

Safe Neighborhoods News

Safe Kids Now Network, LLC JANUARY 2025
Stephanie Mann, Director

Sher Graham, Editor

Making Neighborhoods Safer for Children and 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!

- **INTENTIONAL GRATITUDE.** Every day we have so much to be thankful, whether they are joyous memories or life's challenges. Set **INTENTIONS** to create a plan of action for you. Then put the plan into **ACTION**. 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. Create a hand-made card or write a note to someone to tell them how much you appreciate them. **GET MOVING!**
- **SPREAD AWARENESS.** Visit the SKN website and download our free "Ten Steps to Make A Safe Neighborhood" guide. Share this with others and spread awareness building sustainability safe neighborhoods. www.safekidsnow.com

From the Director's Desk

Greetings from the Director's Desk!

It is January and a new year has begun. This month, our articles focus on inspiring human potential, mental health resources for parents, and 5 Mental Health self-care activities for families.

Edits From the Editor

The articles in Safe Kids Now New do not necessarily reflect the vision and mission of our organization. We provide a forum for our network members to express their thoughts on current topics related to children and families. If you have any issue with an article, please let us know.

ARTICLES: If you have an article you would like to share, please email to safeneighborhoods@gmail.com by the 1st of each month.

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 1st of each month. If it is an event, email no later than 60 days lead time to promote your event.

UNLOCK HUMAN POTENTIAL TO THRIVE

By Stephanie Mann

We have a worldwide problem! It is important that we must start a discussion about bullies, dictators, and controlling people who prey on innocent, vulnerable citizens in America and around the world.

Most Americans love freedom and focus on family support and a spiritual understanding of self. However, many young people lack self-awareness, making them easy targets for manipulation and propaganda. They need to learn how to become spiritually centered or develop discernment, which can keep them safe and healthy. It is important that our young people do not become easy victims and targets for abuse.

Many of today's young people feel powerless! Our teens and young adults do not understand how to use their inner power to excel and accomplish their dreams. Youthful violent gang members, as young as twelve, are easily influenced, ignoring their self-protective conscience which gives them the choice to make right choices. However, becoming a group follower that is involved in theft and looting, bullying and harassment, and harming others is a reality of choice in so many communities.

Spiritual ignorance allows children to bully each other. A boyfriend can bully and abuse his girlfriend. Adults and teens can become abusive to each other. Stats show that 1 in 3 women/1 in 4 men experience abuse – 1 in 3 girls and 1 in 5 boys are sexually abused (CDC). We live in a time when adults must educate young people about the dangers of computers and the impact on their mental health, their thinking and logic abilities. It is important that parents are diligent about tracking computer/cell phone activity via the internet. Teens need to be strongly monitored about their internet "friends" who are strangers. These individuals and groups may have a major impact in the lives of people who are withdrawn, quiet, socially isolated from others, as they can groom them to engage in substance abuse, run away, engage in X-rated photos, or complete suicide.

For example. rioters and demonstrators at American universities spread anger, hate, and propaganda as they abuse their Jewish classmates. When hate is spread, persons go against their conscience, which can lead to drug abuse to escape from one's world. Years ago, cult leaders Charlie Manson, David Koresh, and religious leaders Rev. Jim Jones and Warren Jeffs groomed and controlled their followers to destroy lives.

Throughout the history of the world, many countries have had dictators who lack moral compassion for freedom or peace. Dictators exploit people through bullying tactics, misinformation, brainwashing conversations and coerce people to become submissive and compliant to the agenda of the dictator. Hamas indoctrinated Palestinians to hate Jews and freedom. Kim Jong Un of North Korea, Xi Jinping of China, King Mswati of Swaziland, and Vladimir Putin of Russia are dictatorial leaders with power and control over citizens.

There are 4,200 religions in the world. However, not all religious leaders are honest or care about others. Corrupt religious leaders have existed for centuries. We should ask, why did the Taliban surge back into power after two decades of U.S. influence in Afghanistan? Did we fail because our leaders didn't speak up about the power of the human spirit, which is not about any religion? Spiritual power and a self-protective conscience are what human beings have at birth. We need leaders who will challenge oppressed people's beliefs because they are indoctrinated since childhood.

Free nations will face the same problem when Jews end the war with Hamas. Will Hamas return to power, or will American and Jewish leaders address the inner power to overcome adversity? Will we educate people that freedom comes from within so they can change their lives and discover their hidden talents?

Be Aware: Religion is a support system for the human spirit.

Religions offer rituals, music, and sermons to support families and strengthen faith, which can be very beneficial. However, people can discover the power of God through prayer or meditation, no matter what has happened in the past. If humans let go of anger and forgive themselves and others, they can choose to become unstuck and prosper. When we pray for direction, we can overcome obstacles, **strengthen our mental and physical health, develop healthy relationships, and find the true meaning in life. Inner peace leads to wisdom and happiness, which begins in the heart!**

Americans have the power to unlock human potential around the world!

America's history was founded on the motto, "In God We Trust," carved on government buildings and embossed on our coins and money. Let's start new discussions to unlock human potential and create more peaceful nations.

