



Dear friends,



Every April, Safe At Home commemorates both Child Abuse Prevention Month and Sexual Assault Awareness & Prevention Month. We teach our youth about consent, healthy relationships, and how to be a responsible bystander, and we share what we have learned with parents and school staff in our communities to help build healthier, safer homes for everyone.

This year, we're excited to expand that work further with the help of outspoken supporters of our work and new partnerships.

In commemoration of Sexual Assault Awareness & Prevention Month, our *Safe Keeping* podcast team hosted a very special guest for last week's episode about modeling healthy gender roles: *NFL star, pro-bowler, and current Executive Vice President of Football Operations for the NFL, Troy Vincent.* [Visit joetorre.org/podcast](https://joetorre.org/podcast) to hear Troy talk to our staff about the importance of being a role model for

[healthy masculinities to help build a better world.](#)

[Tune in Now!](#)

We're also thrilled to shine a spotlight on a friend and partner who has supported our mission of providing healing to survivors of child abuse: Timothy Markison, CEO and co-founder of Athalonz. Tim recently spoke to our team about his passion for our work, and Athalonz's commitment to our programs in donating a percentage of every sale made to Safe At Home. [Read the full profile about Tim and Athalonz's partnership with Safe At Home now!](#)

We look forward to sharing more news with you next month. [As always, keep tabs on our Facebook page in between newsletters for the most up-to-date news.](#)

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Dear friends,

May is Mental Health Awareness Month – a critical time for our program staff and youth to talk about how experiencing abuse can impact mental health. It's also an opportunity to increase awareness around how we all can support those who are struggling with mental health symptoms.

Your mental health is just as important as your physical health. Just like you need to eat well and exercise to stay fit, you need to take care of your mental health, too. That's why we're excited to share some resources with you from our expert staff.

Our counselor from Brooklyn Academy of Science in New York City has prepared a [guided meditation video to help you de-stress and find a moment of calm:](#)



We also prepared a [Mental Health info gallery on Facebook that you can check out](#), thanks to our Outreach Coordinator Gaby!

Finally, we encourage you to tune into our podcast **Safe Keeping** this Friday, May 28, when our co-hosts talk about breaking the stigma around mental health – [visit joetorre.org/podcast to catch up on our episodes.](#)

Next month, we will be sharing highlights from our school spring campaigns - produced annually by our youth peer leaders and alumni staff nationwide. As always, [keep tabs on our Facebook page in between newsletters for the most up-to-date news.](#)

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Dear friends,

With summer officially underway, we're taking a moment to look back on an unprecedented school year.

For many children and teens in our programs, the last year was incredibly challenging; and more than ever, they relied on Safe At Home for support when they needed it the most. But our young people also inspired us with their resilience and strength – and with their desire to stay connected to our work and - through it all, each other - in new and exciting ways.

Every spring, a group of dedicated students at each program – known as our peer leaders – design and run their very own awareness campaigns for their entire school. Usually, these campaigns involve in-person activities, workshops, and opportunities to educate their classmates. To make it even more meaningful, they are joined in this exciting capstone to their school year by a team of inspiring Safe At Home alumni who were peer leaders themselves just a few years ago.

This year's campaigns – just like this past year itself – looked just a little bit different. [But we're excited to share some highlights of the incredible work our peer leaders, alumni, and counselors created in a new Spring Campaign Facebook album!](#)

[Check out the album now!](#)

Together, our team provided educational flyers, activities, and workshop opportunities on the topics of gun violence, mental health awareness, self-care, and so much more – all distributed virtually so that everyone could join in the experience together, and safely.

This virtual approach to sharing information is one you'll be seeing more of from Safe At Home in the weeks ahead. We look forward to sharing new and exciting resources with all of you soon, all designed to share some of what we have learned with your support over the years so we can help everyone make their schools, communities and families a little bit healthier and happier.

As always, [keep tabs on our Facebook page](#) in between newsletters for the most up-to-date news. And thank you for continuing support of Safe At Home and the good we accomplish together!

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The Joe Torre Safe at Home Foundation

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