

DOWNLOAD PDF CREATING SAFE AND SACRED PLACES FOR YOUNG ADOLESCENTS

Chapter 1 : Table of contents for Creating safe and sacred places for young adolescents

Creating Safe and Sacred Places for Young Adolescents helps Catholic educators recognize the uniqueness of the middle school adolescent and the kind of information and activities particular to their needs for quality safe-environment education.

A safe place connotes a conducive and enabling environment to be yourself and pursue your goals and dreams without fear or any inhibition. We all need that safe place to blossom and flourish. At a Youth Mentoring program by Beehyve Initiative. This takes me down memory lane to my adolescent years. As a teenager while growing up I and my sisters “ we are four by the way, had more male friends than girls. As African parents or any parent at all there is that extra carefulness you adopt when it comes to raising girls. Are you following my gist? So four teenage girls in the hands of my parents was a huge task in their minds. Yearly we would organize our special Boxing day party for all the teenagers in our neighborhood and Youth group in church and we would have a hard time trying to get more girls to come to our party. But you know what, amidst all the adolescent age drama with friends and parents I felt safe and was able to express myself. Instead of policing us and putting all our activities under a microscope my parents decided to have an open door policy. Our friends whether males or females were allowed to visit our home and they even got to gist with my parents. My Dad will engage us all in a friendly discussion and soon we would all be laughing. My friends back then thought my dad and mum were cool. While dad engages us in a gist, mum will be busy serving snacks or any food available in the pot. Unknown to us it was a strategy to learn more about who our friends were; possibly investigate what we have been up to. Mostly for us, we felt free to bring our friends home and be ourselves. Now did we ever experienced that parent versus adolescent clashes? Of course plenty! Lol. However our parents open door policy was a check mate for us. So without having to breath down our necks, I and my siblings always found ways to cut off such friendship. I found out that I could speak to my mum intimately about my crushes and issues with the opposite sex. Every time we have a chance to talk about our adolescent years at family reunions, it is usually with fond memories. Mostly adults have the major responsibility of making young persons feel safe. We can do this by creating an enabling environment where young people can: Be free to express themselves. Have a listening ear who will be there for him or her. Have a loving home environment. Have a space and opportunities that allows them access to information about life: Give room for them to bring to the table their questions about issues that trouble people in their age group without fear of being judged. As a parent are you intentional about creating a safe place for your adolescents? Build a relationship that gives room for conversations that will help guide them in making informed and right choices.

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Chapter 2 : Teen Social Network To Find Teenage Friends - racedaydvl.com

Creating Safe and Sacred Places for Young Adolescents was written in response to the ever-growing need to educate young adolescents (grades) in the prevention of sexual abuse. The manual includes three sixty-minute educational sessions for 5th and 6th graders, as well as three sixty-minute sessions for 7th and 8th graders.

