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# ALL HANDS ON DECK

## Naples domestic violence shelter programs teach healthy relationships

Alexi C. Cardona Naples Daily News | USA TODAY NETWORK - FLORIDA

In a Collier County elementary school classroom, a conversation about friendship turned to bullying.

A small hand rose. A student asked how kids can defend themselves. Stephanie Ramos, a child advocate for the Shelter for Abused Women & Children, explained how people can stand up without becoming bullies themselves.

In an alternative school classroom, a student asked about “exposing” someone — showing off and sharing intimate photos of girls with friends.

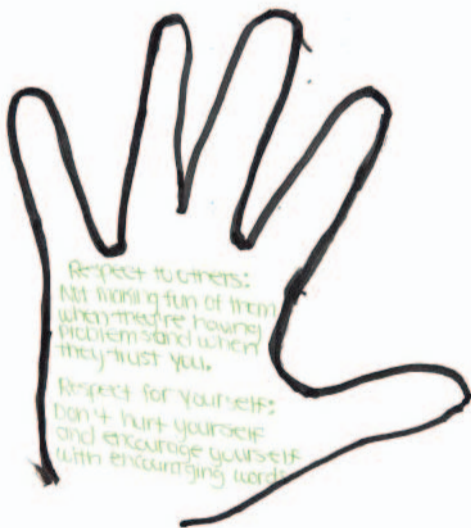
Ramos told the student doing that would be wrong — and possibly illegal.

At the Boys & Girls Club in Immokalee, students asked about the rules surrounding giving or demanding cellphone and social media passwords from their girlfriends or boyfriends.

Ramos talked to them about healthy relationship boundaries, trust and controlling behavior.

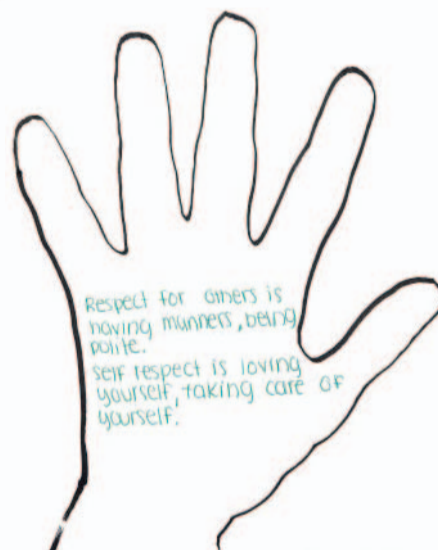
Ramos has said it can be difficult for her, a stranger, to talk to students about things like how to be a good friend, how to spot abusive or controlling behaviors in relationships and how to seek help when necessary; but it’s her job.

See **RELATIONSHIPS**, Page 10A



The Shelter for Abused Women & Children provides programs and presentations in Collier County schools to teach students about healthy coping skills, conflict resolution, friendships and relationships. High school students learn about teen dating violence and sexual consent. In these illustrations, high school students answer questions about what healthy relationships and friendships mean to them.

ALEX DRIEHAUS / NAPLES DAILY NEWS  
 USA TODAY NETWORK - FLORIDA



## Hands-only CPR events offered on Saturday

### Leadership Collier 2019 class offering training on how to save a life

Liz Freeman Naples Daily News  
 USA TODAY NETWORK - FLORIDA

An event this weekend in Collier County will offer free training sessions for a new way to save a life when someone nearby, whether a loved one or stranger, suffers a sudden cardiac arrest.

The graduating class of Leadership Collier 2019 is offering chances to learn easy hands-only cardiopulmonary resuscitation Saturday.

Many people are not aware that standards for CPR have changed in the past decade so that mouth-to-mouth resuscitation is no longer necessary, said Ashley Mirakian, chairwoman of the “Hands for Hearts Collier” campaign spearheaded by this year’s Leadership Collier class.

“To me, it’s one of those situations where a little knowledge can go a long way,” she said.

About 350,000 Americans suffer cardiac arrest in their homes, workplaces or other spots, and 90% will die without swift intervention. The odds of survival greatly improve with CPR.

The American Heart Association recommends a two-step standard for life-saving CPR to help keep blood circulating after someone’s heartbeat becomes irregular.

First, a bystander should call 911. Secondly, start pushing with one’s hands in the center of the person’s chest at a rate of 100 to 120 compressions per minute. The beat of the song “Stayin’ Alive” is a perfect match for the rhythm of compressions.

