

Safe Neighborhoods News

Safe Kids Now National Network
Stephanie Mann, Director

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Sher Graham, Editor

Making Neighborhoods Safer for Children and Families!

Safe Kids Now Network (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. Be in gratitude each moment of the day for that time. Time is short. What are you in gratitude for right now?
- Release of Stephanie's sixth book: Empower Youth to Make Good Choices.
- New Mental Health Column: Seeking stories of HOPE from personal trauma incidents that have happened to adults and kids. For more information, contact Sher Graham, slgraham4969@gmail.com if you would consent to share your story for Safe Neighborhoods News.
- 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 the end of June and summer is in full spring. We apologize for the lateness of this issue. This month, our articles focus on why American youth hate, new book release, storytelling, and mental health tips.

Edits From the Editor

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.

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

American Youth: When They HATE!

By Stephanie L. Mann

What makes American youth hateful in today's society? What is the root cause for creating violent behavior in today's communities? Violence is increasing and it is important to understand the "Why" of this behavioral choice.

A young couple was murdered outside a Jewish Museum in Washington, D.C. Was the killer inspired by the street murder of the CEO of United Health Care? His killer received publicity, notoriety, and followers glorified his actions and donated a million dollars for his defense. In his mental state of mind, was the killer at the Jewish Museum seeking to be glorified by people who would see him as a hero?

Many American students are being indoctrinated at universities to follow without question. Some students feel compassion for the people in Gaza without understanding that Hamas has indoctrinated the Palestinians for decades to hate the Israelis and the free world. Are we taking away their freedom to ask questions and to question what they are being taught?

My Christian son-in-law was a Marine. Twenty years ago, he was assigned to take an American Ambassador into Gaza to present Palestinian students scholarships to American universities. I received a call at 4 a.m. telling me to turn on the TV. Our brave soldier was killed by an IED, a roadside bomb, along with three other Marines. I was horrified as I watched young children dancing and singing as his jeep burned. The Ambassador survived.

Why are we as American citizens not fully awake and questioning the "Why" of these happenings? **Wake up, America!** The individuals and groups who hate freedom have sent students from Palestine to America to indoctrinate young people at our universities. The small population of youth who are easily manipulated by people hate our democratic way of life. Yes, college students are book-smart but may lack the understanding of how hate leaders encourage the extermination, not only of those of other religions, but also freedom. When individuals lack spiritual awareness, they choose to turn on their fellow students. By choice, anger can turn to hate. By choice, hate can become an obsession. By choice, the hearts of some people turns evil as they kill innocent people!

What must change? If current leaders do not choose to lead, then new leaders must be hired to lead at liberal universities. When leaders become so tolerant, they can't recognize angry students becoming radicalized; we need new leadership. The choice of hatred should not be tolerated on any college campus.

If individuals harbor hate in their hearts, they can't truly discover their own authenticity. The consequences of hate keeps people from progressing and often leads to a downward spiral. We are not saying it will be an easy choice nor an easy journey. Those taking the journey to become clean and know that recovery is every hour are choosing to make a change. They have found support in their family and their community.

We as humans have incredible power to look within our souls and spirit to trust our inner instinct. God is a choice of empowerment. By choice, it takes identifying any anger we hold within ourselves to seek forgiveness of ourselves first. The only person we harm with anger and hate is ourselves. Others many never know that anger or hate, so they are not impacted. Even if they know, they can choose to not care and the person who holds the hate is the one impacted. Do you want your angry heart to continue to be impacted by the anger and hate you hold? When you try to destroy others, you destroy yourself. Humans are born imperfect, yet humans are given the choice have the power to change and live emotionally centered lives with supportive friends.

Here are two ways to become empowered to make the right choice and choose to be kind instead of hateful:

1. Take personal responsibility, which is the path to inner power! It is life's journey to stop blaming others and look within. When we listen to our self-protective conscience, we learn how to stay spiritually centered so we can't be manipulated or become a victim or a bully. Everyone can reduce anger and develop self-control, self-worth, and self-confidence.
2. Seek a support network of caring people who empower you, and you will not go down a self-destructive path. Find friends who will listen and not bully or encourage abuse toward others. Without the ability to discern the difference between good and bad influences, young people can be manipulated and pay a high price in the future.

