**Ben & Bart post it exercise - *Norms that we want to change in order to grow***

General

* Asking for help should be the first act.
* It’s helpful to get counseling (stigma of seeking help).
* Encourage seeking help if you feel you have or might abuse.
* Parents view asking for help as a positive rather than weakness- weakness vs strength.
* Society would not be offended when someone steps in, they would see it as help.
* That mental illness makes someone bad.
* That people can’t change.
* We should promote truth telling.
* Physical, emotional, mental abuse in relationships of any kind is unacceptable behavior.
* All men, women and children matter and are important to society.
* Love, kindness and respect lift all of society while hate, anger and disrespect bring us all down.
* Perception of safety, violence, poverty and impact on all ages.
* Isolation is a major issue and contributes to neglect.
* Disagreements should be respected especially when working on solutions.
* Spread happiness.
* We can’t change what happens in homes.
* We are already mentoring almost everybody is doing it.
* We are responsible for each other- it is our duty to help those who need it.
* Community response to needs of others.
* Increased community building, collaboration, all voices at the table.
* Support of young families.
* Awareness- homes, schools, community.
* We are all actually engaged in our community.
* Communicate, listen, respect.
* Family stability.
* More community support for struggling families.
* Talking about the issues.
* Helping others less fortunate.
* Working off strengths.
* Have kids under age 13 sit in back seat.
* Data!
* The Idaho ‘bootstrap’ complex.
* Suicide rates.
* Physical (corporal) punishment should not be acceptable.
* Gun control legislation.
* Establishment of a living wage (increase minimum wage).
* Gender equality- statewide, nationally, internationally.
  + - Policy- no gender pay gap, paid maternity and paternity leave.
    - Socially- changing the language and discourse around gender so both/all genders are accepted and valued equally as individuals and so there are fewer relative stereotypes.
* All teenagers need a cell phone.
* To give drivers licenses to people who are not legal in the state.
* Safer schools, gun control.
* No more Daylight Savings!
* There seems to be more self-centered drivers (aggressive) and in people.
* Most adults in Idaho are overweight.
* Empowered to impact society’s problems.
* Policy has impact.
* Funding priorities matter a lot.
* Collectively we want to support families.
* Get legislation to care and strengthen parents.
* As a member of the community, you have a voice.
* You don’t have to hit a ‘bottom’ to decide to make a change.
* Men speak up when their male friends speak disrespectfully of women.
* Trauma often can lead to risky behavior.
* Have people stand up for their values, morals, and beliefs, especially in government.
* People need to be more self-reliant.
* Fathers are an important part of the family/child development.
* Compassion- support systems.
* Positivity- belief in individuals and the community.

Children and Child/Sexual Abuse

* A shaken baby and fetal alcohol syndrome is 100% preventable.
* All children deserve safety.
* All children deserve to have their family respected.
* Putting children first in custody battles/child welfare.
* Children are people, not property.
* We can talk about child sexual abuse with each other.
* Everybody can play a part in child abuse prevention.
* Idaho does care about kids.
* We can make a difference in the life of a child.
* Adults protect children.
* It takes all of us to create a state in which children are safe and healthy and ready to learn.
* Providing children with challenging behaviors, more interventions through positive supports.
* Every child should have an opportunity to meet their potential.
* Become more aware of the signs of abuse.
* Encourage info on what is abuse.
* Increase awareness of the importance of community work with children.
* All families have the basic necessities to raise healthy children.
* Youth development and abuse/neglect are easy and everyone does it.
* That an individual can impact and change the life of a child- doesn’t require an agency or a ‘specialized’ professional.
* The concept among adults that children should have the right to safety.
* We as individuals do make a difference in sexual abuse prevention.
* Reduce stigma surrounding discussion of sexual abuse.
* Children are receiving and consuming healthy meals.
* Children have access to uplifting and healthy mentors.
* Children are given an opportunity to grow skills that allows them to eventually work in their preferred are of employment.
* Awareness- knowing what abuse is as well as the signs and symptoms.
* Learning how to work with those who have been abused.

Embracing Differences

* Our differences are the source of our strength and celebration.
* Embracing and encouraging differences.
* All children deserve to have their racial, ethnic, heritage respected.
* Diversity makes a community stronger.
* Welcoming people with different beliefs, cultures and perceptions into their community.
* Cultural sensitivity to what is not abuse in society.
* Prevention of child abuse in the religious community.
* Tribal tradition and practices are important.
* Diversity is beneficial.
* People in poverty are worthy.
* Majority of those in poverty are in the working class.
* Children in poverty need chances/opportunities their family cannot provide.
* Welcoming of refugees and building of refugee communities.
* Change social beliefs and judgments about poverty.
* More poverty prevention.
* Acceptance of diversity and refugee population.
* All children, in all kinds of families, matter.
* Most children in Idaho live in poverty.
* Child abuse only occurs for families that have lots of risk factors (poverty, drugs, and divorce).

