

Connected Parents Connected Kids (CPCK) Sample Scripts

This resource is meant to help you get started with providing universal education on safe and healthy relationships to all patients, using the [Connected Parents Connected Kids \(CPCK\) safety card](#). These safety cards, developed by Futures Without Violence, help us have open conversations, provide anticipatory guidance and share resources with caregivers and families.

The scripts are intended to be adapted to support the needs of every unique family and align with your own individual approach to providing services. You are encouraged to use these scripts as a starting point, then make them your own, and finally, find ways to have these conversations naturally with patients in ways that connect with other issues being addressed (*perinatal issues, postpartum support, parenting struggles, breastfeeding, maternal mental health, etc.*)

Getting started with universal education on health and unhealthy relationships

Confidentiality and your limits to confidentiality

- Before you introduce the card
- Before you open any conversations about safe and healthy relationships

"Before we get started, I want to let you know that everything we talk about today is confidential, which means it's private. I won't share anything we talk about today unless you tell me you are being hurt physically or sexually or thinking about hurting yourself [or find out your state's mandatory reporting requirements], then I will need to share it in order to keep you safe and get you help."



“Because stress and complicated relationships are so common, I started giving these cards to all the caregivers in our program—they have great info on how to build strong kids and healthy homes. It talks about parenting stress, and what’s safe and healthy in relationships, and what’s not.

We always give 2 cards in case you are ever struggling in your relationship or if you know someone else who is struggling.”

You Matter

As a caregiver of kids, you want the best for them. Maybe that’s a big change from how you or your kids were treated in the past.

- ✓ Everyone is worthy of hope, respect, support and kindness.
- ✓ Parenting can be lonely.
- ✓ Everyone deserves someone to talk to about parenting and relationships.

It’s ok to ask for help!



“This card helps break down the real stuff in people’s lives that we don’t always talk about, like how hard parenting and relationships can be, and that everyone deserves support.”

Complicated Relationships

Sometimes people hurt us—could be parents, partners, or others who do this.

- ✓ Sometimes we don’t get support for ourselves, or support with parenting from the people we want it from the most.
- ✓ Sometimes we don’t get to make decisions about money or the way we are treated physically or mentally.
- ✓ Sometimes hurting others or being hurt yourself makes people feel ashamed or afraid they can’t change.

No relationship is perfect, sometimes we need help. We all deserve to live without fear.

“All relationships sometimes get hard or complicated. And sometimes, people may hurt us in our relationship—like name calling, fighting or other stuff that may be controlling or hurt us emotionally or physically.”

“This card helps us talk about how common relationship stress and problems are and what helps.

	<i>Talking about this is so important because kids and babies need parents to be in the best possible space when things are rough—and supports can help.”</i>
When we help others it helps us too!  Every parent needs support at some point. Scan this code for more resources.  2-1-1 is a 24/7 confidential referral system to get connected to—food banks, substance use, mental health, parenting supports, childcare and help with relationships. Funded in part by the U.S. Department of Health and Human Services and Administration on Children, Youth and Families (Grant #90EY0529). ©2022 Futures Without Violence. All rights reserved. NATIONAL PARENT HELPLINE is staffed with trained advocates who offer nonjudgmental support and advice when you need it. PHONE: 855-427-2736 https://nationalparenthelpline.org NATIONAL DOMESTIC VIOLENCE HOTLINE has anonymous 24/7 help --for both people who are being hurt --and for those who cause hurt. www.TheHotline.org 1-800-799-SAFE Text "Start" to 88788 TTY 1-800-787-3224	<i>“Here are free anonymous helplines on the back of the card—stuff you can share with friends and family too. They have trained advocates who are not judgmental and give support and advice for complicated relationships both for people who are being hurt and those that cause hurt. Also, there is a supportive parenting helpline, for times when you are feeling overwhelmed or frustrated with your child.”</i>

Additional talking points for a conversation on healthy and unhealthy relationships

Strong Kids

There are simple things you can do to help support your child to heal and grow:

- ✓ Have fun with them and show them they are special.
- ✓ Show and tell them that you love them.
- ✓ Calm voices, calm hands, hugs, and cuddling helps them.
- ✓ Let them know that whatever is happening is not their fault.
- ✓ Celebrate one positive thing you do with your child every day.

"I also like talking about what supports our kids need when we, as parents, are having a hard time...things like the special little things you do to show them they are loved. And, let's also think about how you can celebrate a positive thing you do with your child(ren) everyday, especially when something hard or scary has happened. What might work for you or what ideas do you have??"

Building Trust

If systems have broken your trust in the past, they may be hard to trust now.

- ✓ Answering questions or sharing something is always your choice.
- ✓ You have the right to get information on how to get support for you and your family, including help for mental health, substance use and if people feel unsafe, or need help.

We believe trust is something to be earned.

"I'm not sure we ever say this enough to our families, but even when we hand you form after form, answering questions is always your choice. You don't have to share anything you don't want to."

"Trusting can take some time. That's why I'm giving you this card, because you don't need to share anything with me if you don't want to or don't feel ready to, and still lets you to know how to get support for you or someone you know needs it."

Supports if disclosures occur

Making warm handoffs for support

- After someone makes a disclosure

*"Thank you for sharing your story with me. This sounds really difficult. I want you to know that **I am here to support you and your family**. We work closely with a local program that has helped a lot of people in situations like yours. Would you like me to connect you with them? They can talk with you about options and explore what might be the most helpful for you."*

Support mandatory reporting

- After someone makes a disclosure if a mandatory report must be made

"Remember at the start of this visit when we talked about situations where I would have to get others involved to help keep you safe? This is one of those times. I know it took a great deal of courage to share this with me, and we need to make sure that you are safe (and your children). I will need to report what happened to you and I really would like your help making sure that I understand all the things you need to make this as safe and supportive as possible for you."