Fun Tween Girls Websites Girlshealth. Department of Health and Human Services, Girlshealth. In addition to articles on health , fitness and nutrition, girls will also find quizzes, celebrity spotlights and videos with tips on topics such as bullying, relationships and planning for the future. Girl Zone Girls looking for a place to hang out online will enjoy Girl Zone , a website designed to provide advice, entertainment and fun for teen girls. The highlight of the website is the multiple advice columns that focus on everything from general life issues and relationships to the Ask Ms. KnowBODY section for questions about health and body issues. Girl Up This initiative spearheaded by the United Nations Foundation seeks to empower girls around the world to become leaders. The website and foundation fund programs promoting the health, safety, education and leadership of girls around the globe and includes a community of over half a million youth and adult advocates. Through the website you can start a Girl Up club, learn how to fundraise for programming, learn about challenges faced by girls, read blogs and join the community to start chatting and helping. Sites for Guys While there are not a lot of sites designed for teen guys, there are a few websites that help boys conquer their boredom or discuss difficult topics from the comfort of their homes. Teen boys can ask questions or review the question of the week to find information on uncomfortable health issues. They can also browse in-depth health guides in categories ranging from health and fitness to emotional or sexual health. The website promises straight talk about body parts and other issues. As a result, much of its language is sexually explicit. However, many boys may appreciate the straight-talk approach that gives an honest overview and healthy discussion of the issues they face. Play games, read jokes and comics, learn about the latest outdoor gear, enter a contest or check out some awesome Eagle Scout projects. If you love the outdoors, this website is full of expert advice and outdoor hacks. Sites for Socializing Teens love to socialize. These websites give them a chance to do that virtually while playing games, exploring virtual worlds and taking polls and quizzes. Of course, while interacting with other teens virtually, teens also need to be safe online and report any cyber bullies or other predators. Instagram Instagram allows teens to share snapshots of their daily lives and share them with friends. They say that a picture is worth a thousand words, and that must be true because Instagram has around million users who are active each month. The site is all about photos with short captions. You have to be at least 13 years old to create an account; the age limit may be high in some jurisdictions. Habbo Hotel Habbo Hotel is a place for teens to come and chat. Each teen receives a personal room to decorate with virtual objects. They can also customize their avatars by dressing them in virtual clothes or create games to play with friends. The room might have music, be set up like a classroom, or have other features so the different avatars can visit one another. The rooms teens can interact in are staffed by adult moderators to make sure it stays safe. To join the free online community, teens only need to create a username and provide their country, age, gender and an email address. Check out the creations of others, then comment and chat about them, or make your own animation to share. Teen Chat Teen Chat is a place for teens to interact with one another through forums geared toward their interests. There are also chat rooms devoted to things like music, games and sports. Teens can try out the local rooms, which helps them meet people who live in their area. The site offers a "Friend Finder" tool that will help teens search for people they know who might be members as well. Teen Line Teens looking for other teens to talk with about problems or embarrassing questions can call, text, email or online chat with trained teenage volunteers through Teen Line. All lines of communication are open in the evenings to provide peer support to teens during after school hours. There are also tons of message boards for lighter topics like fashion and pop culture, health and fitness or homework help. As of , 25 percent of US teens were using Vine while engaging on Twitter. These super short videos are a great way for teens to share slices of life

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with followers. The videos also loop so they are perfect for sharing those truly funny moments in life. Games and Hobbies There are websites for nearly every game and hobby out there. TeenReads Teens who love to read will enjoy TeenReads. The website features reviews of new and popular books for teens, along with polls, contests and places to discuss favorite books. Teens can also work their way through the "ultimate" reading list on the site. While the site offers updates about Teen Nick shows, it also has features that interest teens such as surviving high school and back to school ideas. Teens can learn about social justice, building a positive self-image and helping the Earth. They can also submit artwork and writing or participate in discussions about making the world a better place. Challenge You Challenge You is a computer game design website. Teens can design games on the site or play games designed by other kids and teens. They can share their games with friends or participate in weekly game-building contests. There is also a chat room and a forum where site users can discuss game building and play. Homework Resources For teens who are having trouble with homework, multiple sites offer help. They are also good sites to visit simply to brush up on skills. Quiz Hub Quiz Hub features quiz games for students, including teens in middle and high school. Teens can take quizzes to review subjects such as biology, U. Web Math Web Math helps teens who are struggling with math find the answers to challenging questions. However, instead of simply providing answers, the website shows teens how to arrive at the answers they seek by providing step-by-step instructions. TedEd TedEd features fun, animated lessons and how-to videos that help students learn about a variety of topics in just a few minutes. Most videos are about five minutes or less and explain a specific concept or answer a question like " Why Should You Read Macbeth? There are a number of sites that will appeal to those who enjoy this topic. Everything from celebrity gossip to what stars are wearing is covered. The overall tone is sarcastic and youthful. Stardoll Stardoll features games that allow teens to express their fashion sense. Design outfits or play dress up games to experiment with different types of fashion. The company consistently produces new and exciting features like new fashion lines, as well as a host of ways to make the ultimate experience more exciting for teens and tweens. There is always something new going on at Stardoll. Teen Vogue Vogue is one of the top fashion magazines and Teen Vogue caters specifically to the teen audience. Check out the latest styles for teens or learn all about celebrity style. Teens can also enter to win shopping sprees. Was this page useful?

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Chapter 3 : Sacred Learning: Faith & Sexuality Education Go Hand in Hand - Sex, Etc.

