



CAP ACTION EBLAST



Do Something! Do One Thing! One Thing Counts!

The Child Abuse Prevention Action Committee is a professional collaborative involved in the planning and promotion of child abuse prevention efforts throughout Oklahoma.

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Child Abuse Prevention and the Power of Positive Living!



Positive thinking has been documented to benefit the mind, body and soul. According to the Mayo Clinic, some of the effects include longer life span, lower rates of depression, increased resistance to the common cold, better stress management and lower risk of cardiovascular disease-related death.

But did you know that living positively can influence those around you?

A highly recognized study done by Albert Bandura (1977) demonstrates the power of modeling behaviors. He shows how we can change the actions of others through our own actions and words. Through observation people are led to imitation when the consequences are desirable. This means that when we act or speak positively, not only are we benefiting from increased physical and psychological health, but those who observe us are likely to display similar actions and words. In our fast-paced lives, sometimes our best intentions to actively get involved improving the lives of those in our community go unrealized.

It is refreshing to know that doing ONE thing to impact others can be as simple as controlling our anger when the waiter brings us the wrong food, waiting patiently without negative comment in the long line at the grocery store or allowing that car to cut in front of us. Paying kind words and deeds forward can be the model which others are seeking when they are unsure what to do themselves.

"Positive thoughts are not enough.
Positive thoughts need to be demonstrated
through positive actions." -Kamari aka Lyrikal

Source: "Social Learning Theory (Bandura)". *Learning-Theories.com*. Feb 2013.
Web. www.learning-theories.com



Agency Spotlight

Youth Services of Creek County provides support to the youth and families in our community by offering counseling, prevention/early intervention, youth and parent education, street outreach, youth advocacy, transitional living assistance, crisis intervention and emergency sheltering services. We work with youth and families to develop skills that increase success. Volunteering of times, talents, money or material goods is always welcome! Call or visit anytime to learn more about partnering with us to encourage youth and family development! Visit or contact Youth Services of Creek County in Sapulpa, 1025 E. Grayson, 918.227.2622.

Do just one thing! Your one thing counts!

- ✓ **Cut yourself – and others – some slack!** Recognize that we all have within us the ability to be tired, cranky, impatient and short-tempered. Next time you see someone having a rough day, instead of passing judgment make it your goal to build them up. An exhausted mom grocery shopping with young children may benefit from a seasoned parent's gentle reassurance that it will get easier.
- ✓ **Think on the bright side – then share it.** Positive thinking is not only contagious, it's energizing. Almost everything can be improved upon. Instead of fueling that which is discouraging, spread some positive energy by concentrating on what is good and right – then share it with others - in your schools, neighborhoods and communities.
- ✓ **Practice random acts of kindness.** There's no doubt – kindness is catching. Take a moment to do something nice for someone else. Random acts of kindness boosts personal happiness and encourages the receiver and even witnesses to "pay it forward". Talk about starting a chain reaction that can spread the whole world through!

Upcoming Events

CAP DAY AT THE CAPITOL PLANNING MEETING

Friday, February 8th from 10:00 a.m. – Noon @
Smart Start Central Oklahoma (1444 NW 28th in Okc)

OTHER CAP ACTION PLANNING MEETINGS

March 27th
May 8th
August 21st
October 16th

Contact Sherie Trice
Receive meeting notices and stay up to date!
405.271.7611 sheriet@health.ok.gov

CAP DAY AT THE CAPITOL – Tuesday, April 9, 2013

CAP DAY CONFERENCE – Tuesday, April 9, 2013

FREE AND OPEN TO ALL!

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**EARLY CHILDHOOD
TIP SHEETS**

2013 Child Abuse Prevention (CAP) Action begins now! Sign Up today to join efforts!