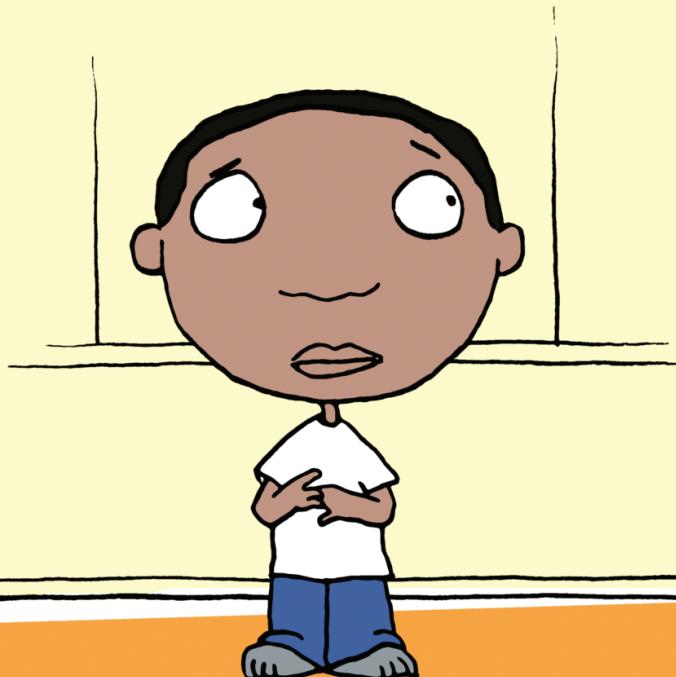
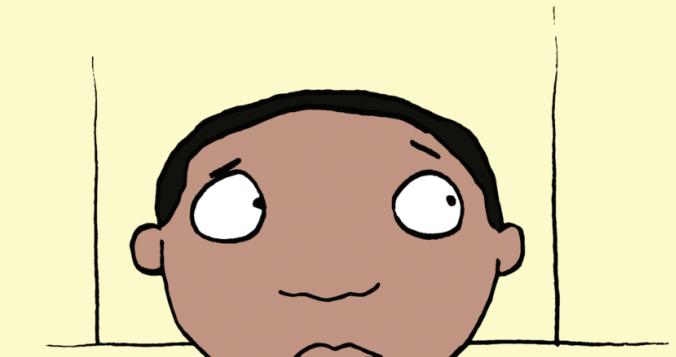


DVD AND COLORING BOOK

**STORIES FOR
CHILDREN**

THAT GROWNUPS CAN WATCH

INSIDE HIM



Dear Parents and Caregivers,

Exposure to violence or trauma can damage children, whether they witness it, or whether they are victims of it.

This booklet, with coloring-activity book and attached DVD, is designed to help children express themselves in words, pictures and actions that can be a source of healing.

It is also designed to give parents and caregivers understanding, encouragement and some advice about making positive, long-standing changes in your life.

We hope you and the child or children you care for can take time together. Watch the animated cartoon. Talk about what it means to you.

Color pictures. Play games. Ask questions.

Have patience with yourself and your child. Talking about scary things is challenging, but it's worth it.

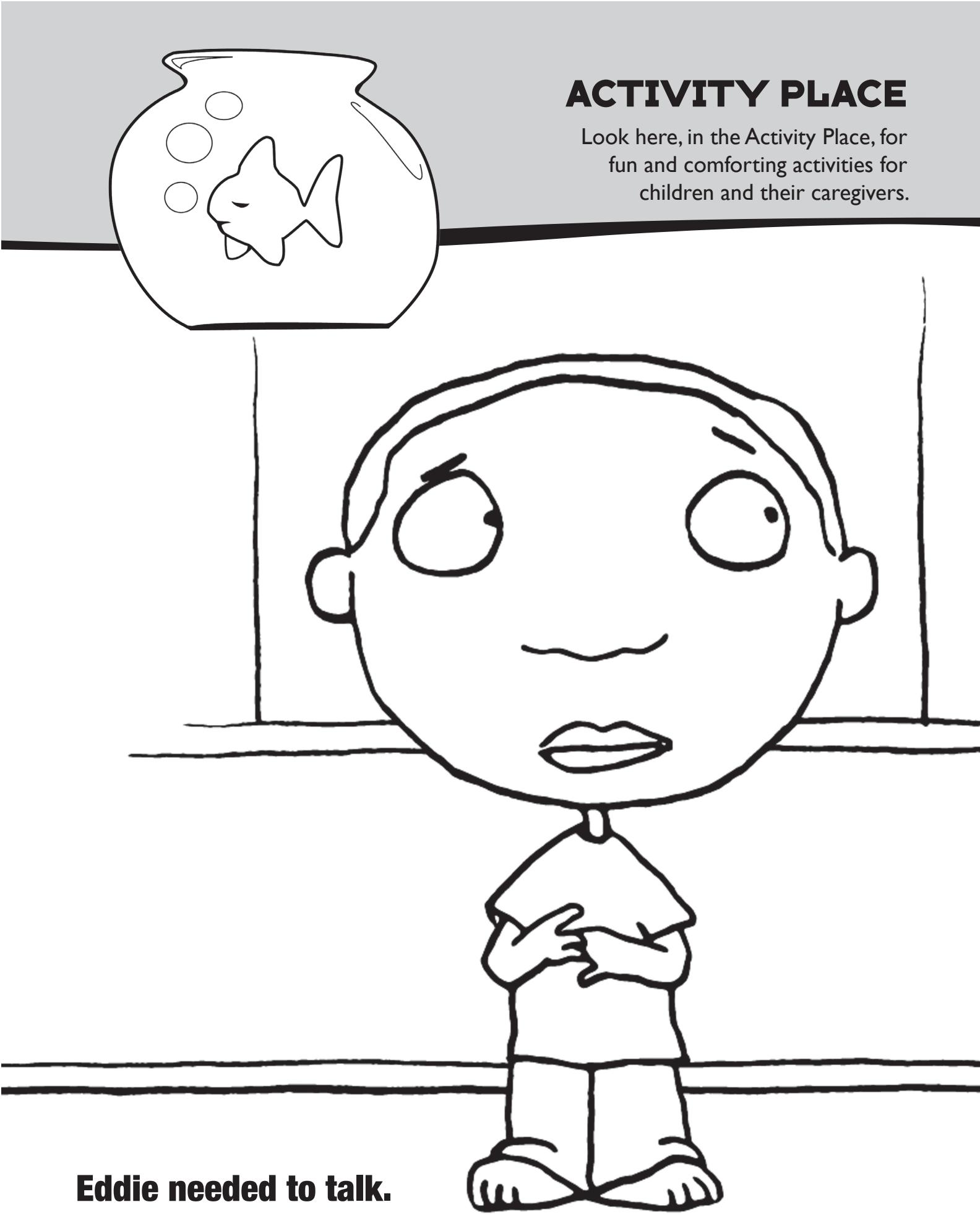
Materials developed collaboratively by the Illinois Violence Prevention Authority, the Illinois Department of Children & Family Services, the Chicago Department of Public Health, the Illinois Childhood Trauma Coalition, Chicago Metropolis 2020 and PS&A Communications.