Every individual is unique in appearance, culture, and experience and has the potential to excel in various ways. When we educate children to focus on self-empowerment, they can protect themselves and discover their purpose. Children have God-given gifts, including imagination, creativity, intuition, insights, instincts, persistence, a sense of humor, and other hidden talents. Young people are also born with an IQ, but that does

not give them wisdom. Wisdom is a slow process that comes from navigating the “slings and arrows” of life experiences. We need God’s love and power to overcome adversity and connect mind, body, and spirit to stay safe and healthy.

Fifty or one hundred years from now, will we still be abusing and fighting each other worldwide, or will we understand the spiritual power all humans share? It will be up to several generations of enlightened Americans to talk to leaders, friends, and neighbors. Will believers speak up at group meetings and educate leaders to achieve world peace? Will that happen? What do you think?

“Men must be governed by God, or they will be ruled by tyrants.”
William Penn, Founder of the Providence of Pennsylvania

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>

VIOLENT BEHAVIOR CHOICES FROM CHILDREN IS OFTEN THE RESULT OF PARENTS NOT MAKING THEIR OWN POSITIVE BEHAVIOR CHOICES THAT REFLECT POSITIVE INNER EMPOWERMENT.

Small Changes can Produce Significant Outcomes

By Sher Graham

Do you find yourself puzzled as to why your life journey may not be moving forward and allowing you to accomplish something or start something new or feel good about who you are? Welcome to the “Which Way To Go” Club! This mental challenge and choice is something each of us has to recognize, admit we know we are there, identify the root causes, and choose to begin to create a plan to make choices that will move you forward.

Are you asking yourself questions, writing them down and developing the answers. It doesn’t matter how you write them, just begin to write them down. Then read them aloud to yourself, or to the cat, dog or fish! Listen to what you have written. This is a great way to begin to firmly admit and then commit to the fact that you have stopped making positive choices. Even those which may or may not come from internal motivation on a minute-by-minute basis. Yes, sometimes you are not able to move any farther than one minute.

Failure is good for your soul. Our failures are there to make us stronger, to guide us into making the positive choice and move forward, not procrastinate and put things off on the shelf and leave them for decades until they come back to haunt you. That is called karma. Sometimes karma is needed to help move the stagnant issues you have carried in boxes, on your shoulders and in your mind so that you realize that the only person who is harmed is you.

Self-harm comes in many forms, and the more that we carry anger, resentment, past trauma, thoughts, we are not allowing our brain to get more good knowledge and store it away. We allow the negative thoughts to reflect our current actions or our speech. Yes, what you say to others in conversation is important. Listen to what you say, what words you use. Do you continually use the word “STRESS” in your vocabulary and conversations? If so, STOP IT RIGHT NOW. You continually

tell your brain and your inner self that you feel this way. Your body responds to what you say and the thoughts and words you put out to the universe.

The energy within us attracts energy that surrounds us, and impacts our thoughts, our choices and our behaviors. Yes, there are events, incidents, issues, relationships, 'stuff' that happens each moment of the day. Choose to be in the present. Make smart decisions that resolve issues when possible. Be careful not to delay making choices. That is when you may yourself procrastinating and not doing what you need to do for you and for your life journey.

What you are able to control and manage is all you have. The rest belongs to a higher power, whatever and whoever you identify with a spirit. Spiritual forces are near you, surround you, whether you believe it or not. You are not alone, no matter how lonely you feel or how angry you become because of the 'stuff' that surrounds you waiting for a resolution to be made.

Sometimes it is a small change that creates outcomes and opportunities. The choice is yours. Begin right now to take the small step towards your life journey and use positive words to strengthen the conversations you have with yourself and others.

MENTAL HEALTH AND SELF-CARE

Note: Each month, we will provide mental health resources, tips and information for parents and children. The activities are hands-on, user friendly and can be used right now.

Return on Intention: To get 100% return on your daily intention, Your ROI is TAKE CARE OF YOU FIRST.

Service to Others: Whoever you serve requires you to be 100% every day so that you give 100% to those you serve - family, community, clients and customers, country. If you are not giving 100%, why are you short-changing yourself and others by giving only part of yourself? Why short-change those who care about?

Five mental health self-care activities for you to do starting 5 minutes after you read the SKNN newsletter.

1. 5-minute walk in your yard, sideway or your block. Be silent.
3. 5-minute music bomb. Turn on your favorite music and listen for five minutes. Move to the groove no matter where you are.
4. 5-minute time to drink 8 oz of water, without adding anything to it. Tap, alkaline, mountain, etc. Drink water.
5. 5-minute writing time of intention, affirmation or just doodling. Yes, doodling is allowed.

SAFE KIDS NOW READING CORNER: BOOKS FOR PARENTS AND CHILDREN TO DISCOVER

The time is now to empower youth to have a more positive mental health later in life! A child who feels love, respected, supported and heard will choose not to abuse drugs, become violent or develop mental health challenges. Parents can substance use 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, are not and 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

