

# Children First

Our mission is to respond to the complex needs of abused and neglected children, and those involved in their care, by providing best practice counseling, legal, and educational services. Through research, communications and training initiatives, we work to expand these programs to prevent abuse and help more children heal.



## BOARD OF DIRECTORS

### *President*

David R. Stack

### *Vice Presidents*

Elizabeth Mayhew

Karl G. Wellner

### *Secretary*

Frank E. Sommerfield

### *Treasurer*

Lincoln E. Frank

### *Directors*

Peter W. Espy

Neil Friedman

Maarit Glocer

Joan Granlund

Penny Grant, MD

Valesca Guerrand-Hermès

Holly M. Kelly

Federico G.M. Mennella

Alexandra Papanicolaou Shaheen

Tatiana G.P. Perkin

Mark S. Weiss

### *Honorary Director*

Elbridge T. Gerry, Jr.

### *Executive Director*

Mary L. Pulido, Ph.D.

## CHILDREN'S COUNCIL

Anne and Bob Arns

Emma Bengtsson

Regina Calcaterra

Victor de Souza

Aaron Fisher, Dawn Hennessy, &

Michael Gillum

Kimberly Guilfoyle

Sophie B. Hawkins

Hon. Joseph M. Lauria (Ret.)

Anita Lo

Deborah Norville

Kelly Rutherford

Sapphire

## Explaining Acts of Violence: Talking to Your Child about Terrorism

**By Mary L. Pulido, Ph.D.**

Executive Director, The New York Society for the Prevention of Cruelty to Children

The spate of recent terrorist attacks can cause fear and anxiety for children, particularly younger ones. Sooner or later, most parents will need to have a conversation with their child about these devastating events and answer their questions about terrorism.

I recommend that you frame it in such a way that you're not producing unnecessary anxiety for your children, but providing them with enough detail to satisfy their curiosity or concerns. After the terrorist attacks of 9/11, I was a provider of crisis counseling services to children, teachers and parents under a Project Liberty grant to The NYSPPCC.

Here are my suggestions.

**Monitor the TV and the Internet Coverage that Your Children View.** Terrorist acts are intended to spread fear and anxiety. Extensive news coverage can worsen this problem for both children and adults. Be an active participant in monitoring the type of information they receive. I recommend that children under the age of five or six not be exposed to the media images, as developmentally, they are not ready to comprehend this type of violence. The American Psychological Association has [a good tip sheet](#) regarding "How much news coverage is okay for children?" Parents should diligently monitor the TV, computer, newspapers, etc. to make sure that children are not repeatedly exposed to the graphic, violent images and photos. **You can't "unsee" something.**

Research following the terrorist attacks in Oklahoma City and on 9/11 showed that children who continuously watched the coverage had more symptoms related to trauma.

**Let them know you are there to listen to their questions and concerns.** Some children will talk and some won't. Both of these reactions are okay. What children need is reassurance that you are available to answer their questions when they are ready to discuss what happened in the most recent terrorist attack.

When they do raise concerns, you can ask "What do you want to know about what happened?" Or, "Tell me what you've heard about what happened?" Keep your conversation age-appropriate.

**Find out what frightens them and address it.** Most children will want to know the bottom line – Will I be okay, will you be okay and is this going to happen here? Their emotions will vary based on their age, personality, religious background and their connection to the attacks. Also, keep in mind that trauma is cumulative in nature. So, if your child has experienced other traumas in their

CONTINUED ON PAGE 5

## Letter from the Executive Director



Dr. Mary Pulido

Dear Friends:

It's spring time again, and exciting things are happening at The NYSPCC!

Our Training Institute, through which The NYSPCC shares its expertise and best practices with the child welfare field and others engaged in the important task of protecting children, is flourishing. Most recently, the New York State Office of Children and Family Services (OCFS) invited me to provide training to child protective

services (CPS) staff throughout the state, helping them to manage the secondary traumatic stress they experience after working on cases involving child fatalities and other tragic incidents. Crisis debriefing is crucial for reducing the excessive levels of post-traumatic stress symptoms that can interfere with a CPS worker's ability to serve children effectively. So far this year, I provided the training in Albany, Orange County, Nassau County, Rockland County and Sullivan County. We are also providing this training nationally. In January, I attended the San Diego International Conference on Child Abuse and Neglect, where I presented, "2000 CPS Workers Speak: Evaluating Crisis Debriefing after Child Fatality and Other Critical Incidents." Seventy-five professionals attended (standing room only!), and the program was very well-received. We're pleased to provide this service to benefit those charged with protecting the safety and well-being of children.