“We don’t know what children have seen or heard until they can tell us. Be the person they can turn to. Let’s bring the kids back into focus and make sure every child is safe from the start.”

Sherialyn Byrdsong, Widow

Ricky Byrdsong, former Northwestern University Head Basketball Coach, was fatally shot while walking with two of his three children a block from his home.



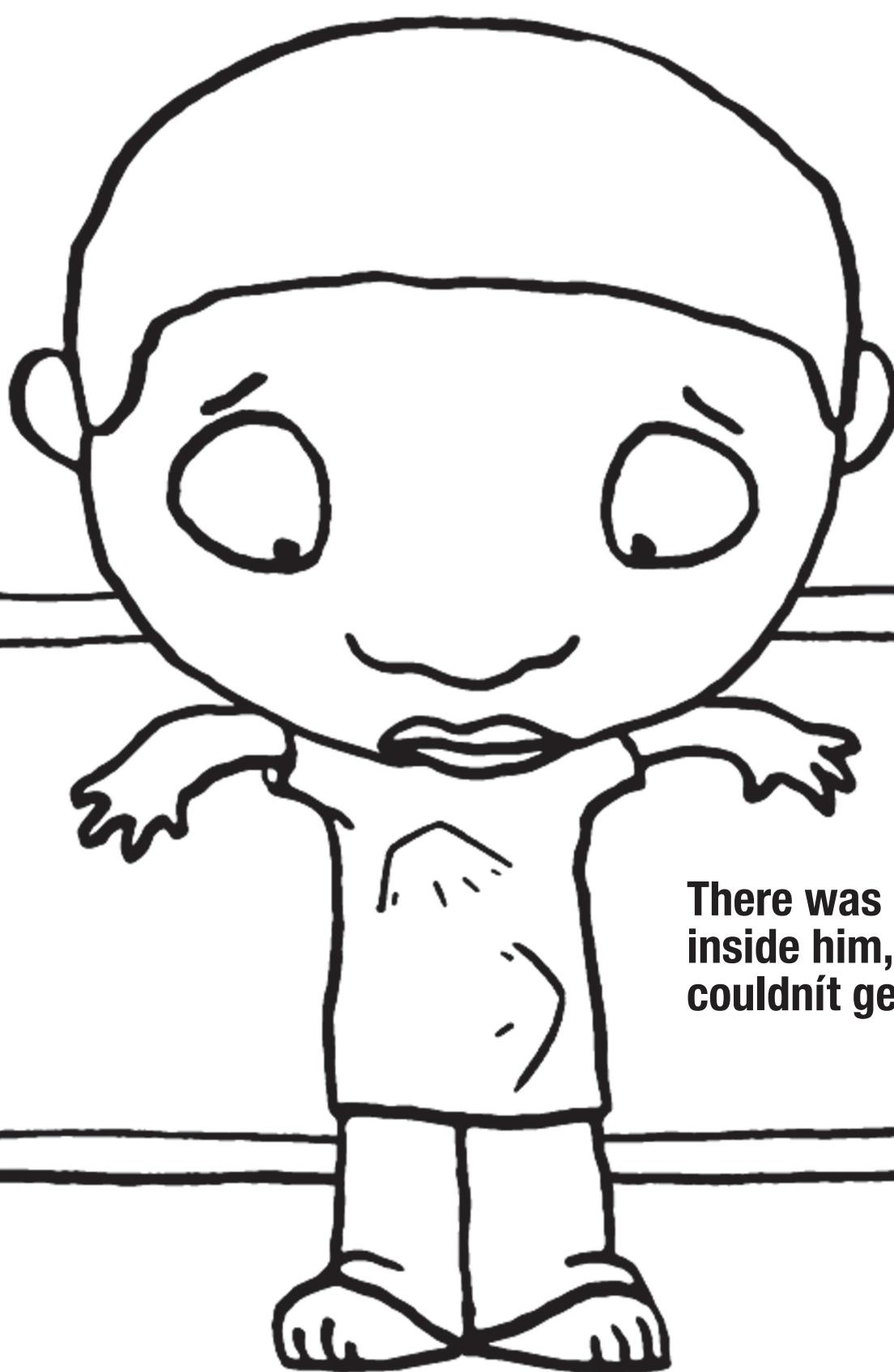
ACTIVITY PLACE

Look here, in the Activity Place, for fun and comforting activities for children and their caregivers.

Eddie needed to talk.

ACTIVITY PLACE

Play a little game — PAT YOUR TUMMY! Gently pat your tummy. Pat your sister's tummy. Pat your brother's tummy. Pat your mama's tummy. Pat your grandma's tummy. Talk about the feelings that may be in there.



