



THE FAMILY RESOURCE CENTRE

YOUR MONTHLY PARENTING RESOURCE NEWSLETTER

STOOD UP

BULLYING PREVENTION | FAMILY RESOURCE CENTRE

#GETUPSTAYUP

#STOODUPKY

SUN	MON	TUE	WED	THU	FRI	SAT
2 Support Mentorship: BBBS Walk/Run Holiday Inn 6:00 AM	3 Peer Led Leadership Training: Cayman Prep & High School	4 GAB T-Shirt Sales Peer Led Leadership Training: George Town Primary School	5 Peer Led Leadership Training: St. Ignatius Catholic School	6 Peer Led Leadership Training: Cayman Prep Primary School	7 STOOD UP Dress for a Cause Day! Peer Led Leadership Training: JACPS	8 #GetUpStayUp Follow FRC on Social Media 07
9 Bullying happens everywhere. School. Work. Home. Be an Upstander daily!	10 Peer Led Leadership Training: East End Primary School	11 Peer Led Leadership Training: Red Bay Primary School	12 Peer Led Leadership Training: John Gray High School & Edma. M Moyle	13 Create an Anti-bullying #GetUpStayUp TikTok	14 Organize your own Dress for a Cause Day within your organization!	15 Register for the STEM Girls Camp
16 Parents, Brainstorm ways to be an upstander with your children!	17 Listen to our Spotify Podcast Rethink Parenting brought to you by the Family Resource Centre	18 Rethink Parenting Radio Show 1PM BOBO FM	19 Register for the STEM Girls Camp	20 Register for How to Bullyproof Your Child Webinar	21 Organize your own Dress for a Cause Day within your organization!	22 Tag FRCCayman rocking your STOOD UP shirts. Be the change!
23 Choose kindness with persons who bully, they often need it the most!	24 Listen to our Spotify Podcast Rethink Parenting brought to you by the Family Resource Centre	25 Silent Witness March 3pm GAB How to Bullyproof Your Child Webinar- 6PM	26 Tag FRCCayman rocking your STOOD UP shirts. Be the change!	27 Conyers Inter-Schools Debate Tournament	28 Organize your own Dress for a Cause Day within your organization!	29 STEM Girls Camp 9am-3pm
30 Practice assertive communication over aggressive or passive!	31 Remember to GetUpStayUp. Keep the Conversation going!	#GetUpStayUp #StoodupKY				

It's STOOD UP - Bullying Prevention Month and we have a packed schedule for our community!

NEWSLETTER HOT TOPICS:

PAGE 2 - STOOD UP CAMPAIGN EVENTS

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PAGE 6 - BLOG - INTERVIEW WITH BIG BROTHERS, BIG SISTERS



It's officially **STOOD UP** month and we are so excited to be serving our community in a variety of ways this month!

- 1) In order to **#GetUpStayUp** we are supporting select students from participating schools to become **Upstanders** when it comes to bullying. We will be training them so they can equip their peers with valuable anti-bullying strategies and information. This is in active support of each school's own Bullying Policy.
- 2) We are selling our **STOOD UP shirts** and encourage all schools and organisations to engage in their own Dress For a Cause Day. We will be celebrating ours on Friday October 7th with a photo op on the steps of the Government Administration Building (GAB) at 9am.
- 3) Our **Rethink Parenting radio show** will be fully dedicated to **STOOD UP** and all things bullying related for our families to feel more confident in engaging in the conversation and challenging any bullying behaviour at work, school or home. Tune in on Bobo 89.1 FM every Tuesday at 1pm.
- 4) How to **Bullyproof Your Child Webinar** will be held on October 25th at 6pm. Stay tuned on our social media channels to learn more and register over Zoom.
- 5) **STEM Girls Camp** is back and will be held on Saturday 29th, where girls participate in a robotics-building challenge.

Client Testimonials



“ I would like to express my sincere gratitude to you for your guidance and support throughout the entire Triple P [Standard] program. Thank you for not only helping me to learn self control but also for helping me to understand that I cannot pour from an empty cup.

Triple P has changed my life immensely and I cannot recommend it enough. I am forever indebted to you.

“ "Triple P [Family Transitions] was great in helping me manage emotions through the transition to co-parenting. I think it is a great programme and would recommend to anyone transitioning to co-parenting relationships"

“ Andrae and Kenzy were great! Class was very informative and I have been able to implement some things into my life already, which has helped me take a few steps forward into my new life as a single mom



Rethink Parenting On Bobo 89.1 FM Tuesdays at 1pm

Parent Facilitators from the Family Resource Centre share practical, positive strategies to support families fostering happy and healthy connections.