I'm also thrilled to tell you that The NYSPCC is going to Greece. With support from the Stavros Niarchos Foundation, The NYSPCC will work in collaboration with the Athens-based ELIZA-Society for the Prevention of Cruelty to Children to adapt our child sexual abuse prevention program, Safe Touches, for the Greek education system. Child sexual abuse is a pervasive and underreported crime in Greece, just as it is in the United States. Since 2007, The NYSPCC's Safe Touches workshops have taught more than 16,000 children in New York City how to protect themselves from sexual abuse, and we're proud to have been invited to share our knowledge and experience to help the children of Greece.

We look forward to seeing you at our upcoming events. Please mark your calendars!

- On Tuesday, April 12<sup>th</sup>, in honor of National Child Abuse Prevention Month, we will host our Spring Luncheon at The Pierre Hotel, with very special guest speaker, Drew Barrymore;
- On Thursday, May 12<sup>th</sup>, our Junior Committee Event will be held at Tao Downtown; and
- On Monday, November 14<sup>th</sup>, our 2016 Gala Wine Dinner will be held at The Metropolitan Club.

To stay informed of these events, and more, please be sure to follow us on [Facebook](#) and [Twitter](#), and join our e-mail list at [www.nyspcc.org](http://www.nyspcc.org).

Our work throughout New York City and beyond would not be possible without the continued support of our friends and colleagues. Thank you for your continued belief in our mission and for helping to keep children safe. We look forward to sharing a great year ahead with you.

Warm regards,

Mary L. Pulido, Ph.D.  
Executive Director

## The NYSPCC's 5<sup>th</sup> Annual Spring Luncheon

Featuring Drew Barrymore



**Tuesday, April 12, 2016**

**12:00-2:00pm | The Pierre Hotel**

**Keynote Speaker: Mother, Actress, Author and Entrepreneur, Drew Barrymore**

Drew Barrymore is the co-founder of Flower Films, Flower Beauty, Flower Eyewear and Barrymore Wines. Now, she is a *New York Times* best-selling author with her book, *WILDFLOWER*. Ms. Barrymore is dedicated to supporting organizations that serve children.

### FOR MORE INFORMATION



**212.233.5500 ext. 216**



**[info@nyspcc.org](mailto:info@nyspcc.org)**



# SAVE THE DATE

## Junior Committee Spring Benefit

**Thursday, May 12, 2016**

**Tao Downtown**

**FOR RESERVATIONS AND FOR MORE INFORMATION**



**212.233.5500 ext. 216**



**[info@nyspcc.org](mailto:info@nyspcc.org)**



## Emma Bengtsson Joins Our Children's Council



Photo: Signe Birck

Emma is currently Executive Chef at Aquavit. Named one of 2015's best new chefs, Emma began working at Aquavit in 2010 as Pastry Chef. Her creative interpretations of classic Scandinavian desserts and breads were so well received that it helped Aquavit earn one star in the Michelin Guide New York City in 2013 and 2014. In recognition of her talent and fresh perspective, Håkan Swahn, the owner of Aquavit, offered her the role of Executive Chef in spring 2014. She accepted the job, and since then has injected the menu with her personal style and experience. In October, her work garnered a second Michelin Star for Aquavit, making her the second female chef in the US to run a two-star kitchen and the first ever Swedish female chef to do so.

Emma was first introduced to The NYSPCC in 2015, when she agreed to design our gala wine dinner. To our good fortune, she was moved by our mission and graciously decided to join The NYSPCC Children's Council to help us protect the safety and well-being of children. Thank you Emma!

The NYSPCC would like to welcome Chef Emma Bengtsson to our Children's Council. Emma grew up in a small town in Sweden and began cooking with her grandmother at a very young age. She studied culinary arts, including both savory and pastry cooking, at Stockholm's Hotel and Restaurant School. She worked at highly acclaimed restaurants in Sweden and Australia, before making her way to New York.