**There was something
inside him, and he
couldn't get it out.**



**Nobody knew it was in there
that he'd seen some scary things.**

ACTIVITY PLACE

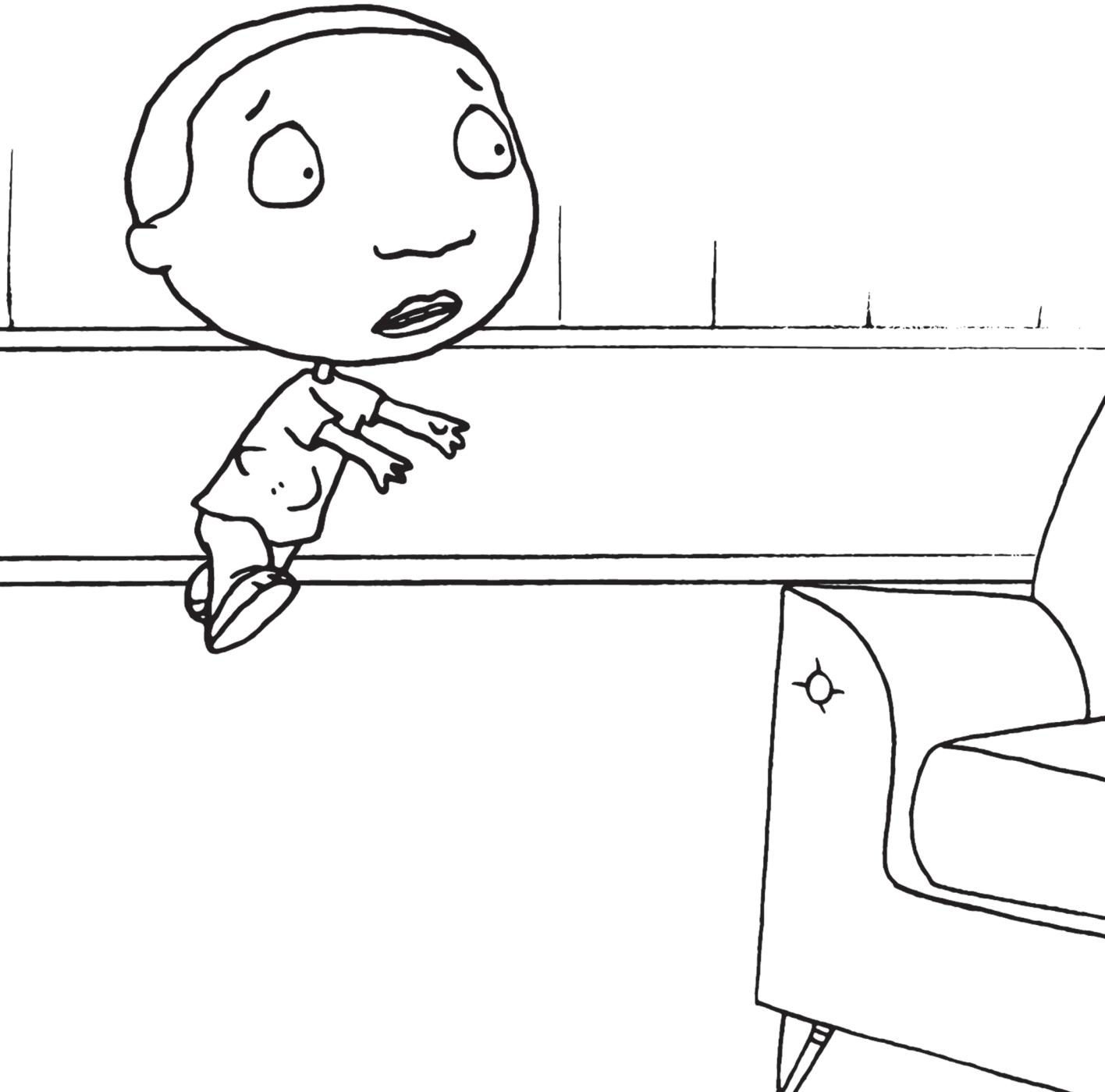
Rock together in a rocking chair or any comfortable chair.



**He was afraid that if it came
out he might get hurt.**



Or somebody else might.

