



The Bulletin

Issue No. 24

Our Monthly Achievement Report

April 2020

National Child Abuse Prevention Month

National Child Abuse Prevention Month, observed annually in April, is observed internationally and supported by UNICEF.

This month seeks to acknowledge the importance of families and communities working together to prevent child abuse.

This month communities are encouraged to share child abuse prevention strategies and promote prevention across the country.



Photo (above): The Honourable Ayanna Webster-Roy, Minister of State in the Office of the Prime Minister commence the observance of Child Abuse Prevention Month with a virtual interview on TV 6.



Photo (left): Mr. Bertrand Moses, Coordinator, Child Affairs, Office of the Prime Minister shared on child abuse precaution for Parents via UNICEF's Facebook platform.

#CommunitiesCare

Child Protection Acronym: **C.O.V.I.D.**

- C**all and tell a trusted adult if you are being abused or you know a child that is.
- O**ppportunity to spend time with your family. Take this time to spend developing a healthy relationship with your child. During this time you can play games, pray, eat together, exercise, etc which is all part of building nurturing behaviors. **or** **O**bserve any changes in your children's behavior. Be careful not to expose or leave children unattended with strangers of family members.
- V**alue family time. Use this opportunity to spend time with your children and develop a healthy relationship with them. During this time you can play games, pray, eat together, exercise, etc. which is all part of building nurturing behaviours. **or** **V**igilant, parents pay close attention to any changes in your child's behaviour. Be careful not to expose or leave children unattended with stranger of family members.
- I**dentify signs of abusers and victims. Knowing what the signs are can help you prevent continued child abuse.
- D**ownload useful resources available for yourself and your child on how to protect yourself.

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Managing Stress During COVID -19

Everyone has stress, however, with the global pandemic, some may exhibit heightened levels of anxiety and worry. Taking on too much stress can make it hard to manage every day task, especially if you have dependent (i.e. children, elderly parents, etc.).

Signs Of Stress:

Feeling angry or irritable constantly | Feeling hopeless | Having trouble making decisions | Crying easily | Worrying all the time | Arguing with others constantly | Overeating or not eating enough | Being unable to sleep or wanting to sleep all the time | A build-up of stress also can contribute to health problems, including headaches, upset stomach, and high blood pressure, etc.

What You Can Do To Curb Stress:

It is important to learn how to manage your stress—for your own sake and for your children. **Here is how you can help:**

- **Identify what's making you stressed.** Everyone's stressors are different. Yours might be related to money, work, bills, your surroundings (traffic, crime), your partner, your children's behavior, or health issues.
- **Accept what you cannot change.** Ask yourself, "Can I do anything about it?" If the answer is "no," try to focus on something else. If there is something you can do (look for a new job, for example), break it into smaller steps so it doesn't feel overwhelming.
- **Have faith.** Look back at previous times when you have overcome challenges. Think "This too shall pass." Consider that people who attend church, pray regularly, or practice other forms of spirituality tend to have less stress.
- **Relax!** Try deep breathing, meditation, yoga, or listening to music. Take 30 minutes to play a board game and laugh with your kids.
- **Take care of your health.** Getting enough sleep can make a big difference in your stress level. So can eating healthy foods and getting some exercise.
- **Take time for yourself.** Take a bath, read a book, or pick up a hobby. When you can, hire a babysitter (or trade time with a friend or neighbor) and get out for a few hours.
- **Develop a support network.** Don't be afraid to ask for help. Older children can set the table. Your spouse or partner could take over bedtime a few nights a week. Friends might pick up the kids from school to give you a break. Remember: Learning to manage your stress will improve your happiness and show your children that they can handle stress, too!

Remember: Learning to manage stress improves your health and wellness and that of your children.

Domestic Violence

Are you...

In an abusive (physically, sexually, emotionally or financially) situation?

What you can do... (in spite of COVID-19)

- ◆ Call **800-SAVE (7283)** - National Domestic Violence Hotline
 - ◆ for help in developing a personalized safety plan.
 - ◆ Call **999** if you feel unsafe or have already been hurt.
 - ◆ **Take ALL threats seriously.** Trust your instincts.
- ◆ Teach your children to call Police (**999**), **800-SAVE (7283)** and ChildLine (**131**).
 - ◆ **Keep your plans secret from your abuser.**
- ◆ **Devise a signal to let neighbours know that you are in trouble.** For example, turn on a porch light that is not used for any other purpose or tie a towel around the front door knob, etc.
- ◆ **Notify your place of employment** - to prevent the abuser from stalking you at work.
 - ◆ **Gather key documents with copies** (legal documents, IDs and bank cards/cash, medical records, insurance papers, vehicle titles, keys)

Where to turn for Help?