## Program Spotlight: Safe Touches Goes International!



Our Safe Touches Puppet Friends

The NYSPCC's child sexual abuse prevention program, Safe Touches: Personal Safety Training for Children is the only sexual abuse prevention workshop in New York City public schools specifically designed to reach children, who are in kindergarten through the third grade (ages 5-9)—the highest-risk age group for child sexual abuse. Using puppets and role play, Safe Touches workshops teach children the difference between a safe and not safe touch, assertive language skills, and how to seek help if they ever feel unsafe. **In 2015, The NYSPCC provided 181 Safe Touches Workshops in 21 schools, reaching 3,657 children.** Teachers provided overwhelmingly positive feedback, with 97% reporting that they found the workshop to be very effective at explaining the difference between a "safe touch" and a "not-safe touch" in a way children can easily understand.

We're excited to tell you that Safe Touches will soon be making an international impact. **In 2016, The NYSPCC will begin working with ELIZA-Society for the Prevention of Cruelty to Children to adapt Safe Touches for the Greek population and pilot the first widespread school-based child sexual abuse prevention program in Athens, Greece.** According to data from 2012, one in six children in Greece are victims of at least one incident of sexual abuse during their childhood years. There is not enough being done to educate children, parents, and school faculty about prevention strategies. By adapting The NYSPCC's Safe Touches model to the distinct needs and population of Greece, thousands of children in Greece will benefit from this proven prevention program.

## 2016 Family Benefit

On Sunday, February 28, 2016 The NYSPCC hosted its Family Benefit, featuring a lunch reception at Azalea and the Broadway musical, *School of Rock* at the Winter Garden Theatre. The NYSPCC would like to thank our dedicated co-chairs and wonderful supporters for making it a great afternoon for the agency.

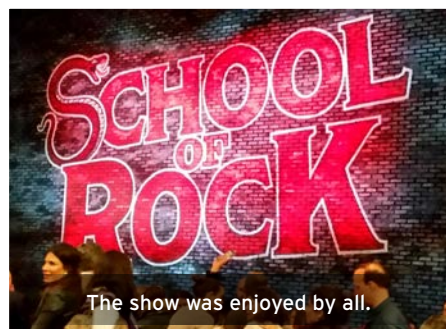
### Family Benefit Co-Chairs:

Chani Churchill  
Eliza Dyson  
Peter W. Espy  
Tania Higgins  
Tatiana Perkin  
Whitney Topping  
Nelli Voorheis

Photos: Annie Watt



Children of NYSPCC supporters play music with Dr. Pulido.



We would like to thank the following corporate sponsors:



## 2015 Gala Wine Dinner

The NYSPCC held its 2015 Gala Wine Dinner on November 16, 2015 at the Metropolitan Club in Manhattan. The event began with a cocktail reception and wine tasting, followed by a delicious meal designed by Chef Emma Bengtsson, Executive Chef of Aquavit and winner of two Michelin stars. The Gala Wine Dinner was hosted by Deborah Norville, Host of *Inside Edition* and a member of The NYSPCC's Children's Council. We extend our heartfelt thanks to those of you who supported the event. It was a tremendous success—surpassing our fundraising goal and bringing in crucial support for NYSPCC programs!

Special thanks go to our Gala Dinner Chairs, Co-Chairs, and Vice Chairs for their unwavering dedication toward The NYSPCC and helping to make our Gala a huge success!

### Gala Dinner Chairs:

David & Sarah Stack  
Karl Wellner & Deborah Norville

### Dinner Co-Chairs:

Maarit & Thomas Glocer  
Tania Higgins

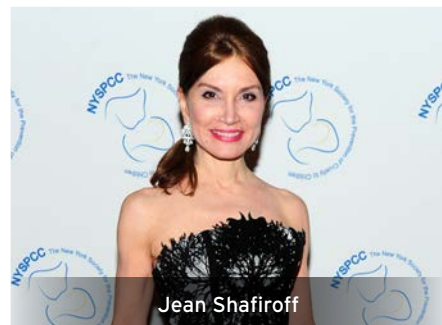
### Vice Chairs:

Lauren Cramer  
Neil & Amanda Friedman  
Mr. & Mrs. Elbridge T. Gerry, Jr.  
Joan Granlund  
Penny Grant, MD  
Valesca Guerrand- Hermès  
Holly Kelly & Andrew Lipsky  
M. David & Mary Alice Sherrill  
Mark S. Weiss

Photos: Patrick McMullan



Karl Wellner, Deborah Norville,  
Dr. Mary Pulido, Frank Sommerfield,  
Dr. Penny Grant, David Stack



Jean Shafiroff



Peter Georgiopoulos, Deborah Norville



Russ Coniglio, John Varsoli



Kimberly Guilfoyle, Frederick Anderson,  
Kelly Rutherford



Dr. Thomas Kelly, Dr. Mary Pulido,  
Federico G.M. Mennella



Catherine and Hakan Swahn,  
Karin Day Kingsley, Paul Kingsley



Kara Georgiopoulos, Karl Wellner,  
Lauren Veronis, Christine Schwarzman



Kathleen Giordano, James Palazza

NOVEMBER

14

# SAVE THE DATE

## 2016 Gala Wine Dinner

**Monday, November 14, 2016**

**The Metropolitan Club**

FOR RESERVATIONS AND FOR  
MORE INFORMATION

📞

**212.233.5500 ext. 216**

✉️

**info@nyspcc.org**



## Talking to Your Child about Terrorism

CONTINUED FROM PAGE 1

life, these terrorist attacks may put them at risk for higher distress. The National Association of Social Workers (NASW) has a tip sheet that describes children's varied responses to terrorism.

**Stick to the facts.** Children may have heard many different and possibly conflicting stories that could cause confusion for them. Be concrete. For example if you are addressing the recent terrorist attacks in Paris, you can say "There were some people who did not like the country of France. They wanted to hurt them, so they attacked innocent people at a concert and at a soccer game to try to scare all the people in Paris and around the world. Many people died. It is very sad for all of us."

Your child may then raise issues about death and what happens afterwards. Depending on your beliefs, you should answer these questions as best you can.

**There are many heroes helping now and during the days beyond.** Talk about the brave efforts of the army, police, firemen, other first responders and medical providers helping in the aftermath. It's also good to let them know how important it is for a community to band together to support each other during difficult times. Emphasize kindness and hope.

Here are a few scenarios to think about.

**If your children become upset after reading the newspaper or watching TV, encourage them to discuss their feelings.** Normalize and validate them. Don't try to "correct" them. There are no right or wrong feelings, and each child's reaction will be different.

Children could be very moody, depressed, angry, anxious and possibly even cry. Acknowledge that these attacks make many people very sad. It's completely understandable. Praise your children for being able to express their feelings. Then talk about what might make them feel better. For younger children, diverting them with play is helpful. For older children, it may be playing sports, watching a comedy or other uplifting movie.

If your child asks "What is a terrorist?" you can tell them that a terrorist is someone who tries to hurt and scare people. They are trying to make people afraid. Terror is another word for being very scared. I would

then add that there are not many terrorists in the world, but there are many good people in the world working hard to keep them safe.

If your child asks "Why did they do that?" you can say, "The people who set off bombs and/or attacked people were terrorists. They were very angry and wanted to hurt people. They did this to scare people and to cause much harm and damage to the people who live/work there."

I suggest that you stay away from going into detail about ISIS/al-Qaeda and other terrorist groups. Your child needs reassurance that he/she is safe and not in danger.

If your children ask, "Will it happen here?" you can tell them that the President of the U.S. and our local police and firemen are working every day to keep us safe.

**Create (or go over) your Family Emergency Plan.** You may also want to reassure your children by creating an emergency plan. Calmly explain to your children you are ready for an emergency and have a plan that will keep them safe. The Homeland Security website provides [a template](#) for parents to use to create a plan with their children. The components that you should cover are:

- Contact person(s) in case of an emergency. What will happen if they are in school or you are in work or separated from them. Who is the "go to" at that time?
- The meeting location if family members are separated.
- How to call 911 if an emergency happens in the home.
- Emergency supplies that you keep at home, medicine, money and a cell phone, canned food, water, flashlight, battery operated radio, first aid kit, etc.

Review the plan with your children when it is NOT an emergency so they can digest it and ask questions that may come up before an emergency arises.