Creating Safe and Sacred Places is the first resource of its kind in response to The Charter for the Protection of Children and Youth (issued by the United States Catholic Conference of Bishops). The charter calls, in part, for dioceses, schools, and parishes to establish "safe environment" programs.

You may create this on your own or ask your therapist or a friend to read it to you. Either way, I suggest the following process: Read through the script and decide if it sounds okay to you. Make a recording of the script. It is much easier to relax if you are listening to your voice or the voice of a safe friend rather than trying to remember what was written. As you record, remember to slow down and lower your natural speaking voice. Leave pauses at the ends of phrases and sentences. Leave longer pauses where you are imagining doing something, such as standing under a waterfall. Talk in as soothing a voice as you have, as though you are calming and soothing a little child. It will take about 20 minutes to record the imagery. Turn off the phone and be sure that you have a safe and quiet place to record. After you have recorded the imagery, practice the visualization several times, until the pattern becomes clear in your mind and your body responds automatically. If, at any time, you feel unsafe, open your eyes, stop the imagery, and reground yourself in today. Get up and do a nurturing activity. Call someone on the telephone and tell them what is happening. You are safe and you have control today. After you have practiced the visualization, you can follow the abbreviated version when you are feeling the need to go into safety. Sit or lie down in your usual position for the visualization. Allow your body and mind to remember what to do. Begin to breathe as you do in your safe place, and take yourself to your safe place. Imagery for Creating a Safe Place Allow yourself to be in a comfortable position, either lying down or sitting up. Remember that if you feel afraid at any time, just open your eyes and ground yourself in today. You are safe and you are in control today. Begin to take a couple of long, deep breaths all the way down into your diaphragm. Take another deep breath all the way in. Create a silent and healing space around you Focus only on your quiet breathing and the sound of my voice. Relax your body, relax your mind, focus only on your breathing and the sound of my voice and letting go. Relax your feet and ankles. Allow your feet and ankles to become very relaxed. Wiggle your toes to let the tension out Allow this relaxation to drift up into your calves and your knees, relaxing those muscles in your legs, even relaxing the bones Allow the relaxation to drift up into your thighs, relaxing those muscles in your thighs. And gently relax your hips and your pelvic area. Relax your lower abdomen all the way to your navel Relax your lower back. Let the relaxation gently drift. Let it drift up into your solar plexus area and into your chest and your lungs, just letting go Let the relaxation surround your heart and your lungs, and relax. Notice how gentle and quiet your breathing is becoming Let the relaxation drift around to your back. Relax each bone in your back, and all the muscles and all the nerves, as the relaxation fills your shoulders now, gently spilling over your shoulders and down to your elbows Relax your forearms and your wrists Relax the palms of your hands and your fingers. Relax your neck, all that tension that holds your shoulders up, tight, around your ears. Let your shoulders drop now, and let the tension go Allow the relaxation to drift up the back of your scalp and into your head Each breath allows you to become more and more relaxed. Let the relaxation drift into your eyes, and your nose, and your cheeks Your mouth becomes so relaxed, your tongue relaxes enough to drop away from the roof of your mouth. Your jaw drops just a little And going deeper, you relax. More and more relaxed Scan your body for any remaining pockets of tension. You find yourself in a safe place outdoors. You see a place outdoors that is beautifully safe Allow the images to come For in this place of safety, only you are allowed. In this place of safety, no one can come without your invitation. In this place of safety, you are always at peace Notice the color of the sky at your favorite time of day. And in this place, at this most perfect time of day, at the season and the temperature that you like on your skin, allow your senses to become more and more alive. Look around at the surroundings and allow yourself to see; if not with your eyes, then sense with your heart Each time you come to your safe place, you may develop it and allow it to become more and more beautiful.