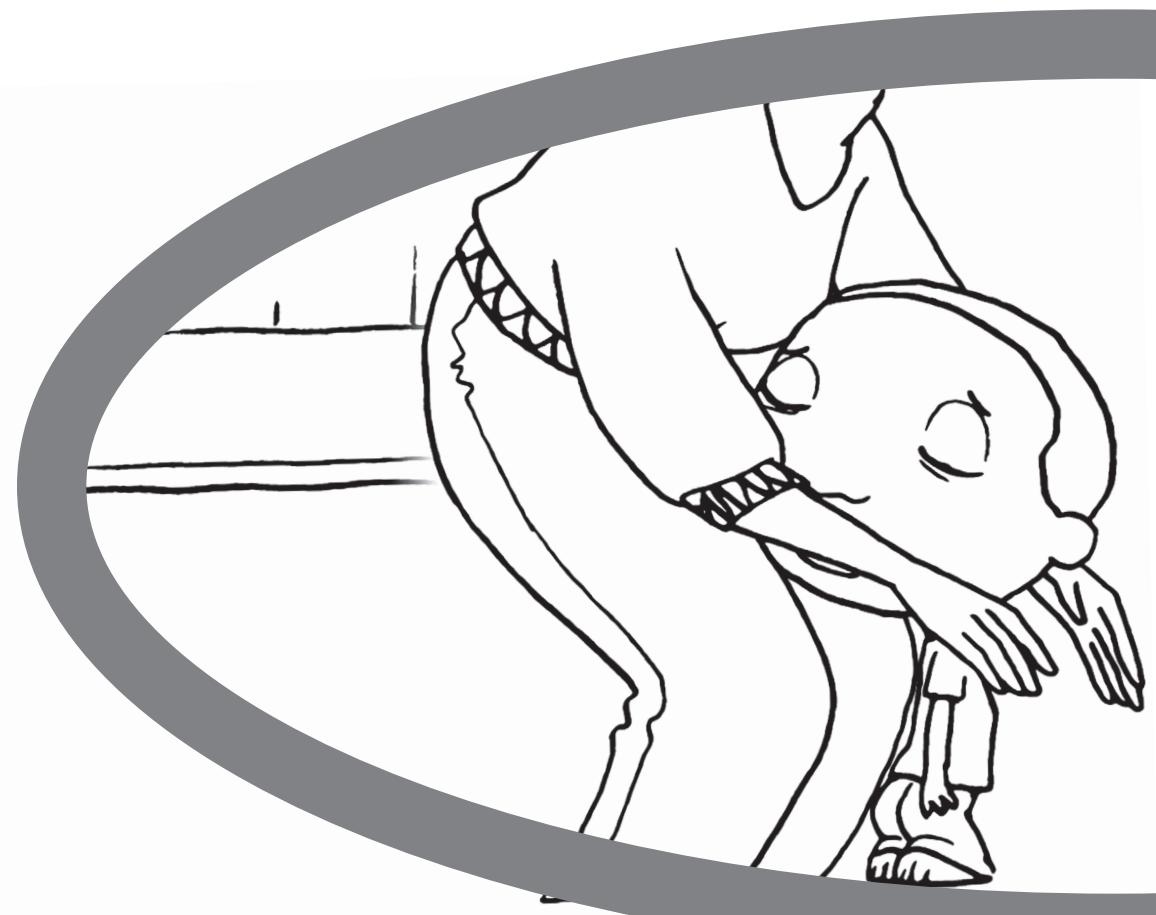
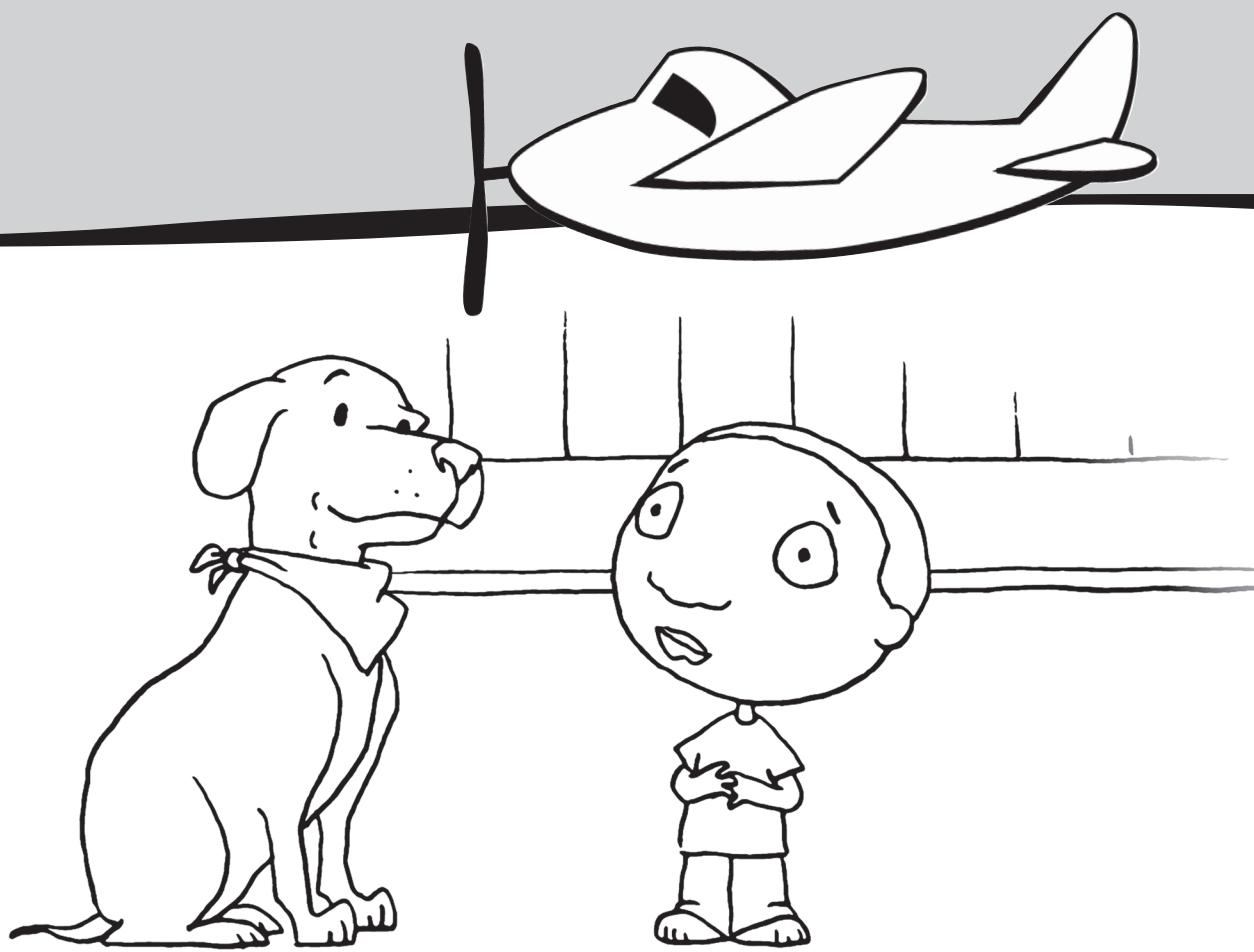


ACTIVITY PLACE

Enjoy some music together. Play a song on a CD. Hum along.
Teach each other the words and sing.

