



Safe Neighborhoods News

Safe Kids Now National Network JULY 2025

Stephanie Mann, Director

Sher Graham, Editor

Our Mission: Safe Kids Now National Network shares information empowering global communities to create and maintain self-sustainability safe neighborhoods for children, families, and neighbors. (www.safekidsnow.com)



Our Vision: To bring awareness of how to adopt-a-block and create volunteer/paid neighborhood safety experts who inform and communicate as well as educate techniques and methods of community safety for their neighborhoods.

NEIGHBORHOOD BREAKING NEWS!

- **INTENTIONAL GRATITUDE.** Be in gratitude each moment of the day for that time. Time is short. What are you in gratitude for right now?
- **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 Stephanie Mann

Happy July! This month we celebrated the birthday of our country. So much has happened around the world and not everything is positive. Please remember the families in the Middle East who are struggling without a family, food or a roof over their head. Make a habit of kindness to another person or animal without being acknowledged. This month, our articles focus on the decline of our kids' health, being authentic and words of wisdom. Check out the latest presentations and interviews on www.safekidsnow.com.

SHOCKING Health Decline in U.S. Kids REVEALED!

Director Note: I found this information online and thought the stats are very relevant to today's kids and young adults. Author Unknown Stephanie

In a shocking revelation, a 17-year study confirmed that American children are increasingly obese, chronically ill, and mentally distressed. The alarming research shows U.S. children are nearly twice as likely to die as kids in other

developed nations, with obesity rates skyrocketing and mental health plummeting since 2007. The extensive study examined 170 health indicators from eight different data sources, painting a grim picture of America's youth under liberal leadership.

Obesity rates for children aged 2-19 have jumped from 17% in 2007-2008 to approximately 21% in 2021-2023, a period that saw significant liberal influence in education, healthcare, and family policy. Children today are 15% to 20% more likely to suffer from chronic conditions, including anxiety, depression, and sleep apnea, compared to those just a decade ago.

Overall prevalence rates for 97 tracked chronic conditions increased from 40% in 2011 to 46% in 2023 – a significant rise that coincides with the implementation of progressive social policies in schools and communities. The research team, led by Dr. Christopher Forrest, noted a disturbing pattern across all measures. "The surprising part of the study wasn't any with any single statistic; it was that there's 170 indicators, eight data sources, all showing the same thing: a generalized decline in kids' health," Forrest said. Perhaps most alarming is the mortality rate comparison: American children were 1.8 times more likely to die than those in other high-income countries from 2007-2022.

Higher rates of premature birth, sudden unexpected death, firearm-related incidents, and motor vehicle crashes all contributed to this national tragedy. While the researchers claim no political agenda, Dr. Frederick Rivara's comments reveal deep concerns about current leadership: "The health of kids in America is not as good as it should be, not as good as the other countries, and the current policies of this administration are definitely going to make it worse."

Adding to the crisis, a separate Northwestern University study found young children as early as 7th grade are using inappropriate adult skincare products, potentially damaging their skin and mental health. This trend, fueled by social media platforms like TikTok, has led young girls to spend an average of \$168 on unnecessary skincare regimens – another symptom of the breakdown in traditional family guidance.

Furthermore, the deteriorating health of American children underscores the need for a return to responsible parenting and policy reforms that prioritize children's well-being over woke agendas. Health Secretary Robert F. Kennedy Jr. has emphasized the need for substantial policy changes, though current progressive approaches continue to fail our nation's youth. With American children's health at stake, parents must remain vigilant to ensure that these lifestyle choices do not further compound the health crisis.

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 seven books on family, home, neighborhood and city safety. Stephanie conducts workshops and keynote speeches as a professional speaker on crime*

Embrace Your True Self: The Power of Authenticity

By Sher Graham

In a world that often encourages conformity and comparison, embracing authenticity can be a revolutionary act. Being true to yourself is not only liberating but also a powerful way to lead a fulfilling and meaningful life. Here's an exploration of what it means to be authentic and how you can embrace your true self.

Understanding Authenticity

Authenticity is about aligning your actions and decisions with your true values, beliefs, and desires. It means being honest with yourself and others about who you are, what you want, and what you stand for. Authenticity requires self-awareness, courage, and a willingness to be vulnerable.

