



Dear Parents,

Your child is invited to participate in the Phoenix Indian Center's *Living in 2 Worlds* and *Speak Up, Be Safe* programs. These evidence-based programs provide a resource for American Indian youth to successfully adapt to an ever-challenging urban environment and aims to ensure the well-being of American Indian youth in their home and school environments.

About Living in 2 Worlds

The Phoenix Indian Center has had a long-term partnership with ASU's Southwest Interdisciplinary Research Center (SIRC) to develop a program for our youth. This program, called *Living in 2 Worlds*, uses the *Keepin' it REAL* effective practice drug resistance strategies. The curriculum *Living in 2 Worlds* draws on Native culture and values as effective drug resistance strategies. Different ways to say "no" to negative choices that confront youth everyday are provided, while learning about different cultures. The students also take home *Cultural Heritage projects* to use at home to open communication with family and discuss our lives in urban and reservation-based homes.

About Speak Up, Be Safe

Childhelp Speak Up Be Safe that teaches children about personal safety. During two 40-minute sessions, a trained facilitator will present research-based, age-appropriate lessons to help children learn the skills to prevent or interrupt cycles of neglect, bullying and child abuse – physical, emotional and sexual. The *Speak Up Be Safe* curriculum includes information for children, parents, teachers, and communities to reinforce important safety rules. Because adults are responsible for keeping children safe, the lessons focus on helping children identify a safe adult and learn five safety rules the children can use to help their safe adults keep them safe: 1) It's MY body!; 2) Ask an adult if I am safe: 3) I have choices; 4) Tell someone: 5) It's NEVER my fault!

There is important information attached to this letter about child abuse and tips on how you can keep your child safe. Your child will also bring information home after the *Speak Up Be Safe* lesson so you can learn together.

Please note that students will need to create a Zoom account to attend this workshop. If you have questions about how to set up a Zoom account, reach out to us and we can help you create the account.

This is a great opportunity for your child. If you have any additional questions, please feel free to contact me.

For your child to participate in this workshop, please sign and return the attached **Parental Consent Form**. The Phoenix Indian Center truly believes that *Culture IS Prevention*.

Respectfully,

Micheon Gorman
Prevention Program Manager

Contact: 602-264-6768 | mgorman@phxindcenter.org

Living in 2 Worlds and Speak Up Be Safe - FY 2022 PARENTAL/GUARDIAN PROGRAM PARTICIPATION CONSENT FORM

By signing this form, I attest that I am the parent(s) or legal guardians of

_____, date of birth _____; and hereby authorizes
(insert child's name) (child's date of birth)

the Phoenix Indian Center to provide supportive services to the above minor through the *Living in 2 Worlds and Speak Up Be Safe* programs. As parent/guardian, I consent to complete disclosure, as necessary, to occur between the designated Phoenix Indian Center staff. The purpose of this disclosure and discussion is to benefit the interest of the student. This consent expires on the date that services conclude or the class ends. This consent is limited to information and discussion necessary between Phoenix Indian Center staff. No other disclosures of any information may be made to any other parties at any time without additional, written parental consent.

(Date)

(Parent Signature)

Parent Information

Printed Name: _____
Parent Email: _____
Parent Phone: _____
Street Address: _____
City, State, Zip: _____

Student Information

Student Age: _____
Student Grade: _____
Student Gender: _____
Ethnicity (Circle one): Hispanic / Non-Hispanic

***Note: This form allows for your student to participate in the programs. The attached consent form allows for your student to take the surveys.**

GUARDIAN CONSENT FORM FOR SURVEYS: FY 2022

Dear Parent or Guardian,

The Phoenix Indian Center will be implementing prevention programs called **Living in 2 Worlds** and **Speak Up Be Safe** in Maricopa County, during the 2021-2022 school year.

The **Living in 2 Worlds** curriculum is based on ASU's Keeping it REAL effective strategies. The purpose of this program is to help children improve their decision making. As a part of the overall program, we will give surveys to the participants at the beginning and end of the program.

