

October Awareness 2018

National Preparedness Month

NATIONAL PREPAREDNESS MONTH 2018



National Preparedness Month (NPM), recognized each October, provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year. This NPM will focus on planning, with an overarching theme: **Disasters Happen. Prepare Now. Learn How.**

PREPARE NOW **LEARN HOW**



Take time to learn lifesaving skills – such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

The devastating hurricanes and wildfires of 2017 reminded the nation of the importance of preparing for disasters. Often, we will be the first ones in our communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community. Click this link for additional resources <https://www.ready.gov/september>

National Bullying Prevention Month

Every October, individuals from the across the nation – and around the world – unite in a campaign to keep all youth safe from bullying.

The campaign is a catalyst for:

- Involving a nation to take action at the local level to create safe and supportive schools
- Offering information and education about how everyone can prevent bullying
- Providing a platform to hold school and community events
- Sharing information about the issue through news media, social media, videos and print publications
- Talking with education and public policy leaders about their roles in bullying prevention
- Promoting dialogue between educators, parents and students on their roles in addressing and preventing bullying
- Encouraging organizations to share information about their bullying prevention resources
- Inspiring everyone to unite for kindness, acceptance and inclusion
- Helping to create a world without bullying



Show your support click this link for more information <http://www.pacer.org/bullying/nbpm/>

National Domestic Violence Awareness Month

What Is Domestic Violence?

Domestic violence (also called intimate partner violence (IPV), domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.



Domestic violence does not discriminate. Anyone of any race, age, sexual orientation, religion or gender can be a victim – or perpetrator – of domestic violence. It can happen to people who are married, living together or who are dating. It affects people of all socioeconomic backgrounds and education levels.

Domestic violence includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want. It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation. Many of these different forms of domestic violence/abuse can be occurring at any one time within the same intimate relationship.

Here at The Hotline, we use the **Power & Control Wheel*** to describe most accurately [what occurs in an abusive relationship](#).

*Think of the wheel as a diagram of the tactics an abusive partner uses to keep their victim in the relationship. While the inside of the wheel is comprised of subtle, continual behaviors, the outer ring represents physical, visible violence. These are the abusive acts that are more overt and forceful, and often the intense acts that reinforce the regular use of other more subtle methods of abuse. *Although this Power & Control Wheel uses she/her pronouns for the victim and assumes a male perpetrator, abuse can happen to people of any gender in any type of relationship.*

For more general information about domestic violence, including potential warning signs for emotional, physical, or sexual abuse, visit the **National Domestic Violence Hotline's** information page: <https://www.thehotline.org/is-this-abuse/>

National Down Syndrome Awareness

**October is
National Down
syndrome
Awareness Month**

What is Down syndrome?

Down syndrome (sometimes called Down's syndrome) is a condition in which a child is born with an extra copy of their 21st chromosome — hence its other name, trisomy 21. This causes physical and mental developmental delays and disabilities.

Many of the disabilities are lifelong, and they can also shorten life expectancy. However, people with Down syndrome can live healthy and fulfilling lives. Recent medical advances, as well as cultural and institutional support for people with Down syndrome and their families, provides many opportunities to help overcome the challenges of this condition.

What causes Down syndrome?

In all cases of reproduction, both parents pass their genes on to their children. These genes are carried in chromosomes. When the baby's cells develop, each cell is supposed to receive 23 pairs of chromosomes, for 46 chromosomes total. Half of the chromosomes are from the mother, and half are from the father.

In children with Down syndrome, one of the chromosomes doesn't separate properly. The baby ends up with three copies, or an extra partial copy, of chromosome 21, instead of two. This extra chromosome causes problems as the brain and physical features develop.

According to the [National Down Syndrome Society \(NDSS\)](#), about 1 in 700 babies in the United States is born with Down syndrome. It's the most common genetic disorder in the United States.

What are the symptoms of Down syndrome?

Though the likelihood of carrying a baby with Down syndrome can be estimated by screening during pregnancy, you won't experience any symptoms of carrying a child with Down syndrome.

At birth, babies with Down syndrome usually have certain characteristic signs, including:

- flat facial features
- small head and ears
- short neck
- bulging tongue
- eyes that slant upward
- atypically shaped ears
- poor muscle tone

An infant with Down syndrome can be born an average size, but will develop more slowly than a child without the condition.

People with Down syndrome usually have some degree of developmental disability, but it's often mild to moderate. Mental and social development delays may mean that the child could have:

- impulsive behavior
- poor judgment
- short attention span
- slow learning capabilities

Treating Down syndrome

There's no cure for Down syndrome, but there's a wide variety of support and educational programs that can help both people with the condition and their families. The [NDSS](#) is just one place to look for programs nationwide.

Available programs start with interventions in infancy. [Federal law](#) requires that states offer therapy programs for qualifying families. In these programs, special education teachers and therapists will help your child learn:

- sensory skills
- social skills
- self-help skills
- motor skills
- language and cognitive abilities

Children with Down syndrome often meet age-related milestones. However, they may learn more slowly than other children.

School is an important part of the life of a child with Down syndrome, regardless of intellectual ability. Public and private schools support people with Down syndrome and their families with integrated classrooms and special education opportunities. Schooling allows valuable socialization and helps students with Down syndrome build important life skills.

Living with Down syndrome

The lifespan for people with Down syndrome has improved dramatically in recent decades. In [1960](#), a baby born with Down syndrome often didn't see their 10th birthday. [Today](#), life expectancy for people with Down syndrome has reached an average of 50 to 60 years.

If you're raising a child with Down syndrome, you'll need a close relationship with medical professionals who understand the condition's unique challenges. In addition to larger concerns — like heart defects and leukemia — people with Down syndrome may need to be guarded from common infections such as colds.

People with Down syndrome are living longer and richer lives now more than ever. Though they can often face a unique set of challenges, they can also overcome those obstacles and thrive. Building a strong support network of experienced professionals and understanding family and friends is crucial for the success of people with Down syndrome and their families.

Check out the [National Down Syndrome Society](#) and the [National Association for Down Syndrome](#) for help and support.