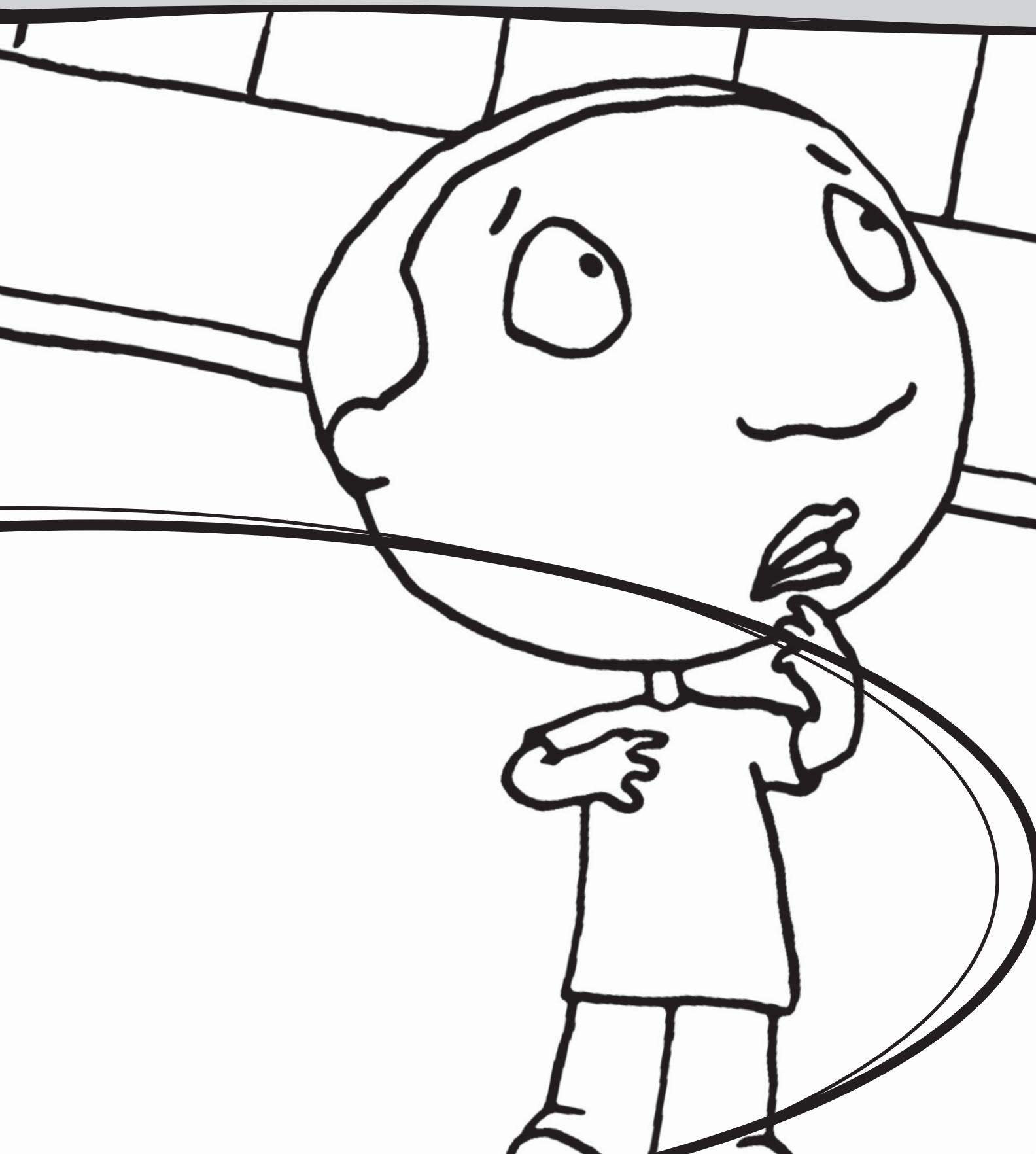
Nothing anyone did...

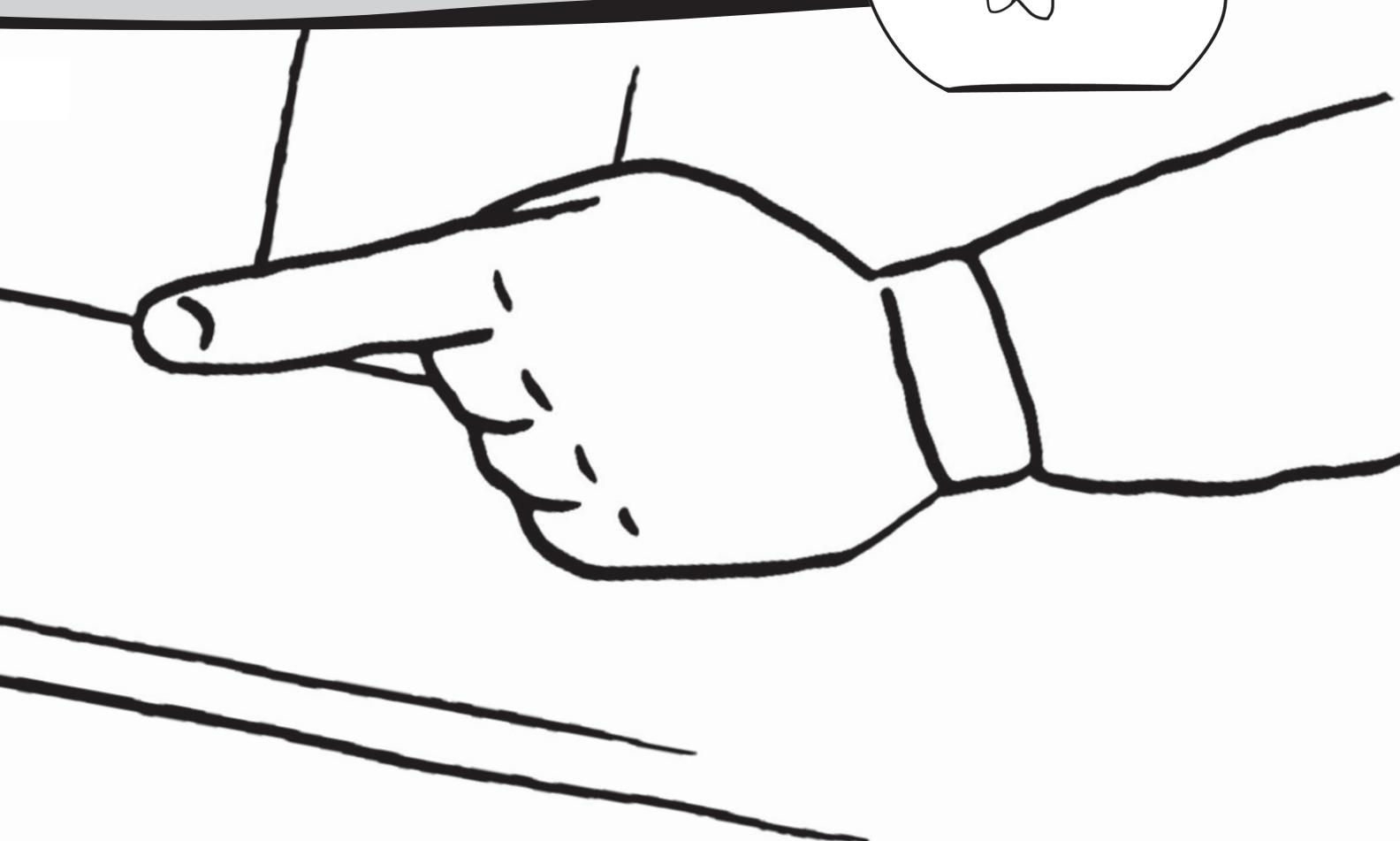
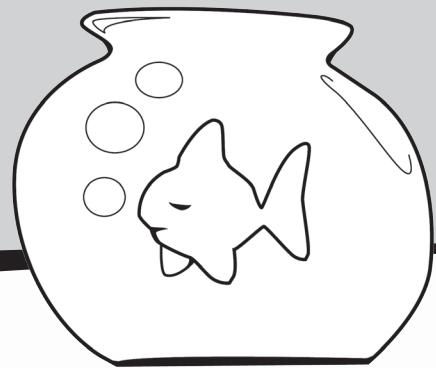




ACTIVITY PLACE

Grownups, sit with your young child on a park bench or at a window. Watch the people go by and guess how they are feeling from how they look. Happy? Silly? Sad? Excited?



