I began writing my book/honest tell all memoir as my grief spilled out of my soul. I tried to understand what happened to me. Until I became an adult and began having the courage to speak about my anger, fears, pain, worries & unresolved traumas, my grief lay dormant.

My husband's dad's tragic death by suicide kept his voice SILENT for 40 years. We are OVERCOMERS and celebrated 59 years of marriage on May 1st, 2024.

I have written many Acknowledgements for authors. The following is from Michelle Colon's book which is a true story called *Monster Father* A true story of rape, abuse & redemption:

Acknowledgement written by Barbara Joy Hansen: "A double sickness caused the death of a little girl's soul, which produced guilt, shame, fear, anxiety, sadness, withdrawal, panic, nightmares and PTSD. A childhood stolen, *Monster Father* and Michelle Colon reeled me in as she silently screamed, See me! Hear me! Protect me! Her life came at a cost, yet Michelle realizes her self-worth and loves the women she becomes."

Everyone has a story that needs to be told but most never tell it because of shame, blame, denial, PTSD or traumatic amnesia! Share your story. Use your voice.

About the author: Barbara Joy Hansen, International Award-Winning Author Listen to the Cry of the Child
www.listentothecry.org

GRATITUDE IS EVERY MOMENT ACTION!

By Sher Graham

How many times have I wished I could turn back time to let someone know I love them, or talk with them about their childhood, their fears, their dreams, or just sit together in the silence with a cup of coffee or beverage. How many times do I count the times I have missed in my life to ask questions about my ancestors or my family's reason for not wanting to talk about our ancestors? My father would shut down every conversation about my great-grandparents Graham. I learned more from my grandfather's sisters but even then the relationships were torn apart and not much was gained. Now that

time is lost as I am the eldest living member of both the King and Graham families. Being the matriarch is not really a huge honor; it just means you are the oldest of siblings and cousins on both sides of your parents' families!!!!

My past is not replaceable. My present is now. I choose to take the time to call someone when their name crosses my mind, as it means I need to touch base with them. I have a list of people I send cards to each month. That list gets longer. So, I send text messages to tell them I am thinking of them. I send gifts without a purpose to those who are important to me in my life. Cards and notes are my favorite, for no reason. The reactions are so wonderful as I made someone's day smile.

Last weekend, my community service was providing a hot meal and blessing bags to over 400 unhoused neighbors in Mobile County, Alabama. My heart was grateful for being a part of this wonderful service.

Take time right now to hug each of your children. Take time to schedule time with each child separately, and your partner, to do something. It does not have to be long but just do it. You will brighten your own life and most importantly someone else's mindset. Don't waste time thinking about this challenge. Just do it. Kindness and Respect are Gifts of Gratitude!

Quotes on Gratitude:

"Gratitude is not only the greatest of virtues, but the parent of all others." Marcus Tullius Cicero

"Gratitude is when memory is stored in the heart and not in the mind." Lionel Hampton

"When I started counting my blessings, my whole life turned around." Willie Nelson

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." William Arthur Ward

"Gratitude is the most exquisite form of courtesy." Jacques Maritain

"No duty is more urgent than that of returning thanks." James Allen

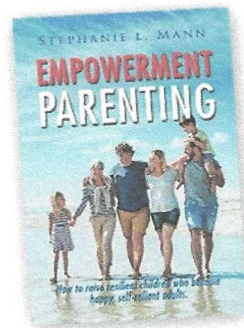
"When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in." Kristin Armstrong

"The essence of all beautiful art, all great art, is gratitude." Friedrich Nietzsche

VIOLENCE IS OFTEN THE RESULT OF PARENTS NOT TEACHING CHILDREN about INNER POWER.

Neglecting to empower youth can lead to mental health problems later in life! A child who feels love, respected, supported and heard will choose not to abuse drugs, become violent or develop mental health problems. Today's society can confuse youth about sex and violence. Parents can drug and violence proof their children.

Stephanie Mann wrote "Empowerment Parenting" as a result of working in our inner cities. Most children, regardless of their environment, do NOT become sexual, violent or abuse drugs. This book is necessary for every parent to read and share with their children's teachers, and other family members. When parents have the knowledge to empower themselves, then their behavioral choices become empowerment action for their children. EMPOWER one child or a group of children! Empowerment Parenting provides parents, grandparents, teachers, coaches and educators the tools to help youth become centered, responsible and self-aware. Young people recognize the power of bullies and abusers. However, they need to know how to discover their inner power to handle the slings and arrows of life. Visit www.safekidsnow.com to order the book "Empowerment Parenting: How to Raise Resilient Children Who Become Happy, Self-Reliant Adults." www.safekidsnow.com



DECEMBER HEALTH CELEBRATIONS

In December, celebrate World AIDS Day: December 1; National Impaired Driving Prevention Month: A month to remind people of the dangers of impaired driving; National Safe Toys and Gifts Month: A month to promote safe toys and gifts; Crohn's and Colitis Awareness Week: December 1–7; National Handwashing Awareness Week: December 1–7; International Day of Persons with Disabilities: December 3; National Influenza Vaccination Week: December 2–6; 16 Days of Action Against Domestic Violence: December 1