

Introduction:

The slide presentation included in this Community Toolkit has includes links to useful videos and other resources to spur discussion. For those of you looking for more background information, resources, or ideas, here is a list organized by categories of interest, and within those categories, by types of media.

INCLUSIVENESS WHEN WORKING WITH YOUTH

1. Websites

- GLBTQ youth:
 - a. Advocates for Youth: <http://www.advocatesforyouth.org/topics-issues/glbtc?task=view>
 - b. Identity, Inc. in Anchorage, AK: <http://identityinc.org/>
- Youth with Disabilities:
 - c. Advocates for Youth: <http://www.advocatesforyouth.org/topics-issues/developmental-intellectual-disabilities?task=view>
 - d. State of Alaska Special Education: <https://education.alaska.gov/tls/sped/>
 - e. UAA Center for Human Development: <https://www.uaa.alaska.edu/centerforhumandevlopment/>
- Cultural Competency and Alaska Native youth:
 - f. Advocates for Youth: <http://www.advocatesforyouth.org/topics-issues/culturalcompetency?task=view>
 - g. Alaska Native Youth Resource Basket: <http://alaskanativeyouth.org/resources/tools/>

YOUTH WELLNESS & SEXUAL HEALTH

1. Websites

- h. We R Native: <http://wernative.org/>
- i. ANTHC's I Know Mine: www.iknowmine.org/
- j. Planned Parenthood Sexual Health Information for Teens: <http://www.plannedparenthood.org/teens>
- k. Yugtun Defenders: <http://www.uaf.edu/files/canhr/Yugtun-Defenders.pdf>
- l. Alaska Native Youth Resource Basket: <http://alaskanativeyouth.org/resources/tools/>

2. Books

- a. Order the FREE Amazing Brain booklet series (on the basics of children’s brains, how trauma affects the brain, positive discipline, the teen brain, and how hard times in the childhood of parents can make parenting challenging and what to do about it):
<http://dhss.alaska.gov/dph/Chronic/Pages/InjuryPrevention/akfvpp/clearinghouse.aspx#amazingbrain>

ADOLESCENT RELATIONSHIP ABUSE & ABUSE PREVENTION

1. Websites

- a. ANTHC’s **I Know Mine**: <http://www.iknowmine.org/for-youth/dating-domestic-violence>,
<http://www.iknowmine.org>
- b. National Organization **Futures Without Violence** (FWV): www.futureswithoutviolence.org
- c. That’s Not Cool (on texting, sexting, and more): www.thatsnotcool.com
- d. National Teen Dating Abuse help line/chat/text/website: www.loveisrespect.org
- e. Alaska Network on Domestic Violence & Sexual Assault (ANDVSA): www.andvsa.org
- f. Lead On! For Peace and Equality in Alaska: <http://dps.alaska.gov/cdvsa/Prevention-Lead-On.html>
- g. Stand Up, Speak Up Alaska: <http://dps.alaska.gov/cdvsa/Prevention-Stand-Up-Speak-Up-AK.html>
- h. Talk Now Talk Often Alaska (tools for adult-teen conversation) :www.tntoak.org
- i. The Fourth R: <http://dps.alaska.gov/cdvsa/Prevention-Fourth-R.html>
- j. When I Am An Elder: <http://dps.alaska.gov/cdvsa/Prevention-When-I-Am-An-Elder.html>

2. Books

- a. A Booklist for Teen Dating Violence Awareness Month:
<http://www.nypl.org/blog/2011/02/25/teen-dating-violence-awareness-month-booklist>

3. Videos

- a. 1 min video on **textual harassment**: <https://www.youtube.com/watch?v=wOWSnxO5hog>

CHILD ABUSE

1. Websites

- a. Reporting in Alaska: Office of Children's Services (OCS):
<http://dhss.alaska.gov/ocs/Pages/publications/reportingchildabuse.aspx>
- b. Healthy Families Domestic and Sexual Violence (DV/SV) [resource guides](#): Reporting Options for Children.
- c. Alaska Children's Alliance: <http://alaska.nationalchildrensalliance.org/>

DOMESTIC AND SEXUAL VIOLENCE (DV/SV)

1. Documents

- a. Healthy Families DV/SV Basics document:
http://www.anthctoday.org/epicenter/healthyfamilies/basic_definitions_dvsv_111914.pdf
- b. Healthy Families Advocacy Basics document:
http://www.anthctoday.org/epicenter/healthyfamilies/basic_definitions_advocacy_111914.pdf
- c. Healthy Families Domestic and Sexual Violence (DV/SV) regional resource guides:
www.anthctoday.org/epicenter/healthyfamilies