Leadership Collier is a nonprofit affiliate of the Greater Naples Chamber of Commerce for community leaders to network and develop solutions for issues in the community that garner pub-

See **CPR TRAINING**, Page 4A

### HANDS FOR HEARTS

**What:** Free training sessions for hands-only CPR

**When:** 9 a.m. to noon, Saturday, June 1

**Where:** Sugden Community Theatre, 701 Fifth Ave. S.; Golden Gate Community Center, 4701 Golden Gate Parkway; and Big Cypress National Preserve, 33100 Tamiami Trail E.

## GRADUATES OF DISTINCTION RHODORA J. DONAHUE ACADEMY

### Senior John Scheck ready for mission work

Jessica Rodriguez  
 Naples Daily News  
 USA TODAY NETWORK - FLORIDA

Susan Scheck was working on her computer when her son broke the news. She let out a laugh.

John Scheck, Rhodora J. Donahue Academy’s 2019 graduate of distinction declined a scholarship to Hillsdale College in Michigan in order to pursue a mission trip in Mexico.

The valedictorian is at peace with his choice, and said either decision would have worked out fine for him.

“The key in my decision is that I knew

### FIND MORE ONLINE

This is one in a series of stories on Graduates of Distinction, who are selected by staff at each high school. Watch GIFs featuring each grad and read more grad profiles at [naplesnews.com](http://naplesnews.com).

if I went to Hillsdale this year, I wouldn’t be at peace and would regret the decision,” he said. “By going to do mission work in Mexico, I know I’m not going to regret it.”

Scheck will walk across the stage Friday at Ave Maria University with the

rest of the school’s 15 seniors.

Scheck said he made sure to give himself options before choosing to travel out of the country instead of attending college.

“I needed Hillsdale to actually be an option,” he said “I tried my best to get as many scholarships as I could.”

He looks forward to working with his other missionaries in houses in Saltillo, Mexico, where he will work with kids and teach catechism classes.

Susan was surprised, but ready, she said.

See **SCHECK**, Page 4A



**John Scheck is the Graduate of Distinction at Donahue Academy.**  
 MORGAN HORNSBY/NAPLES DAILY NEWS USA  
 TODAY NETWORK - FLORIDA

# Relationships

Continued from Page 3A

“They seem like these big, bad issues that are outside of us,” Ramos said.

## Teaching trust

That is, until she levels with them. When she tells teenagers that it’s unhealthy for a person to receive 100 texts a day from a boyfriend or girlfriend demanding to know where they are at all hours, they listen. When she talks about peer pressure and says no one should force a partner to do things they don’t want to do in a relationship, they agree.

The students ask questions about what qualifies as controlling and manipulative behavior. They turn to their friends when Ramos talks about something that connects with them. They share their personal experiences and the experiences of friends. They ask how they can help classmates and friends who may be in unhealthy relationships at a young age.

“...When you break it down that way, it takes away the otherness of the problem and makes it something kids and teens are willing to look at,” Ramos said.

The shelter provides programs and presentations in Collier County schools to teach students about healthy coping skills, friendships and relationships. High school students learn about teen dating violence and sexual consent.

The shelter works with Collier County Public Schools to tailor the message of the presentations by school level.

## From ‘Helping Hands’ to ‘Expect Respect’

The preschool and first grade prevention program is called “Hands are for Helping, Not for Hitting.” The program teaches little ones how to express anger and other emotions without aggression and how to productively use their hands.

Middle and high schools receive either one-time presentations or eight-week courses on healthy friendships and teen relationships.



ALEX DRIEHAUS/NAPLES DAILY NEWS USA TODAY NETWORK - FLORIDA

The eight-week program, called “Expect Respect,” covers everything from gender stereotypes and media influences on relationships to communication, boundaries, bullying and self-confidence.

Ramos’ job is about prevention. When students wonder why she’s in their classrooms or after-school programs talking to them about healthy relationships and friendships, she tells them it’s in hopes that they’ll never end up in a domestic violence shelter.

Regardless of the age group, one of Ramos’ main themes in her presentations is respect. She tells students everyone wants respect in their relationships, but respect means different things to different people and that talking is important.

“I believe that whatever age you are, you can have healthy relationships, you can have boundaries and communicate with each other,” Ramos said.

She tells students people may not go into relationships thinking they’re going to be abused, but isolated incidents and bad habits can grow and spread.