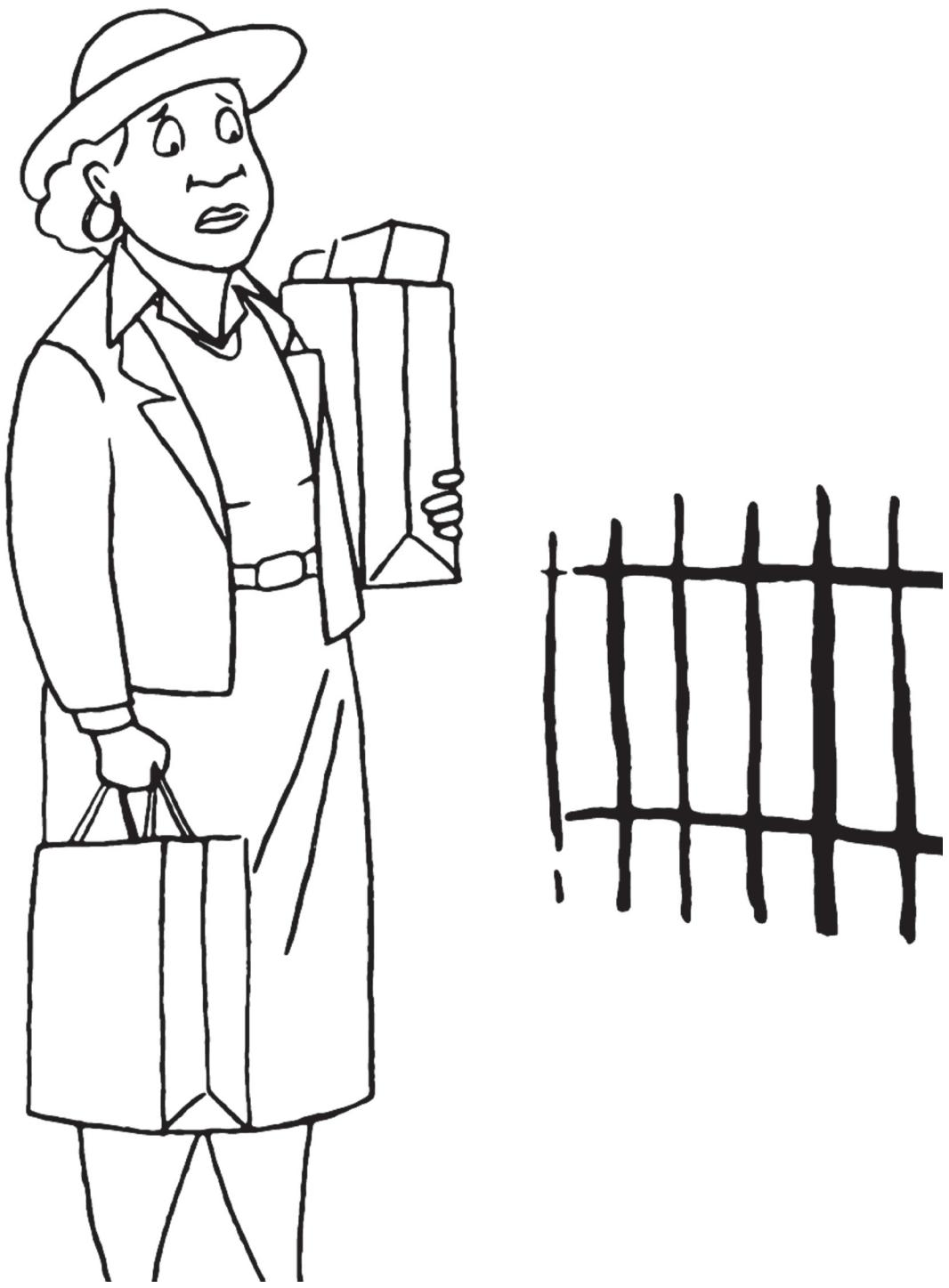


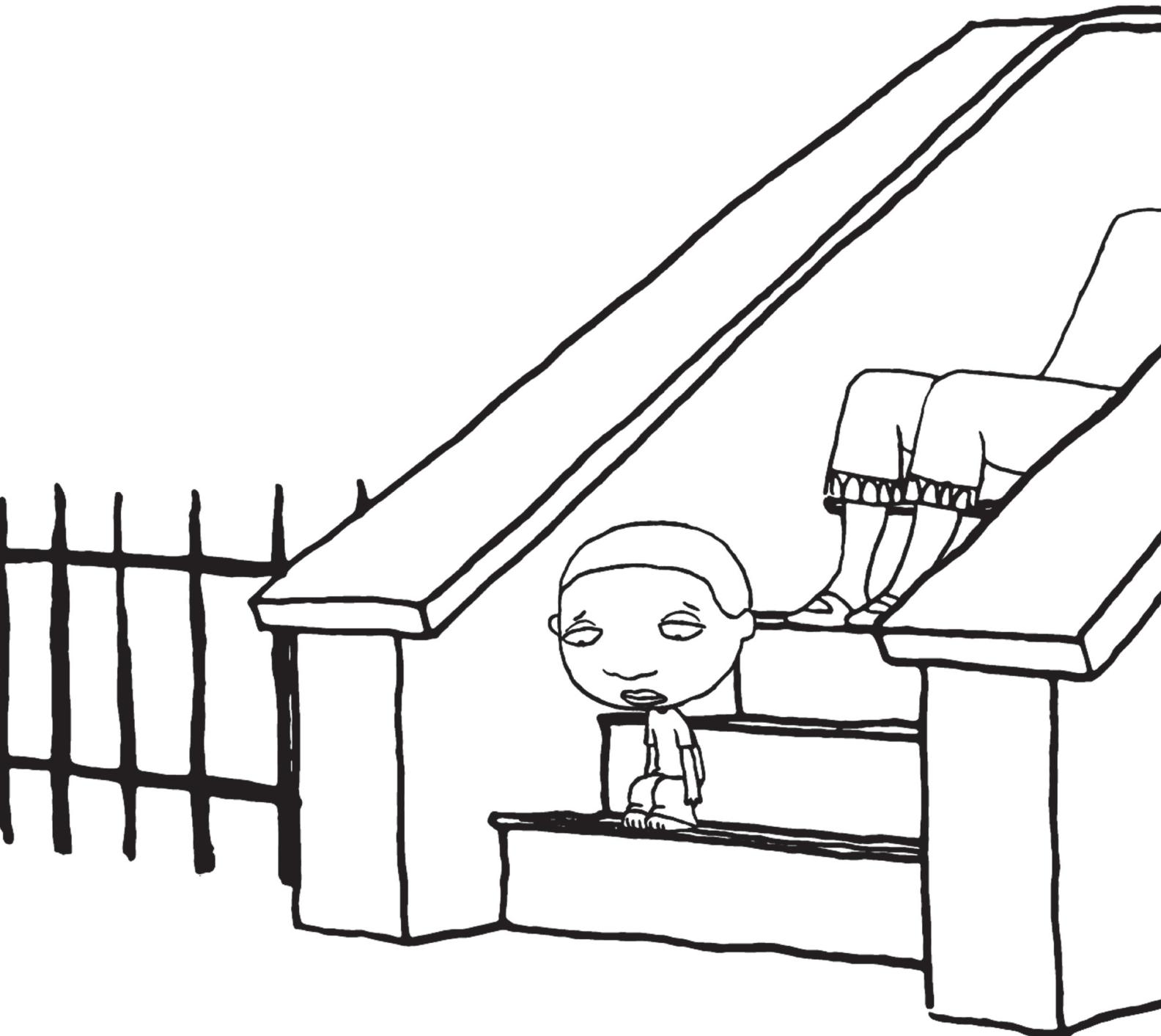
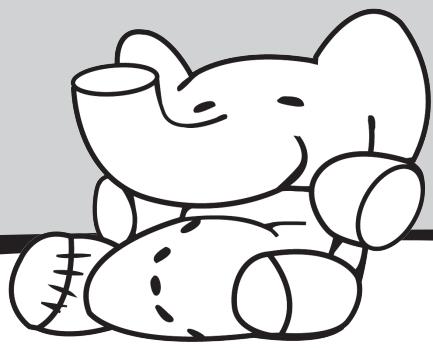
...made things better.

ACTIVITY PLACE

Play a little game — WHO LOVES YOU? Grownups ask the question, "Who Loves You?" Kids give the answers: Mommy, Daddy, Grammy, Grandpa, Aunty, a friend? Who will it be? For babies, give