2. Websites

- a. Rape culture: what it is, resources on addressing this issue, and how to have conversations:
 - i. [Huffington Post](#)
 - ii. [Textual harassment](#)
 - iii. [Www.thatsnotcool.com](http://www.thatsnotcool.com)

3. Resources on Consent

- a. Animated cup of tea consent analogy:
<https://www.youtube.com/watch?v=fGoWLWS4-kU>
- b. Cartoon consent analogy:
<http://everydayfeminism.com/2015/06/how-society-treats-consent/>
- c. Laci Greene's Consent 101 (target audience-youth):
<https://www.youtube.com/watch?v=TD2EooMhqRI>
- d. The Consensual Project (target audience-students):

<http://www.theconsensualproject.com>

e. Ethics of consent lecture:

<https://www.youtube.com/watch?v=V1rtQmDXfN0>

ADVERSE CHILHOOD EXPERIENCES (ACEs)

1. Websites

- a. Networking/resource sharing: www.ACEsonnection.com
- b. Background/relevant resources & articles: www.ACEstoohigh.com
- c. Background/links to journal articles: <http://www.cdc.gov/violenceprevention/acestudy/>
- d. Ways to prevent ACEs and promote resilience: www.communityresiliencerecipebook.org
- e. ACEs Consultants and Train-the-Trainers: www.aceinterface.com
- f. Homer, Alaska collaborative addressing ACEs: <http://homerpreventionproject.org/>

2. Handouts

- a. "Understanding Adverse Childhood Experiences: Building Self-Healing Communities"
<http://acrf.org/assets/courses-pdf/course/ACEsHandout-1.pdf>
- b. ACEs cards: <http://dhss.alaska.gov/abada/ace-ak/Pages/default.aspx>

3. Books

- a. *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*
http://www.amazon.com/Childhood-Disrupted-Biography-Becomes-Biology/dp/1476748357/ref=sr_1_1?s=books&ie=UTF8&qid=1438639992&sr=1-1&keywords=adverse+childhood+experiences
- b. *In the Realm of Hungry Ghosts: Close Encounters with Addiction*
<http://www.amazon.com/Realm-Hungry-Ghosts-Encounters-Addiction/dp/155643880X>
- c. *Daniel Siegel's work on Mindsight and parenting:*
http://www.amazon.com/s/ref=nb_sb_noss_2/180-7637354-8632263?url=search-alias%3Dstripbooks&field-keywords=daniel%20siegel&srefix=daniel+sie%2Cstripbooks
- d. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*
http://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0670785938/ref=sr_1_1?s=books&ie=UTF8&qid=1431031958&sr=1-1&keywords=the+body+keeps+the+score+bessel+van+der+kolk

4. Articles

- a. "The Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Cause of Death in Adults: The Adverse Childhood Experiences (ACEs) Study":
http://www.acestudy.org/yahoo_site_admin/assets/docs/RelationshipofACEs.12891741.pdf
- b. "Community Connections: Creating Cultures of Trauma-Informed Care (CCTIC): A Self-Assessment and Planning Protocol":
<https://www.healthcare.uiowa.edu/icmh/documents/CCTICSelf-AssessmentandPlanningProtocol0709.pdf>
- c. "Tunnajuq: Stress and resilience among Inuit youth in Nunavut, Canada"
http://www.researchgate.net/profile/Ida_Salusky/publication/262422830_Tungajuq_Stress_and_resilience_among_Inuit_youth_in_Nunavut_Canada/links/54373f270cf2dc341db4cb9a.pdf

5. Audio Resources

- a. "Can Family Secrets Make You Sick?":
<http://www.npr.org/blogs/health/2015/03/02/377569413/can-family-secrets-make-yousick>
- b. "10 Questions That Doctors Are Afraid to Ask?":
<http://www.npr.org/blogs/health/2015/03/03/377569539/even-some-doctors-fear-these-10-questions>
- c. This American Life: "Back to School":
<http://www.thisamericanlife.org/radio-archives/episode/474/back-to-school>

6. Videos

- a. 18-minute TED Talk by Pediatrician Nadine Burke Harris introducing ACEs and what we can do:
https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_a_cross_a_lifetime?language=en
- b. 6 min Youtube video for parents (and by parents) on ACEs – friendly, non-intimidating, welcoming. It's called "Connected Parents, Connected Kids":
<https://www.youtube.com/watch?v=J0mj5VVYyF0>
- c. 2 minute, very visual and easy-to-understand Youtube video on neuroplasticity, how our brains are shaped (and can be re-shaped) by experiences:
<https://www.youtube.com/watch?v=ELpfYCZa87g>