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Allow yourself to see what is here today Notice the color of the trees or flowers or grass, or perhaps sand or water. Let the colors and textures come alive for you in this beautiful and safe place Listen to the sounds of safety Perhaps you hear birds or splashing or the sound of wind in the trees or the grass Allow yourself to create a place of safety and peace that is always yours, always safe And breathe in the safety. And breathe out the fear. And breathe out the fear As you breathe in, you can even smell the smells of safety Perhaps salty air, or the sweet smell of a flower Breathe in the smells of your safe place. Let yourself bask in the safety and the peace Allow yourself to walk around, to be in this place, to notice more and more, to create more and more in this place Plant flowers, adding a splash of color. Add special places or rooms to your safe place Create anything that you would like. Create a waterfall or a pool of healing water. Stand under the waterfall to wash away the fear Each time you come to the waterfall or the healing pool of water, you can wash away more and more of the past Each time you come, you are cleansed and rejuvenated, the shame is washed away. Wash away the pain. Wash all of it away, as you are ready. Now allow yourself to continue walking around your safe place You find a place for a healing garden, a place that is just for your healing. You can plant anything you would like You can plant wishes and dreams for the future. You can plant seeds of your healing. And you can weed out what you want to be finished with. Take some time to work with your garden now. Walk around until you find just the right place. Breathe in the safety and the peace. Breathe out the fear Breathe in the safety and peace. And just be in this place as you breathe and heal

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Chapter 4 : Guided Imagery for Creating a Safe Place – Joan Furman

"creating safe and sacred places" Creating Safe and Sacred Places for Young Adolescents: Sexual Abuse Educational Sessions for 5th to 8th Graders May 1,

We can reclaim our communities child by child, family by family, neighborhood by neighborhood. This booklet explains some of the many ways you can help. You can do a lot in your home, in your neighborhood, and throughout your community. Why accept this challenge? Because every child deserves a safe and healthy childhood. Because no community can afford the costs of violence. Because a healthier, safer community benefits each of us. Because failing to act costs lives and resources. Because our children should not have to raise their children amid violence. It rips communities apart or prevents them from coming together. Violence takes many forms. Assaults, rapes, robberies, and homicides are directly violent, but crimes like burglary are often cloaked in violence and cause sometimes-paralyzing fear. Violence is not just about attacks by strangers. In about half the rapes in this country, the rapist knew the victim. In more than half the murders, the murderer and victim knew each other. Assaults are more likely between people who know each other than between strangers. Domestic violence wrenches apart millions of families each year. Child abuse, overwhelmingly involving someone close to the child, hurts more than a million children a year. Only robberies more commonly involve strangers than acquaintances. Weapons are part of the problem. They make violence more deadly and less personal. Nine out of ten murders involve a weapon; eight of ten involve a firearm. Most robberies involve the use of a weapon, most frequently a gun. One in five children has reported taking a weapon of some kind to school, most often for self-protection against others whom they believe have weapons. But weapons are only part of the story. Attitudes, emotions, and reactions are just as important. Without working on all aspects of the issue, you can make only limited progress. Why go beyond protecting yourself and your family? Because violence penetrates schools, workplaces, and public spaces. It sucks the life out of communities everywhere. The costs of violence are enormous. Can we stop violence? Strictly enforced policies against weapons in schools have helped restore a sense of calm in many classrooms. Conflict management courses have taught elementary school children to fight less and negotiate more. Concerted community efforts have reduced or prevented gangs and the violence they bring. But these things only happened because someone did something. What you can do Work with your family, in your neighborhood, and in your community. Pick a place to start where you are comfortable. Recognize that violence has many causes. Some are immediate— a specific argument, easy availability of a weapon, a situation in which an aggressor thinks violence will bring quick rewards, an anger that sees no other outlet. Some are less direct for example, a community tolerance of high violence levels, reinforced by news and entertainment media. Some are individual inability to see another way to settle disagreements, for instance. Some involve situations such as peer pressure that measures or boosts self-esteem through violence. No one needs to confront all these aspects of violence at once. The residents of Seattle, Washington, led by their mayor, have launched a citywide campaign against violence. One key element is Partners Against Youth Violence a coalition of more than two dozen agencies and organizations seeking "to prevent youth gun violence by educating the community, specifically young people and their parents, about the consequences of youth gun possession and related gun violence. Buttressed by local statistics on youth homicides and gun-related injuries, the program points out that almost four of ten unnatural deaths among youth are from gunshot wounds, and that gunfire is the second-leading cause of death for area youth. The "Options, Choices, and Consequences" program has been developed using local statistics, local laws, and local experts to teach adults and teens the legal and medical consequences of illegal firearms possession and use. Several partner organizations are training community volunteers to conduct these programs. The police department has agreed to strengthen investigation and prosecution of those suspected of selling guns illegally to youth; to investigate and help prosecute youth who illegally possess handguns; to support the youth and adult education programs; to build