Speak Up Be Safe teaches children about personal safety. The curriculum includes information for children, parents, teachers, and communities to reinforce important safety rules. As a part of the overall program, we will give surveys to the participants at the beginning and end of the program.

Your child does not have to take the evaluation surveys to participate in the program. Participation in the evaluation surveys is voluntary and requires your permission.

What is covered in the survey? The surveys ask questions about attitudes, thoughts, and behaviors around personal safety strategies, identifying abuse and risk, and resistance of substances such as alcohol, tobacco, and other drugs. A copy of the actual surveys used to evaluate this program will be provided to you upon request.

Is the survey voluntary? Your child's participation in the evaluation of this program is voluntary. Students who agree to participate, with your permission, only have to answer the survey questions they want to answer and they may stop taking the survey at any time. Refusal to participate in the evaluation survey involves no penalty and your child can still participate in the program.

Is the information confidential? All personal information collected in the surveys will be kept private. The only place in which your child's name will appear will be on this consent form. The only persons who will see the consent form will be the staff persons conducting this evaluation.

Why do we collect this survey information? The results from these surveys help us to improve the curriculum and the program. In addition, results will inform the funders of the program about the success of the program. Names of individual students **will never** be shared.

For Further Information. If you have any questions or concerns about your child's participation in this program or the evaluation, please contact Micheon Gorman at 602-264-6768, or by email: mgorman@phxindcenter.org

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Substance Abuse Prevention Program- Parent/Guardian Consent Form to Complete Survey

Please check the appropriate box below, sign, and return this form immediately.

Yes, I **give my consent**

No, I **do not give my consent**

Name of student (Please print)

Signature of parent or guardian

Date

THANK YOU FOR COMPLETING AND RETURNING THIS CONSENT FORM!!!

Top Five Things to Know about Child Abuse

1. There are four main types of child abuse – physical, emotional, sexual, and neglect. Childhelp Speak Up Be Safe covers these topics, as well as bullying and cyberbullying, in age-appropriate and interactive lessons with trained facilitators.
2. 90% of child sexual abuse victims know the person who has abused them; 68% are abused by family members.
3. Child abuse can happen to children of any race, background, income level, culture, or religion. Child abuse happens to boys and girls of all ages.
4. Child abuse hurts children in many ways.
 - a. TODAY – children who are abused can have a hard time succeeding in school and with their friends, and they are at higher risk of being abused again.
 - b. TOMORROW - when abused children grow up, they are at higher risk for drug and alcohol abuse, risky sexual behavior, unhealthy relationships, and mental health problems.
5. It can be hard to detect abuse just by looking at a child or observing his or her behavior. Some children will not show any signs of abuse. Signs of abuse are not always visible on a child's body.

Many cases of child abuse are never reported. Adults can help to change this fact and prevent child abuse.

Five Things You Can Do to Keep Children Safe

1. **Talk to your child** – Let your child know that you want him or her to talk to you, and that you will listen and believe what your child tells you. To get the conversation started, ask your child what he or she has learned in the Childhelp Speak Up Be Safe lessons.
2. **Pay attention and ask questions** – Adults have a right to ask about what is going on with their children when they are with other people. Learn more about who is around and what is going on when your child is at friends' houses, at a club or afterschool program, or with any other adult. If something doesn't seem right, trust yourself and investigate!
3. **Follow up** – If your child tells you something that concerns you, or if his or her behavior changes, ask questions to learn more. Your questions will show that you care and will help your child talk to you in the future.
4. **Take action** - If your child tells you about abuse that has happened to him or her or another child, praise the child for telling. Taking action right away is very important. If you are not sure if abuse has happened, call a professional whose job it is to figure this out. The Childhelp National Child Abuse Hotline at 1-800-4-A-CHILD is available 24 hours a day, 7 days a week and is a confidential, anonymous hotline that can help you figure out your next steps to keep your child safe. It is better to get help than to wait until something happens again.
5. **Build your own safety network** – Talk to teachers, other parents, and people in your community about how you can support each other and work to make sure that all children are safe.