- d. 4 minute video on the importance of the first years: what happens if we don't invest in programs to support kids and families in this time period, and what happens if we do. Connects ACEs to the larger funding and program issues that affect them: <https://www.youtube.com/watch?v=GbSp88PBe9E>
- e. Head Start Trauma Smart: 5-minute video on how trauma-informed preschool can make a positive difference: <https://www.youtube.com/watch?v=bXzKVpiSzH8>
- f. 7 min video on how stress affects the brain and body functions. Dr. Chamberlain demonstrates neuroplasticity and the ability of the brain to adapt and change for ANTHC's Healthy Healer project: <http://healthy.bcln.ca/category/mod2/>
- g. 2 ½ min fun music video teaching children self-regulation technique called "Belly Breathe," sang by Colbie Caillat and Common on Sesame Street: <https://www.youtube.com/watch?v=mZbzDOpylA>
- h. Paper Tigers: a Documentary film on how one school changed the outcomes for youth with ACEs: <http://papertigersmovie.com>

HISTORICAL & INTERGENERATIONAL TRAUMA, RACISM, AND VIOLENCE

1. Historical Trauma in Alaska: <http://www.alaskapublic.org/2015/03/24/investigating-historical-trauma-endured-by-native-americans-alaska-natives/>
2. Historical Trauma, Sexual Abuse in Alaska: <http://www.pbs.org/wgbh/pages/frontline/the-silence/>
3. INCITE! Feminists of Color Against Violence: <http://incite-national.org/home>
4. No! The Rape Documentary: <http://notherapedocumentary.org/>
5. American Indian historical trauma digital story: <https://www.youtube.com/watch?v=Uki1FgHuzMo>

DISABILITY & VIOLENCE

- a. Alaskans Speak Up!: <http://www.uaa.alaska.edu/centerforhumandevlopment/alaskansspeakup/index.cfm>
- b. Alaska Mental Health Trust Authority's (AMHTA) Disability Justice Focus Area: <http://www.mhtrust.org/>

- c. UAA Center for Human Development's (CHD) Disability Justice Initiative:
<http://www.uaa.alaska.edu/centerforhumandevlopment/dji/index.cfm>
- d. Governor's Council on Disabilities and Special Education (GCDSE):
<http://dhss.alaska.gov/gcdse/Pages/default.aspx>
- e. Friendships and Dating:
<http://www.uaa.alaska.edu/centerforhumandevlopment/friendshipsanddating/index.cfm>
- f. Disability Abuse Response Team (DART):
<http://www.uaa.alaska.edu/centerforhumandevlopment/alaskansspeakup/dartak.cfm>
- g. Alaska Safety Planning Empowerment Network (ASPEN):
<http://dhss.alaska.gov/gcdse/Pages/partners/aspen.aspx>
- h. Serving Offenders Conferences:
<http://www.uaa.alaska.edu/centerforhumandevlopment/servingoffendersconfences/index.cfm>

VULNERABLE ADULT/ELDER ABUSE

- 1. Adult Protective Services (APS): Reporting Options for Adults:
<http://dhss.alaska.gov/dsds/Pages/aps/default.aspx>
- 2. Long Term Care Decisions: <http://anthctoday.org/community/eldercare-decisions.html>
- 3. Aging and Disability Resource Center: <http://dhss.alaska.gov/dsds/Pages/adrc/default.aspx>
- 4. Office of Public Advocacy Elder Fraud Assistance: <http://doa.alaska.gov/opa/oefa/>

STATEWIDE PREVENTION PROGRAMS:

- 1. Council on Domestic Violence & Sexual Assault (CDVSA): www.dps.alaska.gov/cdvs;
www.dps.alaska.gov/cdvs/Prevention.html

2. Alaska Men Choose Respect: <http://www.alaskamenchooserespect.org/>
3. Choose Respect Campaign: <http://dps.alaska.gov/cdvs/Prevention-Choose-Respect.html>
4. Coaching Boys Into Men: <http://dps.alaska.gov/cdvs/Prevention-Coaching-Boys-Into-Men.html>
5. Prevention Summit: <http://dps.alaska.gov/Prevention-Summit.html>
6. State of Alaska Family Violence Prevention Project:
<http://dhss.alaska.gov/dph/chronic/pages/injuryprevention/akfvpp/default.aspx>

COMMUNITY PREVENTION RESOURCES

1. ANTHC Domestic and Sexual Violence Resources:
www.anthctoday.org/epicenter/healthyfamilies
2. Green Dot Violence Prevention Plan: www.greendotalaska.com
3. Lessons from Literature: www.lessonsfromliterature.org
4. Girls on the Run: <http://dps.alaska.gov/cdvs/Prevention-Girls-on-the-Run.html>
5. Identity, Inc: www.identityinc.org