them the answer as you rub their backs in a circle.

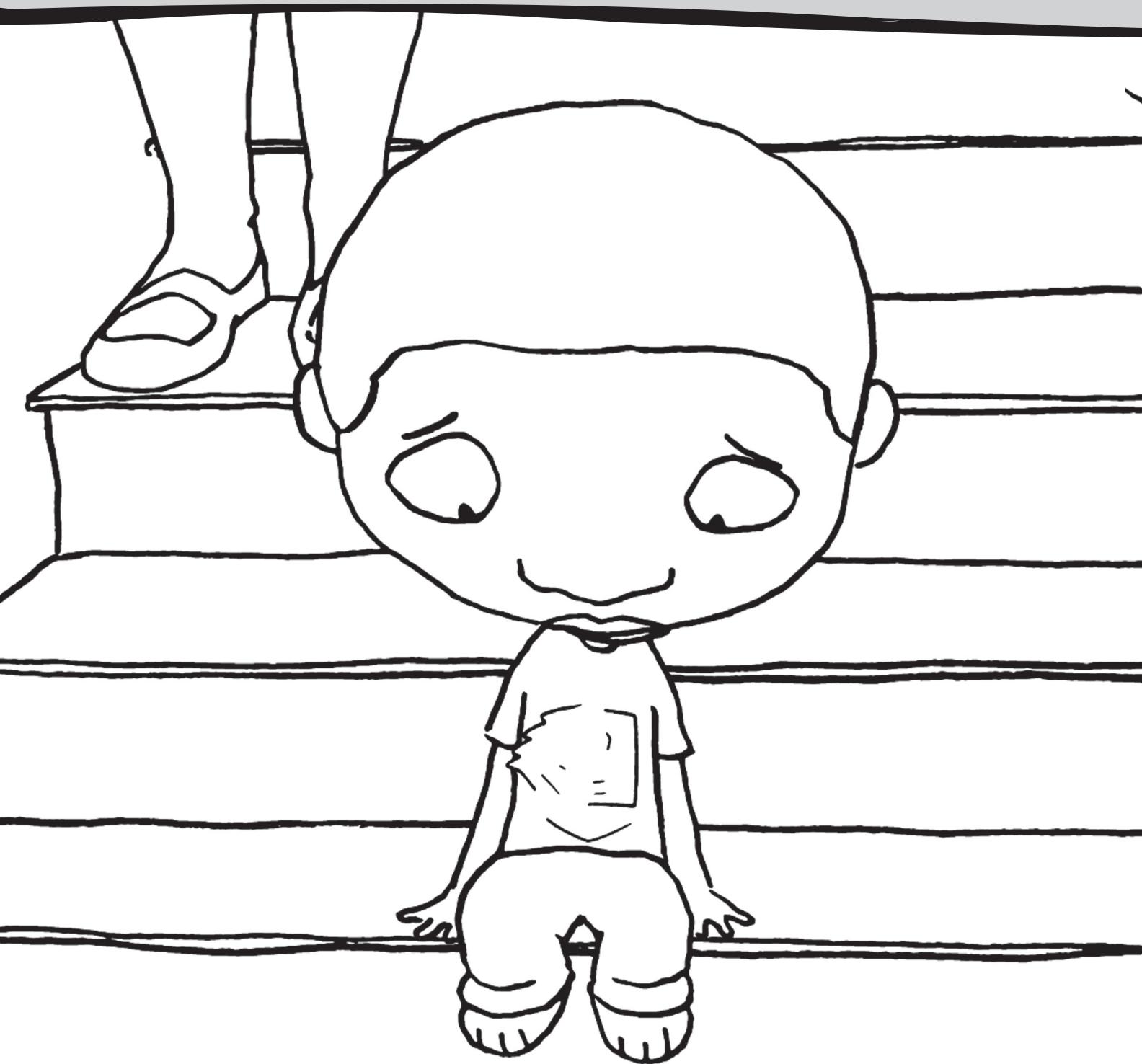
**One day -
a neighbor lady was looking
at him in the light.**



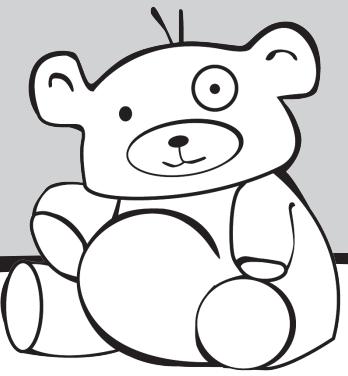


ACTIVITY PLACE

Cuddle a favorite doll and talk to the doll together.
Say to her, "Tell me what's inside you!" Make up her answer.