Education

* Early childhood is the best investment in our future.
* State funded preschool will positively affect the likelihood of Idaho high school graduates to seek further training.
* Positive experiences in early childhood improve an individual’s long term well-being.
* Idaho needs to be more supportive of ‘trauma informed care’ through education, funding and training.
* Increased educated workforce.
* Education of early intervention and why it works.
* Quality early child care facilities supplemented by government funding.
* Statewide support (legislature) and community wide for early childhood education.
* Early childhood education from age 0 is critically important.
* Would like to see Idaho focus more on the education of young children a priority.
* Free preschool for all Idaho children.
* Early childhood education is important.
* There is no replacement for experience- education is not experience.
* Education and relationships are vital for all children.
* Build on the importance of early childhood education for all throughout the state of Idaho.
* Cultural competency classes mandated for school officials.
* Affordable education and importance of a good education.
* Early childhood education for all children (preschool)
* Education- growing the value and respect for education and educators.
* Policy- investing in educational policies and teacher more financially.
* Socially- making a national effort to make learning and going to school ‘cool’ again.
* The schools are giving ipads to students with protective filters so parents don’t have to monitor the use of school ipads (not true).
* Early childhood education works.
* More Idahoans believe there is underlying desire for early childhood education than Idaho legislature body believes.
* Comprehensive pre-k education for all.
* Education funding in Idaho will substantially increase past current status.
* Education- understanding and skill building.
* Most adults in Idaho do not have a college education.
* Educate coaches, businesses.
* More infant mental health awareness and education in Idaho.
* CLASS scores in Head Start raise in Idaho.

Parents

* All parents have an opportunity to participate in a parenting class.
* Involvement of parents in their child(ren)’s daily play will result in stronger family relationships.
* Affordable parenting classes and/or the parents should take a parenting class before taking their newborn infant home from hospital.
* Parents understand what they can do to build protective factors.
* Reducing stigma around parenting help.
* Strengthening parent skills to provide safer home environments.
* Parents to feel confident in the decisions they make when raising their children.
* Free parenting classes.
* Help parents understand the safety factors surrounding children.
* Parent involvement in education.
* Parents time off work 1st year of children’s lives.
* Breast feeding norm.
* Nonphysical discipline techniques.
* Parents have access to correct information about child development.
* Parents care about prevention.
* Parental judgment.
* Reporting child abuse and neglect is not bad/wrong or that they are violating parental rights.
* Being a good parent is not the same as being a friend.
* Breast feeding benefits- mother and baby.
* More leave for both parents.

Services

* Increased support for services, opportunities to empower people living in poverty.
* Increase screening of child abuse with pediatricians, child welfare, etc.
* Programs need to be coordinated with updated population trends, trends are drastically different.
* Idaho needs to be more supportive of mental health treatment and funding as we are still 49th in the nation lacking in adequate services for the mentally ill.
* Streamlining the adoption process.
* More supports, awareness, and trainings.
* Every region of the state to receive Stewards of Children training- schools, groups, organizations.
* Change foster care and Medicaid rules.
* Social workers are not baby snatchers.
* Social workers are not less educated or talented than counselors.
* Training on signs of abuse in abnormal settings: receptionists, EMTs, etc.
* Linking services in primary care settings.
* Perceptions that receiving welfare means you’re lazy and do drugs.
* We put more funding into intervention programs than in prevention programs.
* Most people do not see the monetary benefits of prevention activities.
* Free mental health services for Idaho residents.
* Healthcare more readily available.
* Home visiting is only for at risk families.
* There are not enough supports in rural areas of Idaho.
* How elderly people who have dementia are treated by policy. Mental illness or organic, they need help and access to care.
* Everyone will be trained on signs of abuse and neglect.
* Everyone will know when there is suspected abuse and neglect.
* Healthcare for all.
* More financial support for social services.
* Health insurance for those that are not covered by Affordable Care Act/Obamacare and Medicaid will be fully funded.
* ‘Healthcare’ is not expensive (finding creative ways to take care of health).

Substance Use

* Addicts need help from the entire community for their whole family to recover.
* Majority of teens do not use substance.
* Underage substance use/abuse.
* Drinking and driving.
* Not all teenagers are using drugs.
* Vaping is not harmful.
* Substance users/abusers do it by choice.
* Illegal drug use will bring suffering.
* That marijuana is a norm and legal in the US.