The following agencies will assist with counselling victims, families and perpetrator in:

1. **Ministry of Social Development and Family Services** provides food support for children on the Ministry of Education's School Feeding Programme; Income & Food Support for retrenched & terminated persons and Counselling & Psychosocial Support. The Call Centre **800 – 1MSD (1673); 800 – OPIC and 623 – 2608; Ext 1120 – 1132.**
2. **Coalition Against Domestic Violence** – counselling support services to persons who have been victims of domestic violence **as well as** perpetrators who wish to stop their abusive behaviour. This includes sessions for couples and young persons. Legal Clinic and victim and witness support programme. Call **627 - 6844**
3. **Families in Action** provides in-person counselling to help with a wide range of personal issues. We have professionals who provide counselling services Mondays-Fridays from 8:00 a.m. to 4:00 p.m. To speak with a counsellor - Call **628 - 2333 or 622 - 6952**
4. **T&T Police Service** is the establishment of a **Victim and Witness Support Unit** which addresses the emotional needs of victims and witnesses of crime; those who have been directly affected and those who are secondary victims such as family members and children. Call **624 - 8853 or 999**
5. **Lifeline TT** is open 24 hours every day, befriending the despairing and suicidal. Equipped with trained listeners, Lifeline creates a space in which a caller can express all the pain that he or she feels which cannot be shared with anyone else to ensure that the emotional crisis is past. Put simply: **Listening saves lives!** Call **800 - 5588 or 866 - 5433 or 220 - 3636.**

Domestic Violence TRIVIA

1. Domestic Violence is comprised of two components only: physical and emotional abuse?

- ◇ A. True
- ◇ B. False

2. Domestic Violence victims are subjected to a form of brainwashing by their abusers?

- ◇ A. True
- ◇ B. False

3. What is a simple way to protect yourself?

- ◇ A. Stick with a friend when liming
- ◇ B. Be aware of your surroundings
- ◇ C. Trust your instincts
- ◇ D. All of the above

4. What are signs that you are in an abusive relationship?

- ◇ A. Hit, punch, slap or choke you
- ◇ B. Prevent you from seeing friends or family
- ◇ C. Belittles you in private and/or public
- ◇ D. Force you to have sex against your will
- ◇ E. Show extreme jealousy of others or make false accusation
- ◇ F. All of the above

5. Putting a person on a financial allowance and not allowing him/her to access money is a form of abuse?

- ◇ A. True
- ◇ B. False

6. Domestic Violence doesn't affect children?

- ◇ A. True
- ◇ B. False

7. There are no agencies in Trinidad and Tobago that deals with Domestic Violence?

- ◇ A. True
- ◇ B. False

Answers: 1. B | 2. A | 3. D | 4. F | 5. A | 6. B | 7. B |

ADJUSTING TO THE PANDEMIC:

PERSONS LIVING WITH HIV AND AIDS

Worldwide, persons are learning to make changes to their lifestyles for ensuring their survival in the midst of the COVID-19 outbreak. Trinidad and Tobago is no different as its governing agencies have proactively responded in addressing the needs of key populations. The National AIDS Coordinating Committee (NACC) in the Office of the Prime Minister has amped up its social response machinery with members from Civil Society Organizations (CSOs) who are on the ground assisting Persons Living with HIV and AIDS.

RESPONDING TO COVID-19

The NACC, as the body responsible for the national response to HIV and AIDS, is ensuring that its affiliated agencies are working to ensure that essential services are available to persons in the HIV Community who may be in need of support. Some of the guidance the NACC would like to provide during the COVID 19 period are as follows:



SEEK TREATMENT AND CARE

The NACC is encouraging new patients to follow up with their referral to treatment and care. All established clients should follow up with their regular treatment clinic to retrieve a 1-3 month supply of medication. If you have concerns about medication, please contact your clinic. Clients who may have stopped going to clinic are encouraged to contact their clinic.

DO NOT WAIT AND KEEP ON TRACK

Restricted movement policies may deter Persons Living with HIV from seeking assistance and adhering to treatment. Do not wait till all your medication is finished or very low before accessing clinics. Always ensure you maintain an ample supply of antiretroviral (ARV) medication. This will ensure control of the virus (viral suppression) and improvements to the strength of clients' immune system (immunological recovery) by reducing the risk of complications in case of infection with SARS-CoV-2 (the agent of COVID-19).

IT IS BEAUTIFUL TO KNOW...FOR KNOWLEDGE IS POWER

The importance of testing and knowing your status are key to maintaining good health and well-being. Testing sites are open and **ALL** persons are encouraged know their HIV status, practice safe sex and access the prevention services of the Ministry of Health. Call your preferred location before visiting for an HIV test or access to condom as opening hours may have been adjusted.

