



Prevention Connection: Building a Healthy Community

Inside: Language Makes a Difference, Daily Challenges Daily Victories, Resilience and Self-Care, and Teen Dating Violence: What You Can Do To Help Prevent It

Language Makes a Difference by Mike Sanford, VPI

I read an article recently about language, specifically ditching some of the negative words we use. We all know these times are challenging. But when we use words like “difficult” or “hard”, those are words that instills more negativity or that we aren’t able to overcome the challenges. For example, the word “hard” resembles something solid like a rock or concrete, essentially something that’s unbreakable or insurmountable. Let’s ditch that word and use something that will get us to persevere and overcome, such as “messy”. When we say words like “messy”, it shows that we are empowered to clean it up. It focuses on a growth mindset vs. a fixed mindset.

Another example are words that are extreme, such as “always” or “never”. If you have adolescents, you get this. Adolescents use these words a lot. When we use extreme words, we are taking it to impossibilities. Think about it, have you heard someone say, “You never...” or “You always...” It sounds rather silly, but extreme words damage relationships and instills that fixed mindset.

When you meet or see someone who shows positivity, pay close attention to the words they use. They often see things as a “challenge” or “messy” not “difficult” or “hard”. They also look at ways to learn from the experience rather than dwell on the negative.

Special points of interest:

For more information on Positive Language go to:

https://www.healthline.com/health/positive-self-talk#_noHeaderPrefixedContent

<https://multilingual.com/positive-language/>

Daily Challenges Daily Victories by Ch. Cooper

Often when looking for stories of resiliency we are attracted to those great feats of human endurance and fortitude in the face of insurmountable odds, such as POWs, concentration camp survivors, those who overcame horrendous accidents or serious illnesses. While they all provide great lessons on perseverance, their stories are often so unique that we have difficulty resonating with them.

Such is not the case with a story I am just finishing. It is the memoir of Justice Clarence Thomas, an Associate Justice on the United States Supreme Court. Called, *My Grandfather's Son*, it's the story of his journey from abject poverty in southern Georgia to a seat on the Supreme Court in Washington DC. I did not expect to identify with his story, but surprisingly I did. By describing so thoroughly his journey, I realized that while his life was radically different than most (including mine), the challenges he faced were in many ways quite common. This is not to discount the struggles he faced unique to his race, his times, and his environment; they play a most significant part in his story. Nonetheless, there are elements of his story of perseverance I think we can all relate to.

Here are some of the hurdles he faced and overcame. As a child he was raised in, and surrounded by, poverty. Voices of helplessness and hopelessness dominated his formative years. Accusations of betrayal plagued his conscience. Cultural forces relentlessly tried to shape him, challenging his personal integrity and identity. Subordinates sabotaged his leadership to advance their own agendas. He was lied about, slandered, falsely accused and publicly ridiculed. He suffered the loss of family members and friends.

Can you relate to any of these? Have you been scorned and ridiculed? Have you been lied about? Have others tried to force you in their own mold? Have you lost someone close to you? Have you faced peer pressure to compromise your identity and integrity? Have others tried to

Daily Challenges Daily Victories by Ch. Cooper, cont.

subvert your efforts? Have you faced voices of defeat and discouragement? Often resiliency isn't so much about overcoming one giant hurdle, but relentless hurdles. It is the accumulation of those daily things that most challenge our perseverance and test our resiliency. So how are we to overcome these?

In spite of all the challenges he faced, Clarence Thomas stayed true to his values, principles and goals. He never wavered in his personal convictions and desire to do what is right. He emerged strong and even more determined. That's what resiliency is all about, isn't it? Emerging from the challenge better than before. So how did he do it? Four observations: His personal integrity-values, principles, convictions-gave him strength. Dependable and wise friends provided guidance and support. His family roots gave him a foundation. Finally, and most importantly, personal faith restored his soul. These are daily tools for the daily challenges and I am confident that if they worked for Clarence Thomas they can work for all of us.

Resilience and Self-Care by Rita Shedd

Rita Shedd, LICSW, Director of Psychological Health, 612-919-2683. Call or text Monday-Friday and UTA weekends.

**Excerpt from: Ronald J. Place, MD, LTG, US Army
Director, Defense Health Agency**

“ ** Provider resilience and self-care are more important than ever during COVID-19. In response, the DHA created a Provider Resilience Toolkit to help providers recognize the signs of burnout, take self-care breaks, and find meaningful connections for support. The toolkit offers digital health tools created by psychologists, including the following tools: Provider Resilience App, Virtual Hope Box App, Breathe2Relax App, and the Military Meditation Coach Podcast. Check out the toolkit at: <https://go.usa.gov/xAAAx>”

Teen Dating Violence Awareness by the AFPC Integrated Resilience Division

Why do we focus on preventing Teen Dating Violence (TDV)? According to the Center for Disease Control, TDV is common—affecting millions of teens in the U.S. each year. Data from CDC’s Youth Risk Behavior Survey and the National Intimate Partner and Sexual Violence Survey indicate—Nearly 1 in 11 female and approximately 1 in 15 male high school students report having experienced physical dating violence in the last year. We know supporting the development of healthy, respectful, and nonviolent relationships has the potential to reduce the occurrence of TDV and prevent its harmful and long-lasting effects on individuals, their families, and the communities where they live. (CDC.gov) While February is designated as the month we focus on awareness and prevention of teen dating violence, we encourage you to take steps year-round to integrate efforts. As we work together to reduce risk and increase protective factors, we make it less likely youth in our communities are impacted.