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parent and community awareness of youth violence; and to dedicate extra prevention and enforcement efforts in parts of the city where levels of youth gun violence are high. Washington State University has researched the violence issue on behalf of the partners and identified interventions and alternatives to violence that have proved effective elsewhere. By investing time in recruiting partner organizations, identifying local conditions and needs, researching effective approaches, and designing activities that invest partners and enlist even more members of the community younger and older Seattle has launched a thoughtful, tailored, flexible initiative to address a difficult problem. Helping self and family Making self and family safer from violence is, for most of us, the highest priority. Work with your own children, with other kids you care about, and with teens and adults you care about to reduce the risk that you or someone you love will fall victim to violence. Think long and hard about having weapons, especially firearms, in your home. Studies show that a firearm in the home is more than forty times as likely to hurt or kill a family member as to stop a crime. A gun in the home increases the likelihood of homicide three times and the likelihood of suicide five times. More than a quarter of a million firearms are stolen and possibly used in other crimes every year. If you do keep a firearm in your home, 1. Ensure that you are trained and that everyone else—adult and child—is fully trained in firearms safety. Refresh that training at least once a year. Make certain that the weapon is safely stored, unloaded, trigger-locked, and in a locked gun case or pistol box, with ammunition separately locked and with different keys for all locks. Store keys out of reach of children, in locations away from weapons and ammunition. Check frequently to make sure that storage is secure. Follow all federal, state, and local laws about storage, registration, carrying, and use. No one wants to see children victimized by violence. No one wants to see kids hurt others. Talking with your kids can be a powerful anti-violence weapon, especially when combined with your actions as a positive role model. Make it clear that you do not approve of violence as a way to handle anger or solve problems. Do your best to match your actions to your words. Even very young children can learn not to hit, kick, or bite. Discipline without threatening violence. Use the world around you. As children get older, help them learn to think about the real consequences of violent events and entertainment. Ask how else a conflict might have been settled, what the angry person might have done instead, what unseen or unspoken consequences violence might have. Listen carefully, openly, and constructively. Letting children lay out their thoughts about violence helps them learn how to think through this and other issues. You may be a neighbor, an aunt or uncle, or a grown-up who happens to be nearby. How can you handle it helpfully? The child may be excited, nervous, or scared. Get help if necessary. Call police if you find a weapon, even if it might be a toy. Call other professionals such as fire department, child protection services, public works department if the situation warrants. If it turns out to be a "false alarm," reassure the child that telling a grown-up was a smart thing to do. Teach your children ways to handle conflicts and problems without using force. Act as a role model for them. Handle disagreements with other adults, including those close to you, in nonviolent ways. You can learn more by checking with your library, a school counselor, the pediatrician, mental health association, or neighborhood dispute resolution center. Discourage name-calling and teasing. These can easily get out of hand, moving all too quickly from "just words" to fists, knives, and even firearms. Teach children that bullying is wrong; help them learn to say "no" to bullies and to get adult help with the situation if need be. Remember that words can hurt as much as a fist. Take a hard look at what you, your family, and your friends watch and listen to for entertainment—from action movies to cop shows, from soap operas to situation comedies, from video games to music lyrics. What values are they teaching? Do they make violence appear exciting, humorous, or glamorous? How do characters solve problems? Are the real-life consequences of violence clear? Set clear limits on viewing and provide active, positive alternatives for free time. Teach children basic strategies for personal safety to prevent violence and reduce their risk of victimization.

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Chapter 5 : LGBT Youth | Lesbian, Gay, Bisexual, and Transgender Health | CDC

Table of contents for Creating safe and sacred places for young adolescents: sexual abuse educational sessions for 5th to 8th graders / Laurie Delgatto. Bibliographic record and links to related information available from the Library of Congress catalog.