## Ending the cycle of abuse

In 2017, about 15% of high school students in the United States were bullied online, and 19% of high school students

See RELATIONSHIPS, Page 11A

## NEIGHBORHOOD INFORMATION MEETING Petition PL20180002194, Tree Farm Mixed-Use Planned Unit Development (MPUD)

A Neighborhood Information Meeting hosted by D. Wayne Arnold, AICP, of Q. Grady Minor and Associates, P.A. and Richard D. Yovanovich, Esq. of Coleman, Yovanovich and Koester, P.A., representing TBC Tree Farm 1, LLC and TBC Tree Farm 2, LLC (Applicants) on:

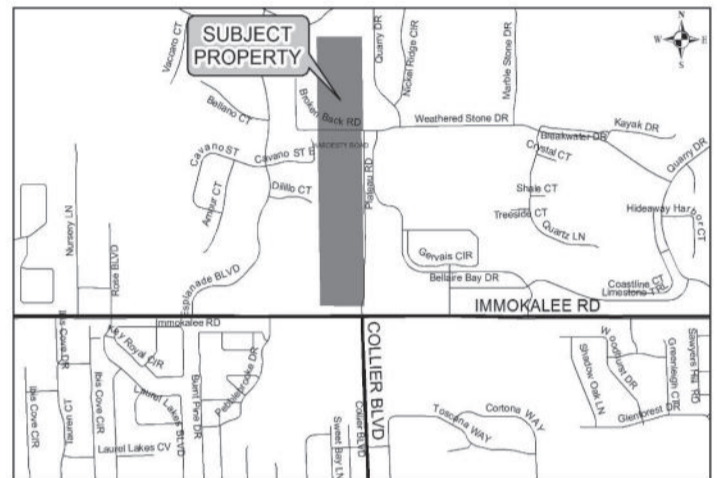
**Thursday, June 20, 2019, 5:30 pm at Saint Monica’s Episcopal Church,  
7070 Immokalee Road, Naples, FL 34119**

TBC Tree Farm 1, LLC and TBC Tree Farm 2, LLC have submitted a formal application to Collier County, seeking approval of a Planned Unit Development (PUD) Amendment. This application proposes to amend the MPUD to increase the permitted number of dwelling units from 281 multi-family or 138 single family to allow up to 460 dwelling units of varying types including single family, multi-family, two family attached and townhomes. The PUD also proposes a decrease in the permitted commercial/office square footage from 120,000 square feet to 80,000 square feet, and to add indoor self-storage as a permitted use up to a maximum of 105,000 square feet. The previously approved trip cap will remain at the previously approved 580 PM peak hour two-way external trip cap.

The application also modifies the Conceptual PUD Master Plan to reflect a minor change recently approved through the PUD Minor Change process, which relocated the small on-site preserve.

To date, 54 multi-family dwelling units have been constructed within the MPUD.

The subject property (Tree Farm MPUD) is comprised of approximately 58.84± acres, located on the Northwest quadrant of Immokalee Road and Collier Boulevard in Section 22, Township 48 South, Range 26 East, Collier County, Florida.



The Neighborhood Information Meeting is for informational purposes only, it is not a public hearing. Project information is posted online at [www.gradymenor.com/planning](http://www.gradymenor.com/planning). If you have questions or comments, they can be directed by mail, phone, fax or e-mail to: [sumpenhour@gradymenor.com](mailto:sumpenhour@gradymenor.com), phone 239-947-1144, fax 239-947-0375, Q. Grady Minor and Associates, P.A., 3800 Via Del Rey, Bonita Springs, Florida 34134.

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# Relationships

Continued from Page 10A

were bullied in school, according to information from the Centers for Disease Control and Prevention.

About one in 11 female high school students and about one in 15 male high school students reported experiencing physical dating violence in the past year. About one in nine female high school students and one in 36 male high school students reported experiencing sexual dating violence in the past year, according to information from the CDC.

And more than a quarter of women and 15% of men reported experiencing intimate partner violence before the age of 18, according to the same CDC data.

For these reasons, the Naples shelter works on prevention and education in addition to providing protection and services to people who experience domestic violence.

Julie Franklin, the shelter's chief operating officer, said one of the shelter's goals became to end the cycle of inter-generational abuse in families.

"We believed ... if we can get them at a young age and then offer prevention throughout their school years, so kind of grow up with them, we will make a difference in their lives and we will see more futures without violence," Franklin said.

## Teen shelter ambassadors

That belief drove the creation of the school programs.

The shelter has given more than 500 prevention and educational presentations to more than 11,000 students this fiscal year.

Beyond going into schools, the shelter has a Youth Advisory Council, a group of students from across the county that brings awareness of healthy relationships and friendships to their schools.

Several Immokalee High School students take part in the council and serve as ambassadors for the shelter. They become resources for their friends and peers. Ramos heads the council in Im-

mokalee. The students meet with her twice a month, either at the school or at the shelter's satellite office in Immokalee.