Personal responsibility and support from caring people are critical for human beings and our national survival. Many people who live in other countries have never heard about a loving God. Yet, they may show kindness through the spiritual teachings of their ancestors. In a free society, we must teach our children to ask God for guidance of direction and listen with an open heart. Faith must take the place of fear. What do you need to learn? An incredible adventure is open to every human being! Discovering the power of God is free, and He will always be there for anyone who wants to find their identity and live a prosperous life.

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 six 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>*

Cell Phone Addiction is a Real Addiction

By Sher Graham

Identifying cell phone addiction can be crucial for maintaining a healthy balance in your life. Recognizing these signs early can help you take steps to manage your phone usage and maintain a healthier balance in your life.

Here are some tips to help you recognize signs of cell phone addiction:

- **Constant Checking:** If you find yourself compulsively checking your phone for messages, notifications, or updates, even when there are none, it might be a sign of addiction.

- **Neglecting Responsibilities:** When phone usage starts to interfere with your daily responsibilities at work, school, or home, it could indicate an addiction.
- **Withdrawal Symptoms:** Feeling anxious, irritable, or restless when you can't access your phone is a common sign of dependency.
- **Loss of Time:** If you often lose track of time while using your phone and spend more time on it than intended, it might be a concern.
- **Social Isolation:** Preferring to interact with your phone rather than engaging in face-to-face interactions with family and friends can be a warning sign.
- **Sleep Disturbances:** Using your phone late into the night or having trouble sleeping due to phone usage can indicate an unhealthy relationship with your device.
- **Denial:** If you find yourself denying or downplaying the amount of time you spend on your phone, it might be time to reassess your usage.

Slicktext.com shares some stats about teens and parent smartphone addiction and cell phone usage. Surprises?

- ✓ Compared to teens who only spend an hour on electronic devices daily, teens who spend five or more hours a day on electronic devices are 71% more likely to exhibit suicide risk factors.
- ✓ 47% of parents surveyed believe their child has a smartphone addiction.
- ✓ Of the teachers surveyed, 67% noticed their students being negatively distracted by mobile devices.
- ✓ 89% of parents take responsibility for their child's cell phone usage.
- ✓ In the 18 to 29-year-old age category, 22% of smartphone-using respondents admitted to checking their device every few minutes. If that doesn't say phone addiction, what does?
- ✓ 36% of millennials say they spend two or more hours per workday looking at their phones for social media, texting friends, playing games and interacting with text message marketing programs.
- ✓ 41% of teenagers feel overwhelmed by the number of text alerts they receive on a daily basis.
- ✓ 85% of teens surveyed claimed it can be difficult to stop using technology, such as the internet and smartphones once they've started using it.
- ✓ 67% of teens reported losing sleep due to phone or internet use late at night.
- ✓ Of parents surveyed in the UK, 46% said they "feel addicted" to their mobile devices.
- ✓ Rather than in-person interaction, 33% of teens spend more time socializing with close friends online.
- ✓ 52% of teens sit for long periods of time in silence, on their smartphones, while hanging out with friends.

If you feel that phone addiction is affecting your well-being, consider seeking support or setting boundaries for phone use.

UPDATE: Sher is a part of a new book anthology presented by Sheila Farr, "Let Me Tell You About My Savior", launched in May. Her chapter is titled "A Lifetime of Jesus Taking Care of Me." The book is available on www.amazon.com. You can email Sher if you would like a signed copy of the anthology at slgraham4969@gmail.com, or complete the Contact form on her website: <https://www.shergraham.com>.

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 Architect for OSBI-Synergy Soulutions Collab, LLC, in Mobile, AL. You can reach her at slgraham4969@gmail.com or <https://www.shergraham.com>.

NEW BOOK LAUNCH ANNOUNCEMENT

[Las Vegas, NV] – Stephanie Mann, Author and crime and violence prevention consultant, warns us that we face escalating social isolation, anger, fear, and increasing crime rates. We cannot ignore the plight of children. Citizens can empower youth and make families and neighborhoods safer.