Keep tabs on yourself. You probably have strong feelings about what happened in the recent terrorist attack. Reactions such as intrusive thoughts, being hyper-vigilant, or just being sad are common. It's okay to share how you are feeling with your children. You will serve as a role model for them and reassure them that these hard conversations are possible.

## NYSPCC Children's Holiday Party

The NYSPCC hosted its annual holiday party on December 15, 2015. All of the children and families The NYSPCC serves were invited to attend. They enjoyed dinner, entertainment, arts & crafts and games. Thanks to Alexandra Papanicolaou Shaheen, Hudson Bova, Marc Lewinstein, Audrey Seybert, Matt Semino and the rest of Junior Committee for underwriting the cost of clowns, Sammie & Tudie. Your support helped us to create a happy and memorable holiday event for the children we serve.

We would also like to thank the individuals and companies who supported our holiday toy drive.

Colgate-Palmolive Company  
Gretchen Dec  
Liza Donor  
May Ho and Family  
Montessori School of Manhattan  
Little Pim  
Alexia Panza  
Henry De La Paz  
Melissa Regan  
Remedy Health Media  
Arturo Riddick  
Isabel Rose  
StoryBook Genius Publishing  
Laura Szamatulski  
Gia Vigliotti  
Maureen Ward  
Ashley Williams



Decorating holiday ornaments.



Face painting with Tudie.

# Help Us Keep Children Safe!



*Safe Touches: Personal Safety Training for Children* is a child sexual abuse prevention program that empowers children with the knowledge they need to protect themselves from sexual abuse and to seek help if they ever feel unsafe.

Since 2007, The NYSPCC has been bringing *Safe Touches* to children in Kindergarten through 3rd grade, in NYC schools. These children, ages 5-9, are in the highest-risk age group for child sexual abuse—so it is a critical time period to teach them about the privacy of their bodies.

In 2015, The NYSPCC provided *Safe Touches* workshops to 3,657 children in 21 NYC schools, and your support can help us reach even more.

## Please consider making a gift at one of the following levels:

- **\$500** provides one classroom with a *Safe Touches* workshop.
- **\$250** provides one *Safe Touches* workshop adapted for parents.
- **\$100** provides 100 children with a free copy of the activity book, *Keeping My Body Safe!*
- **\$ \_\_\_\_\_** Other amount.

**CLICK TO  
DONATE**

## Special Thanks

We are grateful to the following supporters who have made Annual Fund gifts of \$500 or more from November 1, 2015 through February 15, 2016, to help support our work with NYC's children:

- 42nd Street Development Corporation
- Alvo International, Inc.
- Gary Belsky
- Mr. & Mrs. Craig R. Callen
- Rosario "Russ" Coniglio
- The Dammann Fund, Inc.
- Polly Espy
- Alexandra Gardner
- Elbridge T. Gerry, Jr.
- Libbie F. Gerry
- Mr. & Mrs. Lloyd H. Gerry
- Help for Children
- Hyde and Watson Foundation
- Mr. & Mrs. James L. Kinnear
- Mr. & Mrs. Jeremy R. Kramer
- Mr. & Mrs. Peter L. Malkin
- Martin S. Paine Foundation
- Metzger-Price Fund, Inc.
- Jonathan Newhouse
- The Perkin Fund
- Mr. & Mrs. Joe C. Purcell
- The Richard & Natalie Jacoff Foundation
- RM Staffing Associates, LLC
- Robert Wood Johnson Foundation
- Beth M. Silverman
- Staff Management Group, LLC
- Thanksgiving Foundation
- Mr. & Mrs. William B. Tyree
- Ventnor Beauty Supply Inc.
- The William Stamps Farish Fund
- van Ameringen Foundation

## Ways To Support The NYSPCC



Choose The NYSPCC  
at AmazonSmile at  
[smile.amazon.com/ch/13-1624134](https://smile.amazon.com/ch/13-1624134)



"Like" us on Facebook at  
[facebook.com/NYSPCC/](https://facebook.com/NYSPCC/)



Follow us on Twitter at  
[twitter.com/nyspcc](https://twitter.com/nyspcc)



Make a one-time or  
reoccurring gift at  
[www.nyspcc.org/donate](https://www.nyspcc.org/donate)



Ask your employer about  
matching gifts and  
corporate sponsorships