



HO'OLA NĀ PUA

November 2023 Newsletter

*Happy Thanksgiving!
Spotlight of the Month: Ho'ike*

At Pearl Haven last week, the girls at Pearl Haven put on their annual Ho'ike - a presentation of songs, dances, and reflections on gratitude that showcase the progress and knowledge gained during their stay at Pearl Haven. It is always humbling and inspiring to hear the depth and insight shared by those who have undergone intense trauma and are now doing incredible work to heal and build a new life for themselves. They show us that great change is possible.

We are so grateful that they are with us, and we are so grateful for the HNP 'Ohana - our mentors, Hōkū facilitators, volunteers, staff, teachers, caretakers for people and animals, donors, board members, and the countless people who step forward to share their own special expertise, energy and aloha. It is a privilege to be part of a community activated toward the common purpose of protecting our keiki and providing them the safety and empowerment to find their own light and shine bright.

Mahalo nui,
The Ho'ola Nā Pua Team & Board



A big mahalo to Kapena for teaching music and hula to our youth, and to the girls, staff and volunteers at Pearl Haven for your tireless work to put on a beautiful Ho'ike!



PEARL HAVEN

We are very excited to be able to introduce the youth at Pearl Haven to STEM (Science, Technology, Engineering, and Mathematics).

The youth at Pearl Haven are currently learning animation. They will deepen their understanding of animation by creating flipbook, stop motion, claymation, and pixilation animation projects. They will practice their communication and presentation skills by sharing these animation projects in a student showcase.



Starfish Mentoring

Calling for New Mentors! Your positive energy and aloha is needed. We currently have nearly 10 youth who have requested mentors.

The Starfish Mentoring Program aims to create new, healthy connections through mentorship to guide mentees toward self-efficacy and empowered living. The long term goal is to provide a critical piece of the continuum of care in order to reduce victimization/revictimization and support healthy social reintegration.

Mentors and mentees build relationships through creative activities and rapport-building exercises, such as:

- Opportunities to build confidence (standup paddle boarding, horseback riding, water activities, trying a new sport/something new)
- Create new learning experiences (art classes, Hawaiian cultural centers)
- Build positive memories and restore childhood (trampoline

- parks, bowling)
- Engage them in planning for their future (visiting colleges and museums)

Reach out to us if your are interested in participating or learning more!

★ *Become a Mentor!*



Hōkū Programs

Don't have time to become a mentor? Consider being a Hōkū Facilitator! We visit many locations throughout Hawai'i. Facilitators hold weekly sessions and guide youths through a curriculum of 36 lessons - hygiene, self care, gratitude, etc.

Each weekly session has a different lesson, which incorporates education, art, and activities. For example, in the Ride the Wave activity, facilitators use the analogy of surfing to help youth talk about how they deal with life's "waves." In this lesson, facilitators use the analogy of "riding the wave" to teach the importance of recognizing the emotions we feel in different situations and instead of fighting them, ride them and get curious about what they mean. Using the youths' knowledge of the ocean, and their experience catching waves, the metaphor guides the youth to consider how they navigate various feelings and life challenges. They talk about the importance of keeping their eyes on the next wave, anticipating what may come next, ensuring to point out the choices we make are important and obstacles can be overcome. Riding the wave means having patience and being kind to yourself as you navigate the obstacles of life.

✦ *Support Hōkū!*



Education + Training

Aloha,

Let's join together and raise awareness to the reality of Sexual Exploitation. Check out the list of upcoming events for December

where we will host live, free, public webinars. Please register through the links. We hope you can join us!

December 6

12:00pm-1:00pm - CSEC: An Overview – Myth vs reality, trafficking in Hawaii, Risk vs Protective Factors, identification and response.

<https://www.eventbrite.com/e/commercial-sexual-exploitation-of-children-an-overview-tickets-760802890927?aff=oddtcreator>

December 13

12:00pm- 1:00pm CSEC: Trauma Informed Response – Checklists and hotlines serve a purpose, but trafficking and trauma go hand-in-hand. Our response needs to meet survivors where they are – whether they choose to disclose or not.

<https://www.eventbrite.com/e/trauma-informed-response-to-csec-tickets-760805378367?aff=oddtcreator>

December 20

12:00-1:00pm Online Safety- There are 4.66 billion people online right now creating 2.5 quintillion bytes of data a day. Not all of them have good intentions. We'll take a look at some of the dangers of the internet and some tips and considerations to stay safe online.

<https://www.eventbrite.com/e/online-safety-preventing-exploitation-online-tickets-760807765507?aff=oddtcreator>

December 27

12:00pm- 1:00pm Practical Ways to Fight Sex Trafficking Today- Got 20 minutes? A free afternoon? You might not be able to end trafficking today, but you can do something to fight it! Here are some ideas.

<https://www.eventbrite.com/e/practical-ways-to-fight-sex-trafficking-today-tickets-760808778537?aff=oddtcreator>



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