Creating is not always easy, but it can be even more difficult if it is done in an uninspiring environment or surrounded by unwanted people and noise. It should be a place where you feel comfortable and grounded. She was referring to a figurative room, which can be a deeper concept than what might be an actual physical space. She believed that women and all writers should have a place where they can go to write and feel safe and comfortable—a place that offers a blanket of support, while also being inspiring. Your creative area can be a room in your home or even a part of a room there; it can also be in a public place where you feel comfortable. If you choose to make it a sacred space in your home, you may want to consider including special items that inspire you and make you smile. Perhaps they are artifacts from memorable travels or family heirlooms that jog your memory about certain times in your life. My writing space has candles, essential oils, prayer beads, and photos of my family. I am also surrounded by my collection of typewriters, as a reminder that my first book written in the 1960s, *Getting Pregnant and Staying Pregnant: Years ago*, I read that some major corporations placed coffee-scented candles in their offices as a way to increase productivity. So now I have one of those burning on my desk. I find that it alerts my senses and keeps me motivated, perhaps in the same way as drinking a cup of coffee would. Behind my desk is a bookcase holding all my favorite reference books, and nearby is my altar and a chair for my daily meditation practice. My room also has a reading chair and an ottoman facing my garden. Here are some ways to create a sacred creative space wherever you are: Close your eyes, uncross your legs, and take some deep breaths. Breathe in through your nose and out through your mouth. Listen to your breath and concentrate on it. Imagine visiting a room of great importance in your life. Use your third eye the space between your eyes as a movie camera, and try to visualize the room. Capture all its details. When you are ready, open your eyes. Stay in the moment and try to create without looking up. What do you see in your space? What are you feeling in your body when you are in your space? What is your heart feeling while in your space? Mythologist Joseph Campbell also spoke about the importance of having a sacred space as being necessary for everyone—a place without human or world contact, a place where you can simply be with yourself and be with who you are and who you might want to be. He viewed this place as a place of creative incubation. He said that, even though creativity might not happen right away when you are in this special space, just having it tends to ignite the muse in each of us. Sometimes it is a good idea to vary your creative location. Working or writing in a different place brings an altered perspective to your creativity. As a writer, when there was an abundance of chain bookstores, I spent a lot of time in their coffee shops. I did some of my best writing there—perhaps as a combined result of the ambient noise, the smell of coffee, and being surrounded by books. At home, sometimes classical or spiritual music helps me concentrate. However, listening to music with lyrics can be difficult while writing, although the lyrics of some musicians, such as Leonard Cohen or Bob Dylan, are very inspiring for some people. During my teens, my grandfather introduced me to the fine art of people watching in Parisian cafes. I am still inspired by the white noise of cafes. After my grandfather passed away, I continued the practice and then expanded to bookstore coffee shops. When not working on my projects, I would write in my journal about what I saw. I wrote about the people passing by, wondering what they were doing when not in the book store. I also sometimes documented conversations. It was a fun exercise that I sometimes suggest to my workshop participants. For another change of venue, on a nice day I like to write sitting in a park—another great place to people watch. Erin shows overscheduled, overwhelmed women how to do less so that they can achieve more. Traditional productivity books—written by men—barely touch the tangle of cultural pressures that women feel when facing down a to-do list.

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Chapter 6 : PPT “ Safe and Sacred Places PowerPoint presentation | free to view - id: 1e3c7-YzQ3Z

Creating Safe and Sacred Places for Young Adolescents was written in response to the ever-growing need to educate young adolescents (grades) in the prevention of sexual abuse.

Chapter 7 : Creating Safe And Sacred Places | Download eBook PDF/EPUB

Looking Back at My Adolescent Years - Creating Safe Places for Young People August 16, Adebisi Adetunji M. 2 Comments A safe place connotes a conducive and enabling environment to be yourself and pursue your goals and dreams without fear or any inhibition.

Chapter 8 : PPT “ Sacred PowerPoint presentation | free to download - id: 5fcNDM4Y

Creating Safe and Sacred Places Concept: This session must be offered to youth in grades who are involved in parish-based youth ministries.

Chapter 9 : Websites for Teenagers to Socialize, Play, and Study | LoveToKnow

Children & Adolescents Protection Creating Safe and Sacred Places Bismarck (C) Environment for Children and Young People.