

ISSUE 16 • AUGUST 2020

# TURNING POINTS

News and Updates from Turning Point of Lehigh Valley



Turning Point  
of Lehigh Valley

## HELPING CHILDREN AND TEENS

While stress affects everyone differently, children and teens are reporting high levels of anxiety as they stay home more and have less access to supportive friends, teachers, and relatives. Unfortunately, some kids will also witness an increase of abuse in their homes during this time of isolation. Witnessing abuse may cause kids to feel fearful, anxious, and always on guard - wondering when the next incident will happen. Children and teens who witness domestic and intimate partner abuse react in different ways, but signs to watch for include:

- **Preschool:** Bedwetting, thumb-sucking, increased crying, and whining. Difficulty falling or staying asleep, show signs of fear, stuttering, hiding, and display severe separation anxiety.
- **School-aged:** Feel guilty about the abuse and blame themselves for it. Lowered self-esteem and start to isolate from family and friends. Grades may go down. Develop physical symptoms such as headaches and stomachaches.
- **Teens :** Fighting or not attending school. Participate in risky behaviors like unprotected sex and using alcohol or drugs. Lowered self-esteem and have trouble with friends. Start to bully others or trouble with the law. Becoming withdrawn and experience depression.

Children who witness domestic and intimate partner abuse are at greater risk for repeating the cycle of abuse as adults by either entering into abusive relationships or adopting abusive tactics in relationships. They are also at a higher risk for health problems as adults such as depression, anxiety, diabetes, obesity, heart disease, poor self-esteem, and other problems.

At Turning Point of Lehigh Valley, we can help teens and school-aged children by listening, helping them to process their feelings, and creating healthy coping skills with them. For children who have witnessed abuse, we also work with the non-offending parent or guardian to discuss safety plans and work toward creating happy and healthy home lives.

If you or someone you know needs help for domestic and intimate partner abuse situations or for children and teens who witness it in their homes, reach out to our 24/7 helpline at 610-437-3369.



# MY TURNING POINT WAS WHEN....

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#myturningpointlv

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www.turningpointlv.org

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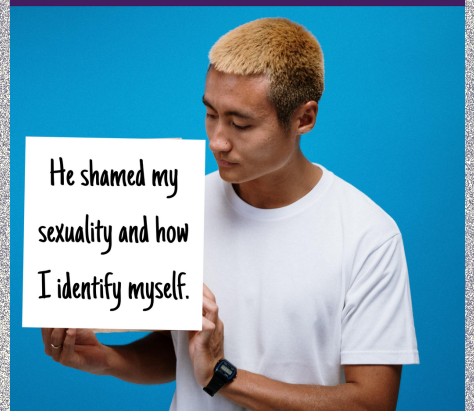


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**Every Wednesday,  
we will continue to  
feature stories of  
strength and  
courage. Please  
remember to submit  
YOUR video.  
See the guidelines  
on the next page.  
#myturningpointlv**

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# #MYTURNINGPOINTLV

## How to Make Your Video

### Video Guidelines :

1. Write what your "turning point" was to leave an unhealthy relationship on a horizontal piece of white paper with black marker in 10 words or less.
2. Ask someone to record you using your smart phone or tablet.
3. Make sure they hold the phone horizontally and that your head to your waist are in the frame.
4. You can either show your face, wear a COVID mask, or hold the paper in front of you for anonymity.
5. Have the person press record and hold the camera steady. They do not move the camera for this.
6. You will slowly drag the paper from right to left across your body for approximately 8 seconds.
7. The recorder will press stop to end the video.
8. Submit your video on or before 10/1/2020 to to Community Outreach Director, Andrea Search via email at [andreas@turningpointlv.org](mailto:andreas@turningpointlv.org).
9. We will make a compilation video of all submissions to share on social media and our website.
10. Anyone who enters will be placed in a drawing to win a free Turning Point Army of Allies T-shirt.



# LEHIGH VALLEY COMMUNITY GIVING BACK

Here is a message from our Board Member Juliana Bolivar.  
Mawie Natural Protection is donating proceeds of their sales to us!!!



Here at MAWIE we believe in empowerment, passion and the entrepreneurship. When we started operations in 2019, we launched SOCIALITE, a makeup brand inspired by Latinas or Latina beauty, made in the US and sold in Latin America. 2020, promised the launch of WILD, our natural hair care product line in New York City.

Unfortunately, COVID happened and those plans were postponed. But hey, It did not stop us! We created and branded MAWIE, natural protection products. We want to make sure that for our customers, shopping for the essentials does not become an obstacle to get back in business.

We also partnered with Turning Point of Lehigh Valley to donate part of the proceeds of this line to the fight against domestic violence.

During this quarantine many victims are in higher risk and as a survivor I am deeply committed to their mission.

Again, thank you for shopping small, supporting a great cause and remember: Your hand sanitizer can help us empower and save lives!

Visit their website to learn more:

[www.mawieprotection.com](http://www.mawieprotection.com)