Also available on Spotify



OCTOBER SCHEDULE

- 4th - Addressing Bullying at School
- 11th - Workplace Bullying
- 18th - The Benefits of Mentorship
- 25th - Bully-Proof Your Child

CIG Mentorship Programme Launches



THE CIG LAUNCHED IT'S FIRST-EVER MENTORSHIP PROGRAMME WHICH BEGAN DURING HONORING WOMEN'S MONTH (MARCH).

ITS OFFICIAL LAUNCH TOOK PLACE ON SEPTEMBER 9TH AT JASMINE. WE HAD SEVERAL FEMALE LEADERS PRESENT INCLUDING OUR CHIEF OFFICER OF THE CIVIL SERVICE MS. GLORIA MCFIELD.

THE OVERALL MISSION OF THIS INITIATIVE IS TO GUIDE, INSPIRE AND EMPOWER THE NEXT GENERATION OF FEMALE LEADERS IN THE CIVIL SERVICE! STAY TUNED TO LEARN ALL ABOUT THIS EMPOWERING INITIATIVE.



Recovery Month Highlights

"This year's Recovery month campaign, held throughout September, was a tremendous success! The Department of Counselling Services (DCS) were able to raise awareness about Recovery and why it is important to the community through radio appearances, webinars, donation drives, and ended the month with an Open House at Caribbean Haven Rehabilitation Centre (CHRC). These events got us all talking about recovery - both within the department, as well as with our partner agencies and the wider community. Though I was super pleased with all of the events of the month, two of the highlights for me were the donation drive and the open house. We put out an appeal on The Hub for clothing donations for CHRC and the civil service responded beautifully - our closets are now full to bursting with items for men and women who often enter treatment only with the clothes they are wearing. Being able to provide them with comfortable clothing while in treatment as well as once they begin looking for employment in their re-entry portion of treatment is amazing - it helps the clients feel cared for, experience reduced stress because these basic needs are met for them, and boosts their self-esteem.

The open house on September 30 was extremely well-attended. The team at CHRC (including the clients!) pulled together to get the facility ready and looking neat and tidy for our visitors. We received visitors from BHAC, On Couse, Infinite Mindcare, The Wellness Centre, the Bridge Foundation, HMP Officers and clinical staff, and DCR. We were also pleased to welcome our Honourable Minister Sabrina Turner, who came to lend her support, as well as a number of fellow staff from TCC and FRC. During the open house we gave tours of the facility, had time to speak and network with each other, and also presented a short talk on CHRC's new DBT programme. Feedback received from our visitors was very positive, as they recognized the steps CHRC is taking to provide innovative and evidence-based treatment for our clients. It was also a wonderful opportunity to discuss ways that we can liaise and support, and receive support from our partner agencies.

All in all, the success of this year's Recovery month campaign was rooted in the theme itself - that recovery is for everyone, and by working together we provide hope and help for our clients to build a life worth living, and we make progress towards building a better community together". - Kimberly Febres, Clinical Supervisor, CHRC

Join us for our upcoming virtual sessions!

A graphic featuring the letters 'ADHD' in large, colorful, 3D block letters (A: blue, D: green, H: yellow, D: red). The letters are being held up by four hands. In the background, there are two white chalk outlines of human heads facing each other, and several colorful puzzle pieces (red, green, blue, yellow) are scattered around the heads.

FAMILY RESOURCE CENTRE
INVITES YOU TO JOIN US VIA ZOOM FOR A
4-WEEK PARENTING WORKSHOP

**UNDERSTANDING YOUR CHILD'S
ADHD, TREATMENT OPTIONS & PRACTICAL PARENTING TIPS**

*A psychoeducational parenting workshop to provide you
with useful information and practical tips to understand
your child's diagnosis so you can better support them
and manage their challenging behaviours*

THURSDAYS AT 12:00 PM
STARTING OCTOBER 6TH



How to Bullyproof Your Child

**Bullying can be challenging for
parents. With the right tools,
parents can help their children
address bullying and support its
prevention.**

An illustration of three children sitting on a pink floor. On the left, a boy in a white tank top and black pants is looking towards the center. In the middle, a girl in a pink shirt and black pants is sitting with her head in her hands, looking distressed. On the right, a boy in a white shirt and black pants is sitting and looking towards the girl in the middle.

