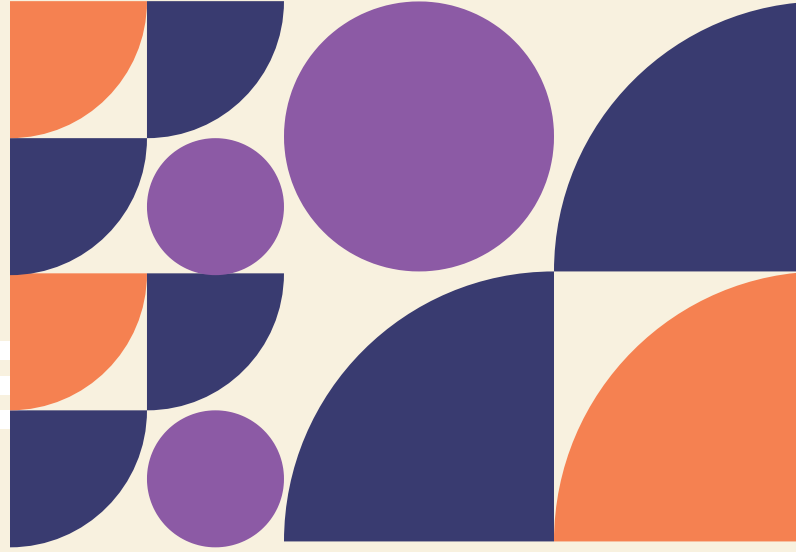


Chasing Wellness

Lisa
Carstens

Certified Prevention Specialist
lcarstens@zioniowa.org



NATIONAL MENTORING MONTH

National Mentoring Month is an annual designation observed in January. This month, focus on how we can all work together to increase the number of mentors to make sure young people in our communities have dependable people to look up to and follow in their footsteps. National Mentoring Month celebrates mentoring and the positive effect it can have on young lives.

To guide and strengthen mentorship programs, the 4C Framework offers a powerful model centered on four essential pillars: Connection, Clarity, Compassion, and Commitment.

Connection refers to the establishment of a strong, respectful, and trusting mentoring relationship between mentor and mentee.

Clarity involves setting clear, measurable, and attainable goals that relate directly to the mentee's development journey.

Compassion emphasizes empathy and understanding. It means recognizing that every mentee faces different challenges and being present to guide them through those moments.

Commitment highlights the dedication required from both mentor and mentee. Regular engagement, follow-through, and a long-term view of mentoring contribute to transformational outcomes.

There are many mentorship types, from formal programs to peer mentoring in the workplace. Having someone to lean on can be a lifeline in what is often a lonely world. Mentors can provide that support, but we know that more than 1 in 3 young people are growing up without a mentor. **Learn more about how mentoring builds connection and belonging at mentoring.org #MentoringMonth**

National Human Trafficking Prevention Month

January is National Human Trafficking Prevention Month. Every year since 2010, the President has dedicated the month to raise awareness about human trafficking and to educate the public about how to identify and prevent this crime. The U.S. Department of State raises awareness of human trafficking domestically and abroad, through U.S. embassies and consulates.

Human trafficking includes both forced labor and sex trafficking. It not only represents a threat to international peace and security but also undermines the rule of law, robs millions of their dignity and freedom, enriches transnational criminals and terrorists, and threatens public safety and national security everywhere. There are estimated to be more than 27.6 million people — adults and children — subjected to human trafficking around the world, including in the United States. Traffickers often take advantage of instability caused by natural disasters, conflict, or a pandemic to exploit others.

Recognizing Labor Trafficking

Labor trafficking includes situations where men, women, and children are forced to work through threats and/or violence.

Keeping victims isolated — physically or emotionally — is a key method of control in most labor trafficking situations. But that does not mean you never cross paths with someone who is experiencing trafficking.

Recognizing Sex Trafficking

Sex trafficking occurs when individuals are made to perform commercial sex through the use of force, fraud, or coercion. Any child under 18 who is involved in commercial sex is legally a victim of trafficking, regardless of whether there is a third party involved.

FOR MORE INFO VISIT:

WWW.HUMANTRAFFICKINGHOTLINE.ORG/EN

NATIONAL
HUMAN
TRAFFICKING
HOTLINE

1-888-373-7888

TEXT 233733



January is National Poverty in America Awareness Month, a nationwide initiative to educate the public about poverty's realities, debunk myths, highlight its systemic causes (like lack of affordable housing, healthcare, and education), and encourage community action, such as volunteering or supporting anti-poverty organizations. It's a time for learning, raising awareness, and advocating for policies that address the deep-seated issues leading to hardship and inequality, emphasizing that poverty affects diverse individuals and families.

FOR MORE INFO VISIT:

WWW.CENSUS.GOV

Key Goals of Poverty Awareness Month:

- Educate: Share facts about poverty's prevalence and complexities.
- Debunk Myths: Challenge stereotypes about who experiences poverty.
- Promote Solutions: Support efforts to combat poverty through charity, policy, and community involvement.
- Inspire Action: Encourage individuals to volunteer, donate, or advocate for systemic change.

How to Participate:

- Learn: Use resources from organizations like the Census Bureau, Community Action Partnership, or PovertyUSA to understand the root causes.
- Donate/Volunteer: Give time or resources to local food banks, shelters, or community support groups.
- Advocate: Support policies that improve access to healthcare, education, stable jobs, or affordable housing.
- Share: Use your voice to spread awareness on social media and in your community.