The Benefits of Being Authentic

- **Increased Self-Confidence:** When you embrace your true self, you naturally become more confident. You trust in your abilities and decisions because they come from a place of genuine self-understanding.
- **Stronger Relationships:** Authenticity fosters deeper, more meaningful connections. When you show up as your true self, you attract people who appreciate and resonate with who you really are.
- **Greater Fulfillment:** Living authentically allows you to pursue passions and goals that truly matter to you, leading to a more satisfying and purpose-driven life.
- **Reduced Stress and Anxiety:** Pretending to be someone you're not can be exhausting. Authenticity reduces the stress of maintaining a facade and allows you to live with greater ease and peace.
- **Increased Resilience:** Being true to yourself builds resilience. You become more adept at handling challenges because your foundation is strong and rooted in self-belief.

How to Embrace Your Authentic Self

- **Reflect on Your Values:** Spend time identifying what truly matters to you. What are your core values and beliefs? Use these as a guide for your decisions and actions.
- **Practice Self-Awareness:** Regularly check in with yourself. Journaling, meditation, or simply taking quiet moments for reflection can help you stay connected to your true self.
- **Let Go of Comparisons:** Resist the urge to compare yourself to others. Remember, everyone's journey is unique, and authenticity means honoring your path.

- Embrace Vulnerability: Allow yourself to be vulnerable. Share your true thoughts and feelings with trusted friends and family. Vulnerability is a strength, not a weakness.
- Set Boundaries: Protect your authenticity by setting boundaries. Know when to say no and prioritize activities and relationships that align with your true self.
- Celebrate Your Uniqueness: Embrace what makes you different. Your uniqueness is your strength and contributes to the diversity and richness of the world.

Being authentic is a journey, not a destination. It requires ongoing effort and self-reflection, but the rewards are immense. By embracing your true self, you not only enrich your own life but also inspire others to do the same. Remember, the world needs your unique perspective and contributions, so shine brightly as your authentic self.

About the Writer: Sher Graham began as a community activist at age 12. Her commitment to making life better for others began with the legacy inspired from her grandmothers. As an author and speaker, she shares her personal journey of surviving parental substance abuse disorder, verbal/physical assault and being a child they wanted erased who didn't have a voice through her writings and public speaking. She is an international best-selling anthology author of 16 mental health and business books. Her journey has led her to advocate for mental health services, bring awareness of mental illness throughout the world, and guide others to create heart calm within their chaotic environments. A Kent State University graduate, she is a Neurobehavioral Health Communications Specialist for OSBI-Synergy Soulutions Collab, LLC, in Mobile, AL. You can reach her at slgraham4969@gmail.com or <https://www.shergraham.com>.

Mental Health Moments

Note: Each month, we will provide mental health resources, tips and information for parents and children. Return on Intention: To get 100% return on your daily intention, Your ROI is TAKE CARE OF YOU FIRST.

Golden Nuggets of Wisdom Makes Life A Lot Easier

Welcome to Mental Health Moments! This column provides you, the reader, with moments of wisdom, knowledge and just tips on creating a healthier mental health mindset for you, your family, your co-workers, and your community.

I thought I would start this month's column with those golden nuggets of wisdom that my grandparents and my second parents shared with me, hoping that I would take their words of wisdom and apply them to my life journey. Over the years, I have amassed over 100s of bits of wisdom from my mentors, teachers, parents, grandparents and thoughts from books I have read. These are the most important ones that I have tried to live by. I hope that you can shake your head and say, "I remember that". Let me know what you think.

1. Show respect to others no matter who they are. Respect toward every human being, no matter their age, ethnicity, life career or wealth status, or ability.
2. Never look back and always learn from your experience. Leave what has happened to you in the past. Ask yourself "What is it that I needed to learn from what I experienced?"
3. Always stand up while shaking hands with someone. Shake hands firmly and stare the other person in the eye. It is the sign of respect when you focus on the quality of hand shaking. The rule is to not shake hands like a limp fish!!!

4. Take a solo trip and experience it. The best way to learn about yourself is to experience life's challenges by yourself. You are your best friend. Listen to what you are saying to yourself.
5. Make your bed as soon as you get out of it. Number 1 rule in my house. When you make your bed, it gives you a fresh start each morning. This is also something to teach your kids and make it a part of their morning routine.
6. Be in gratitude. What are you grateful for right now? What a great way to uplift your spirit!
7. Start each day with a happy heart. Breathe. Smile. Laugh. Pray. Dance. Sing.



From the Editor
Sher Graham

ARTICLES: If you have an article you would like to share, please email by the 1st of each month to safeneighborhoods@gmail.com. The articles in Safe Kids Now News 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.