

## **SAFE KIDS NOW - SELF-EMPOWERMENT CHART**

Speak up and grow. **Shine a light for others!**

**American families, especially children, need neighborhood support to grow strong and resilient.** YOU can make a difference! Community involvement reduces fear, hopelessness and social isolation, which make families vulnerable to abuse, crime and violence. When citizens connect, neighbors become role models, problems decrease and children stay safe. Here are some ideas to encourage you to get involved and shine your light in your community.

**Safe Kids Now Empowerment Chart** – By helping others, we help ourselves!

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**\* 1 Star – Evaluate your impact on others.** YOU are a child of God with many undiscovered talents!

1. Do you ask questions and listen without judgment?
  2. Are you a role model, inspiring and guiding the children around you?
  3. Do children see you as stronger, confident and resilient adult?
  4. Make a list of what you would like to accomplish in the next 5 years.
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**\*\* 2 Stars – Take charge of your health and safety** – Evaluate your circle of support. Developing strong bonds with family and friends creates a safety net around your family.

1. Evaluate your relationships with friends and family.
  2. Disconnect from angry, controlling family members or “friends” who pull you down.
  3. Strengthen bonds with trusted, responsible family members and friends.
  4. Expand your network of support to include responsible neighbors.
  5. Create a circle of support. Get involved in a responsible religious church.
  6. Share your inner pain with a trusted friend or circle of friends. Forgive others to break free from any bonds that hold you back.
  7. Make a list of people who pull you up and people pull you down!
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**\*\*\* 3 Stars – Supportive Role** – What brings you joy? Discover your passion by volunteering!

1. Find out what safety programs are going on in your neighborhood and community to help youth.
2. Get to know the people with influence in your area.
3. Assist a school, church or neighborhood leader working with youth.
4. Reach out and meet two neighbors you don't know. (Read: Adopt-A-Block Guidebook)
5. Teach your child to stay safe and spiritually centered (Read: Street Safe Kids)

6. Get involved with a youth program (arts, music or sports) program that interests you.
  7. Make a list of the things that bring you joy and you are willing to help. You will discover, you are developing people skills and new talents.
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**\*\*\*\* 4 Stars – Take a leadership role – Go beyond your comfort zone!**

1. Start a youth group program based on “Street Safe Kids Guidebook.” Teach youth how to stay safe by finding their spiritual center.
  2. Promote the “Adopt-a-block program” at your civic or church group. (See: Free Flier on website)
  3. Sharing information with groups and encourage them to get involved.
  4. Write articles for your local newspaper on the plight of children and solutions. (See: FAQ’s)
  5. Find a buddy and become neighborhood leaders.
  6. Encourage pastors to support and appoint a committee to bring people together in neighborhoods (See: Adopt-A-Block Guidebook)
  7. Offer to lead workshops on the centered child and safety.
  8. Make a list of groups or activities you would like to lead.
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**\*\*\*\*\* 5 Stars – Be a leader - Speak up for community change to keep kids safe -**

1. Become an educator – Speak up to stop mental, physical or sexual abuse.
  2. Speak up about the plight of children.
  3. Speak up about the importance of connected neighbors.
  4. Become an expert. Write a column for your local newspaper.
  5. Speak to civic groups.
  6. Build your network of support with people in authority.
  7. You can become a recognized expert!
  8. Make a list of subjects that inspire you to speak up for change.
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As you take small steps, experience, contacts and time will broaden or possibly change your mission. Be patient and persistent. You will never fail, if you don’t quit.

**“In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us.”**

--Flora Edwards

For more information:

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