IMMOBILITY DOES NOT MEAN LACK OF ACCESS



Persons in quarantine because of COVID 19 may contact their usual treatment sites to facilitate alternative means of accessing their medication. It is suggested that you notify your HIV provider if you are tested positive for COVID 19 so that the clinic is aware to assist with supporting your HIV needs.

SEEK PSYCHOSOCIAL SUPPORT

Persons who are in need of psychosocial support are encouraged to contact the services of the Society of Psychologists, The Trinidad and Tobago Red Cross Society, Com Talk International, Friends for Life, GROOTS TT, Trinidad and Tobago Trans-Coalition, the treatment Sites or any other group listed on the NACC's NGO Listing.

FOLLOW COVID-19 PREVENTION PROTOCOLS

Adhere to guidelines advised by the Ministry of Health for maximum protection e.g. social distancing, isolation, washing of hands and avoidance of persons with flu-like symptoms.

REMEMBER...COVID OR NO COVID - WE ARE HERE TO HELP!

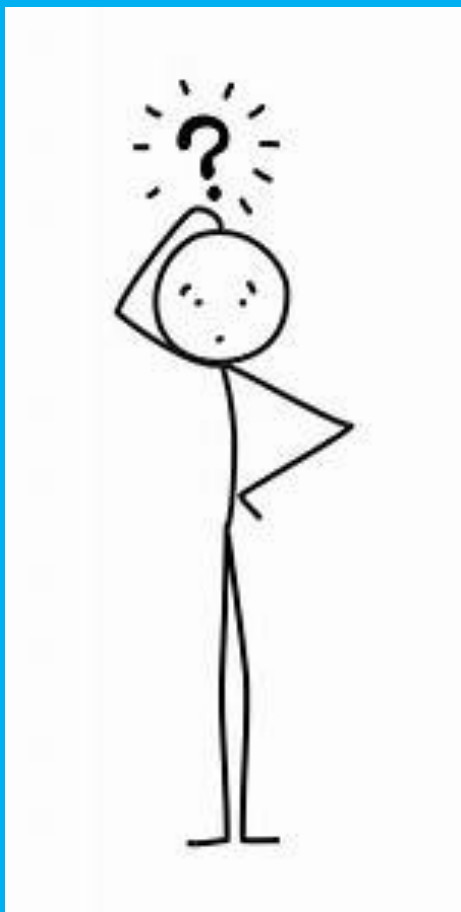
Check out the National AIDS Coordinating Committee on Instagram and Facebook @nacc.tt for updates on available services and recommended protocols.

DID YOU KNOW...?

There is currently no strong data to suggest that people living with HIV (PLHIV) are at a higher risk of acquiring SARS-CoV-2 or developing more severe COVID-19 symptoms (if they do acquire it), especially if their immune system is not compromised, although people with underlying conditions and a weaker immune system may be most vulnerable to COVID-19 infection.

PLHIV who are 60 or older and/or with underlying chronic conditions (e.g. diabetes, cancer, respiratory and cardiovascular diseases) may be at higher risk or suffering more serious COVID-19-related illness.

#STAYSAFE



FACTS

- ◇ Acquired Immune Deficiency Syndrome (AIDS) is caused by the Human Immunodeficiency Virus (HIV).
- ◇ One of the blood cells infected and destroyed by HIV is the T-4 (CD-4) cell, which is required to protect your body from infections the quantity of CD-4 cells in your blood is an indicator of the immune system's strength.
- ◇ The CD-4 count test identifies the progress of an HIV infection.

REAPING THE BENEFITS

The current 'stay at home' measures have brought with it much focus on socialization as it relates to family, mental health and the importance of food production. In April 2020, the Ministry of Agriculture, Land and Fisheries announced that it will distribute seeds for six local crops to 50,000 households. The seed varieties will include bodi, seim, baigan, pumpkin, corn and sorrel. Though this initiative was in the pipeline prior to COVID-19 it showcases the importance of home gardening. **Here are some tips for gardening at home.**



MAKE IT A FAMILY AFFAIR

PASSING THE TORCH...GARDENING WITH CHILDREN

Use this time to learn and let learn. Young children tend to be curious and this extended time at home gives you as parents the opportunity to teach them basic life skills that may otherwise be overlooked. Many of us in Trinidad and Tobago have had a science project or two that involved the understudy of the growth of red beans in a cup laid with tissue paper. Why not introduce them to the concept of sustainable agriculture, environmental awareness and the laws of nature? Be it short or long crops, outdoor or indoors, organic kitchen or decorative gardening, seeing something you planted grow can bring many a proud moment for you and your family.