She could see something was wrong.



She told Eddie,

**You're a really big boy to carry
all that around in you.**



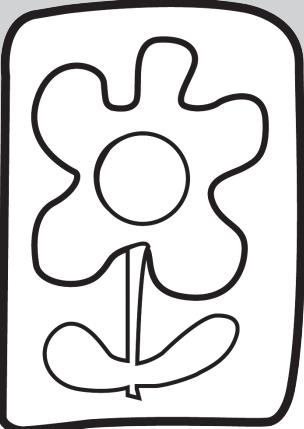
ACTIVITY PLACE

Make a TALKING BOX.

Take a box – cereal box, shoebox – any small box. Fill it with pictures from magazines of children talking. Then, take turns pulling out each picture and ask, “What are they talking about?”

**Put it into words,
she said.**



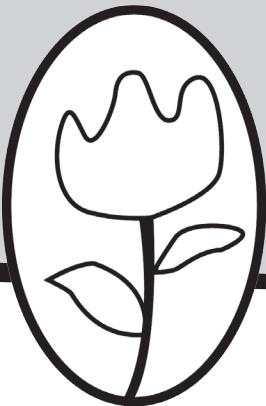


He just tried one. I .



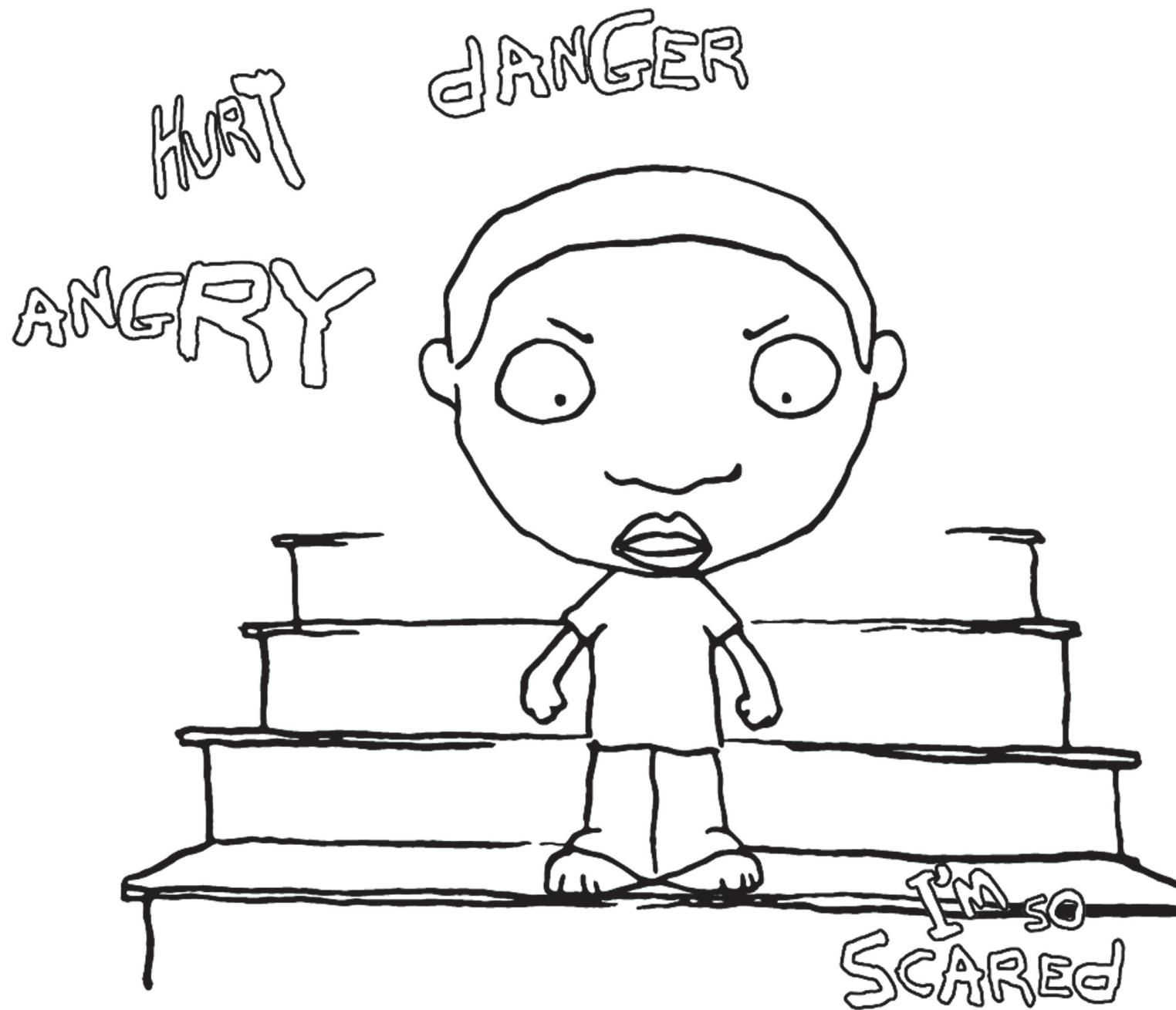
ACTIVITY PLACE

Clap hands and dance together. Make up a dance. Do it together.
Clap while you are dancing. Give the dance a name.



He tried another one. I'm scared.

And then all the scary things came out - in words -
that didn't hurt anyone at all.



ACTIVITY PLACE

Hug each other. Hold each other. Every day.

In fact, they helped.





Illustrations courtesy of Reelworks Animation, Minneapolis. Created and produced by PS&A Communications.

WHAT'S INSIDE YOU?

DRAW IT HERE.