-Learn more here >><https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>

Helping Resources

Military OneSource: For non-crisis concerns, such as relationship, family, or financial challenges, MOS provides 24/7 service to all Service members and eligible family members. Arrange a face-to-face, phone, online, or video counseling session via the contacts below.

Phone: 800-342-9647 Web: www.militaryonesource.mil

Chat: livechat.militaryonesourceconnect.org/chat

911: In an emergency, dial 911 or your local emergency number immediately. An emergency is any situation that requires immediate assistance from the police, fire department, or an ambulance. Contact Information

Phone: 911 Web: www.911.gov

Love Is Respect: If you know of a teen or parent that could benefit from speaking to a caring, well-trained peer advocate, please connect them with the National Dating Abuse Helpline, a project of the National Domestic Violence Hotline, at 1-866-331-9474 (TTY: 1-866-331-8453), by texting "loveis" to 77054, or through live chat at www.loveisrespect.org

Virtual Messaging Calendar Template

Use this virtual messaging calendar to share images and messages on teen dating violence prevention across your social media platforms, including Facebook, Twitter, and Instagram.

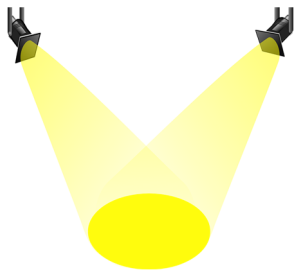
Date	Content	Link
	<p>How would you know if your child is in an abusive relationship? Know the signs of abuse and intervene when necessary.</p> <p>#TDVPAM #USAFPvention</p>	<p>https://www.loveisrespect.org/resources/what-to-look-for/</p>
	<p>Resources are available to chat with parents/teens about preventing or leaving abusive relationships. Reach out to Family Advocacy, MFLCs, Chaplains, Military OneSource or EAP to learn more.</p> <p>#TDVPAM #gethelp Text: LOVEIS to 22522</p>	<p>https://www.loveirepect.org/get-help/</p>
<p>2/14/2021</p>	<p>In honor of Valentine's Day, let's talk about the beauty of a healthy relationship! Comment below 1 thing you love about your relationship.</p> <p>#TVDPAM #ValentinesDay #LOVEIS</p>	<p>https://www.loveisrespect.org/resources/proactive-support/</p>

Virtual Messaging Calendar Template, cont.

Date	Content	Link
	<p>As a parent, you have a lead role in helping your child develop healthy relationships and supporting them to leave bad ones. Complete this phrase in the comments below "I support my child in developing healthy relationships by..." #TDVPAM #BeProactive #LOVEIS</p>	<p>https://www.loveisrespect.org/resources/proactive-support/</p>
	<p>How would you help a friend in an abusive relationship? Help teens identify ways to intervene with friends in crisis. This quiz will help them prepare. #TDVPAM #USAFPvention</p>	<p>https:// www.loveisrespect.org/quiz/ how-wouldyouhelp-someoneinabusiverelationship/?%3E</p>
	<p>The best way to help your child escape an abusive relationship is to love them unconditionally and be present for them. #TDVPAM #LOVEIS</p>	<p>https://www.loveisrespect.org/resources/how-to-help-child/</p>

Virtual Messaging Calendar Template, cont.

Date	Content	Link
	<p>Where does your relationship fall on the Relationship Spectrum? LevelsRespect developed a resource to help you figure it out.</p> <p>#TDVPAM #LOVEIS #USAFPvention</p>	<p>https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2020/09/Relationship-Spectrum-final-1.pdf</p>
	<p>Texting is a common method of communication for young people in relationships, making it important to talk to teens about healthy communication and boundaries in digital platforms. Learn about respectful texting and digital boundaries.</p> <p>#TDVPAM #LOVEIS</p>	<p>https://www.loveisrespect.org/resources/respectful-texting-in-a-relationship/</p>
	<p>Fill in your own...</p>	



Resource Spotlight

Violence Prevention (612-713-1159) - The Violence Prevention Integrator (VPI) provides education and training to all military and DOD civilian employees in the areas of suicide prevention and sexual assault awareness. The VPI also provides consultation to wing members in preventing workplace violence, teen dating violence, domestic violence, human trafficking, bullying, and stalking. In addition, the VPI provides information and training on the Air Force's resiliency program (Comprehensive Airman Fitness).

Prevention Partners/Response:

Violence Prevention: 713-1159

Sexual Assault Response Coordinator:
713-1315

Director of Psychological Health:
713-1224

Airman & Family Readiness: 713-1516

Personal Financial Counselor:
612-297-2826

Chaplain Corp: 713-1226

Equal Opportunity: 713-1221

Exercise Physiologist: 713-1472

Security Forces (BDOC): 713-1101/1102

Military One Source: 1-800-342-9647

DoD Safe Helpline: 1-877-995-5247

Suicide Prevention Lifeline:
1-800-273-8255

National Domestic Violence Hotline:
1-800-799-7233

National Human Trafficking Resource
Center: 1-888-373-7888

APP* Spotlight and Self Care Strategy—Add this to your Tool Box!



Circle of 6© is a personal safety app developed for anyone to use. It is the winner of the 2011 White House and HHS "Apps Against Abuse" Technology Challenge and Winner of Avon Foundation for Women/Institute of Medicine "Ending Violence @Home". Circle of 6© lets you choose up to 6 trusted friends to add to your circle. If you are in an uncomfortable or sticky situation, you can alert your friends via a preprogrammed text alert message sending them your exact location.

Messages can be in the form of "come and get me", "call and pretend you need me", or "I need to talk". This program was designed for college students that's fast, easy to use, and private.

*The DOD and Air Force does not endorse any organization or product listed.