

COMMUNITY

SARCC receives grant to provide programs

Lebanon Daily News

LEBANON » SARCC was recently awarded funds through The Kids Trust Fund to provide the Building Healthy Relationships Summer Program at eight YMCA camps, one U-GRO facility and two Luthercare for Kids facility, which will include approximately 220 children across Lebanon County.

Each program builds ability to resist bullying and sexual assault by developing their resiliency skills as well as their basic knowledge of these issues. The program teaches the understanding, empathy and communication skills that foster healthy relationships, which require interactions of mutual respect.

This evidence-based program's theme is to change the social norm to one where everyone is treated with respect, dignity, and where bullying is not tolerated. Through participation in a skills-based program, which includes

hands-on activities and in-depth discussions, children deepen their understanding of the ways that bullying disrespects a person's own identity. Children learn how to identify and articulate their own boundaries while respecting others by engaging in "play" and arts activities.

Participants in the program will increase their ability to examine self-identity and personal safety boundaries, develop effective communication skills, and identify safe adults. Program discussions and activities are reinforced by providing take-home activities for parents and children to work on together to develop skills to improve communication about sexual harassment and healthy relationships.

The mission of The Kids Trust, created in 2005, is to help young children of abuse grow up in a happy, safe, and exciting environment.

To learn more about SARCC services go to www.sarcclebanon.org.



SUBMITTED

Gary V. Rusen, SARCC's director of education and training, teaches an activity on Healthy Relationships to children at the Lebanon Valley YMCA Summer Camp.