Children can learn responsibility and have a reason to be active without it being tedious. A simple task may include assigning turns for watering plants daily or learning how to transplant seedlings.

THE TALES OF THE ELDERS

In decades gone by, many of our now elders and their parents were involved in gardening be it as a means of living or therapy. Even if not in the garden, encourage your loved ones to talk about their past and hear their stories of yesteryear. You may be surprised how much you can learn from listening and help to boost morale.

ENJOY THE THERAPEUTIC BENEFITS OF GARDENING

Sudden lifestyle changes can be a trigger for feelings of anxiety and depression. According to the American Institute of Stress, gardening allows for creativity which is a stress-buster and in 45 minutes can decrease the amount of cortisol (hormone produced in times of stress) in one's body.

EASY TO SOW...EASY TO GROW

Restricted movement should not deter one from planting. Several everyday fresh vegetables and fruits can be the start of a beautiful kitchen garden. Easy to grow suggestions which may be viable even in a container garden include herbs (chive, chadon beni (cilantro), thyme, mint and rosemary), peppers, lettuce, cauliflower and aloe vera. If space is available, long crops such as pumpkin, pigeon peas and fruits trees may be planted. Flowers such as marigold and periwinkles or decorative vines may also make for easy gardening.



SO START PLANTING TODAY...

your green thumb may have you happily putting farm-to-table in the future!

#GenerationBuilding #GrowingTogether #StaySafe #BeHealthy

SURVIVING TOGETHER

Social Responsibility

Growing with Care



REMEMBER...

Together we can keep Trinidad and Tobago safe.
#StayHome
#StaySafe

COLOURING ACTIVITY



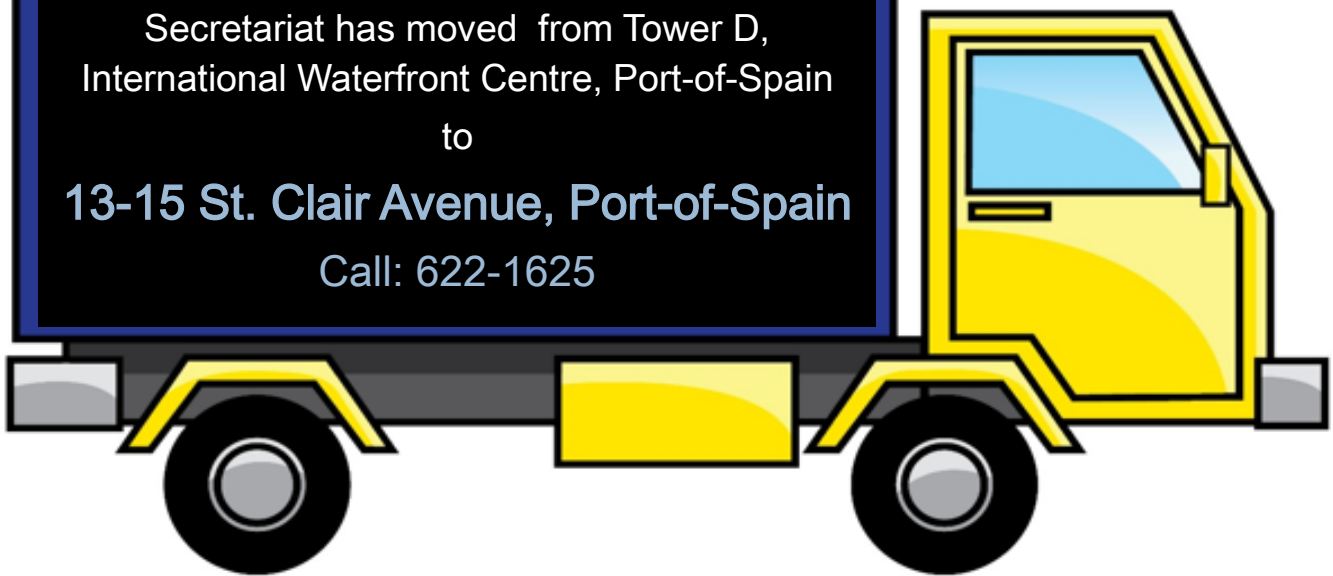
The National AIDS Coordinating Committee Secretariat has
MOVED!

RELOCATION NOTICE:

The National AIDS Coordinating Committee Secretariat has moved from Tower D, International Waterfront Centre, Port-of-Spain to

13-15 St. Clair Avenue, Port-of-Spain

Call: 622-1625



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