Safe Kids Now National Network announces the publication of a small new book series. The first book is now available on Amazon. We can empower families and make America Safer for Children with the values that made America great: Family, Faith, and Freedom! Pioneers heading West “circled the wagons” to protect each other. We, the people, need to circle our children to keep them safe. We can start discussion groups with youth on how to stay safe and healthy. The book titled **Empower Youth To Make Good Choices** may be found at this Link: <http://bit.ly/4mJ4ZE0>

Many young people are not only the victims but also perpetrators of crime and violence. Statistics paint a grim picture of the challenges we face:

- Gangs cost the U.S. \$100 billion annually, with 400,000 youth joining gangs each year, with an average age of 14 years old (Source: Youth.gov).
- American taxpayers spend \$220 million a day on child abuse and neglect. (Source: Prevent Child Abuse) One million children are affected every year.

Stephanie Mann, the visionary behind Neighborhood Watch and author of six books on family, teens, home, neighborhood, and citywide safety, has been a trailblazer advocating for children's safety and fostering secure neighborhoods since 1970. Her community-first approach, embraced by city officials, community leaders, and families nationwide, has significantly reduced crime rates and empowered communities. Mann states, “Police react to crime, and citizen involvement prevents crime. If 350,000 churches in the U.S. promote and embrace ‘Love thy Neighbor,’ we could protect youth!”

Safe Kids Now National Network offers a free 10-step illustrated blueprint for safer communities to support this endeavor, available for download at safekidsnow.com. By fostering a culture of vigilance, awareness, and support, we can ensure a brighter, safer future for all children. Together, let's build safer communities for our children.

For media inquiries or to learn more about Safe Kids Now National Network's mission, please email Safe Kids Now at safeneighborhoods@gmail.com

Make Summer Bicycle Riding Safe and Enjoyable

By Staff

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.



Bicycle riding is fun. It is a great recreational sport for individuals and families. Sometimes it becomes a dream to win an international bicycle race. Sometimes it requires a bicycle to be transformed for someone with a disability to ride by themselves. Anyway you ride, it has wonderful health benefits-it is good for your physical health and for your mental health!

In the United States, approximately 1,000 bicyclists die and over 130,000 are injured annually in road crashes. In 2021, 966 pedal cyclists were killed, and an estimated 41,615 were injured. This leads to roughly 1,000 cyclist fatalities and 42,000 injuries each year. Common causes of bicycle accidents include distracted driving, unsafe lane changes, and failure to yield the right of way. Bicycle trips account for only about 1% of all trips in the United States, yet cyclists account for roughly 20% of all traffic fatalities, highlighting a disproportionately high risk according to the Centers for Disease Control.

A deeper breakdown shows:

Fatalities: In 2021, there were 966 pedal cyclist fatalities, according to CrashStats - NHTSA (.gov). This number has varied slightly in recent years, with some years showing a slight increase and others a slight decrease.

Injuries: In 2021, an estimated 41,615 pedal cyclists were injured in traffic crashes. This represents a 7% increase from the previous year.

Risk Factors: Certain demographics face higher risks. For example, males are disproportionately represented in bicycle fatalities and injuries, and older adults (60-64 and 55-59 age groups) experience a high number of fatalities. Additionally, cyclists in the 15-20 age group have the highest injury rate.

Let's look at 5 tips on bicycle riding safety to ensure a safe and enjoyable ride:

1. **Wear a Helmet:** Always wear a properly fitted helmet to protect your head in case of an accident. Helmets are essential for reducing the risk of head injuries. The use of bicycle helmets was found to reduce head injury by 48 percent, serious head injury by 60 percent, traumatic brain injury by 53 percent, face injury by 23 percent, and the total number of killed or seriously injured cyclists by 34 percent.
2. **Be Visible:** Wear bright, reflective clothing and use lights on your bike, especially at night or in low-light conditions. Make sure your bike has reflectors on the front, rear, and wheels.
3. **Follow Traffic Rules:** Obey all traffic signals and signs, just like a car would. Ride in the direction of traffic and use hand signals to indicate turns or stops.
4. **Stay Alert:** Keep an eye out for obstacles, such as potholes, debris, or parked cars. Avoid distractions like headphones or mobile devices while riding.
5. **Maintain Your Bike:** Regularly check your bike's brakes, tires, and chains to ensure everything is in good working order. A well-maintained bike is crucial for safe riding.

Follow these tips and enhance your safety while enjoying the freedom and fun of cycling. Safe travels!