They participate in events at the school and around Immokalee to engage the community.

The students in the council said being part of the club has taught them about dating violence and all the ways relationships can become toxic or abusive. They said what they've learned has also made them aware of what to look for in their future partners. What they've learned has taught them to be better friends, they said, and sometimes help people in their lives with resolving conflict.

## Tough conversations

Giselle Perez, an Immokalee High School student and Youth Advisory Council member, said people in her life have been in toxic or abusive relationships. She said she tried to get a family member in an unhealthy relationship to talk to their partner.

"Teens — they listen to you and hear you, but they won't do anything," she said.

Rosa Cruz-Hernandez, also a student and council member, said it can be difficult even for them as teens to talk to their peers because some controlling behaviors seem normal.

At school, they've seen instances of social media stalking, bullying, couples demanding each other's cellphone passwords, couples dictating the friends their partners are allowed to have and teens being condescending toward their partners.

In their own families, they've also been able to identify instances of abuse and controlling or manipulative behavior.

They said through their work with the Youth Advisory Council, they've learned about how to communicate in difficult situations and have tough conversations with people when they may need help.

"Everyone has something bad, but that doesn't mean it's safe," Rosa said. "I can tell someone as a friend if something isn't safe."

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Naples Daily News

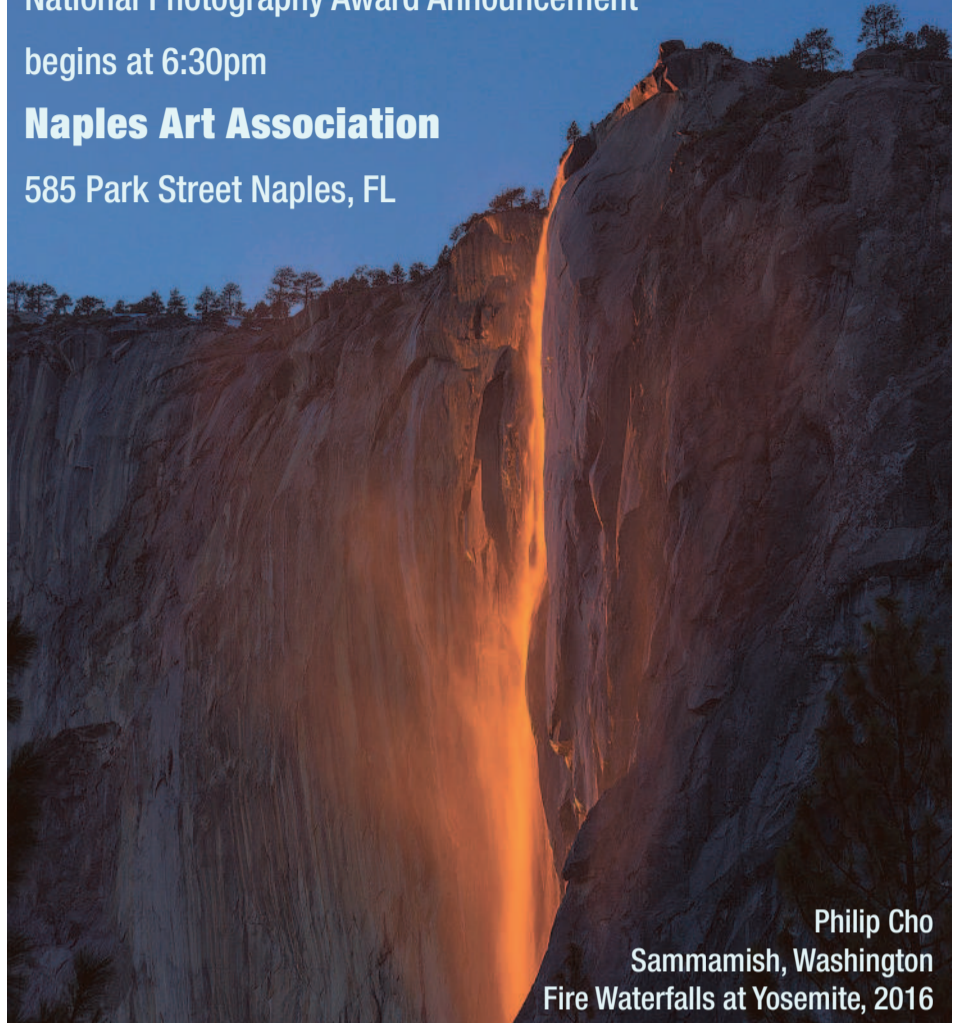
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