TUES OCT 25TH
6:00 PM
ZOOM

email us at frc@gov.ky to register today

Impact of Mentorship on Bullying



We were fortunate to have Ms Angela Martins, Executive Director of Big Brothers, Big Sisters share with us about this wonderful organisation and the value it has, specifically with bullying behaviour.

Q: How can mentorship potentially support a child who is experiencing bullying?

A: Mentorship supports mentees with recognizing their worth. They begin to look at themselves separate from what another person is doing to them and recognize another's actions aren't a reflection of who they are but who the bully is. A mentor continues to help the mentee to recognize things that they are good at, significant opportunities that are in their life and helps them to minimize the impact of the bully. They can problem solve how to bring about change. It may well be that the encouragement will help the mentee to speak with a trusted adult within any institution that this may be happening in. Mentoring helps to boost and build self-esteem, self-worth, and self-confidence. The mentors are trained to create a physically and emotionally safe space, by modeling kindness, empathy and how to build positive relationships.

Q: What about children who are bullying others, how can mentorship impact them?

A: Children who are bullying have had Adverse Childhood Experiences (ACEs) that cause them to behave in this way. It is important that mentors understand that going in, and that the child is not inherently a bully but is responding in ways due to anger and pain because what is happening in their own lives. The mentor-mentee relationship helps the child to look at themselves as being worthy and to separate from actions around them as to who they are - it is not their identity. They begin to see the impact they have on others when they are unkind to them, and to treat others the way that you would like to be treated. The mentor relationships help the child to know that they are not alone, there are others who care for them and how to work through what they are experiencing.

Q: What are the major benefits of mentorship?

A: a.It's a relationship in which a youth has a special friend, someone who listens to them, someone who is a confidant.

b.A child learns trust. This mentor is consistently showing up, doing things that they said they would do. It helps the mentees to see that they can trust adults - trust is key in relationships.

c.Demonstrating a commitment to each other. Mentees become true to values that the mentor has and sets themselves. Values are what make for a healthy and wholesome individual.

d.Mentoring helps the mentee to see beyond where they are and to realize that they have a great future. This is specifically important for children in this programme, because based on what may be happening in their lives, they may not realise all the opportunities available to them and mentors push them to become great, thriving adults.

Q: What are the requirements in order to become a “little” and how can parents register their child? Can School staff or other agencies refer a child who could benefit?

A: For a child to become a “little”, it is fairly easy. Parents need to call or email us at 345-326 - 7967 or email info@bbbs.ky and state that they would like their child to be a part of the programme. We will get back to them with a parent inquiry form and the process goes forward. The youth becomes a “little” once they are successfully matched. School staff and other agencies within the community can refer, but we also ask that any entity referring children have a conversation with the parent because ultimately any approval would have to be sanctioned by the parent.

Q: How can adults who are interested in mentorship become a Big Brother or Big Sister?

A: If you are interested in becoming a Big Brother, or a Big Sister we encourage you to go to our website bbbs.ky and submit an application. After which you will be invited into 1 of our 2 virtual orientation sessions which are held on the 2nd (at 12 Noon) and 4th (at 6pm) Thursday of each month for 60 minutes. The zoom calls help to give an overview of what we are, who we are and why we do it, as well as the options that you have in terms of the extent at which you would like to support the organization. At the end of the meeting a link will be sent to you for indication of how you would like to be a part of Big Brothers, Big Sisters. After which we will send the relevant information based on what you indicate.

Q: What would that commitment look like and what could mentors expect from the experience?

When you have been properly screened and interviewed, you would need to commit to a minimum of 1 year to the programme. Because as we spoke about earlier, it's very important that the child can see commitment. You would need to be able to meet with your little:

- 3- 4 times a month
- 2-3 ½ hours each time between picking them up and returning them home/school.
- Doing a lot of things with them such as:
 - o Educational activities
 - o Things they have never done before and challenging them out of their comfort zone.



Over the years in speaking to a number of our “bigs” what we hear back is that their mentor-mentee relationships have helped them grow as an adult, it has influenced them positively when looking at life and how their perspectives change in so many ways since being matched.

Thank you for your time! This has been so interesting to learn about.



Tune in for **Rethink Parenting on Bobo 89.1FM on Tuesday Oct 18th at 1pm to learn more about Big Brothers, Big Sisters (BBBS)**

A mentor is
someone who
allows you to
**see the hope
inside yourself.**

- Oprah Winfrey

