



## **Sleep Out/Speak Out Event Toolkit**

Thank you for signing up for Sleep Out/Speak Out 2020! We hope this event is an opportunity to raise awareness and empathy for you and your loved ones, as much as it is an important fundraiser for HumanKind Ministries's (HK) shelter programs.

Poverty and homelessness are tough but important topics to tackle with your children. We can help! We've assembled this toolkit with age-appropriate educational tools and activities to help guide your conversations. If you have any questions, please don't hesitate to reach out to HK Community Outreach Coordinator Greer Horning at [Greer@HumanKindWichita.org](mailto:Greer@HumanKindWichita.org).

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# How much do you actually know about homelessness and poverty in our community?

Think you know our great city? What about its most vulnerable residents? Take this quiz to see how well you do (and maybe learn a thing or two!) then check out more ways to get involved in the fight for our homeless neighbors on our blog at [www.HumanKindWichita.org/Blog](http://www.HumanKindWichita.org/Blog).

1. How many years has HumanKind Ministries (HK) been serving the Wichita community?
  - a. 100
  - b. 60
  - c. 135
  - d. 25
  
2. What is the poverty line in Kansas for a family of four?
  - a. \$35,000
  - b. \$26,200
  - c. \$21,000
  - d. \$38,500
  
3. On any given night, approximately how many people in Wichita are homeless (defined as not having any place to sleep)?
  - a. 150
  - b. 300
  - c. 600
  - d. 1,000
  
4. On average, HK's men and women's Emergency Winter Shelters serve 120 clients (total) each night. When are these shelters open?
  - a. November 1 - January 31
  - b. December 1 - February 28/29
  - c. November 1 - March 31
  - d. What are you talking about? They're open year-round.
  
5. According to the Sedgwick County 2019 Point in Time Count, nearly what percent of individuals facing homelessness had a substance abuse disorder? Although substance abuse may be a *cause* of homelessness, it is often an *effect* of losing one's home.
  - a. 50
  - b. 10
  - c. 40
  - d. 80

6. Kansas's minimum wage has not been raised since 2010 and has failed to keep up with increases in the cost of living. What is the current minimum wage in Kansas?
  - a. \$8.00
  - b. \$7.00
  - c. \$8.50
  - d. \$7.25
  
7. The National Low-Income Housing Coalition's research shows that in order to afford a two-bedroom rental in Wichita, individuals need to make roughly how much?
  - a. \$15 an hour
  - b. \$9 an hour
  - c. \$12 an hour
  - d. \$18 an hour
  
8. For every 100 low-income households in Kansas, there are only \_\_\_ affordable and available houses.
  - a. 35
  - b. 50
  - c. 20
  - d. 72
  
9. What are HumanKind's low-income apartments called?
  - a. HumanKind Villas
  - b. HumanKind Inn
  - c. HumanKind doesn't have low-income apartments
  - d. Villas Central at HumanKind
  
10. What is Operation Holiday?
  - a. A program facilitated by HumanKind to reunite military families around the holidays
  - b. Street outreach providing homeless clients with gifts around the holidays. HK staff travel throughout Wichita to reach our most secluded homeless neighbors and provide a smile and gift.
  - c. Sedgwick County's largest holiday assistance program, helping between 10-15,000 low-income individuals each year
  - d. Coat donation drive that is held in October and November, coats are passed out to on average more than 2,500 people the first week of December.

## Tips for talking to your kiddos (of any age) about poverty and homelessness.

Poverty and homelessness are difficult and multifaceted issues, with root causes as varied as those individuals that suffer from them—including generational poverty, trauma, substance abuse disorders, mental/behavioral health disorders, access to affordable housing, and sheer bad luck. You can learn more about these issues on our website, [www.HumanKindWichita.org](http://www.HumanKindWichita.org).

People of all ages can be misinformed or struggle to understand these complex issues so it's important to remember that your children's reactions and questions are perfectly natural and likely driven from genuine curiosity—especially if they have not been exposed to these issues before. To them this is not a complex overwhelming issue, they are simply asking questions about a population they probably have not had contact with. Try to encourage their questions and take time to really listen. Be honest with answers, but keep things age appropriate.

Above all, make sure to reassure your children that their home and family are safe. It is easy for children to start to worry about their own home security, so remind your children that they have a family who loves and cares about them.

### Here are some tips for talking about homelessness with children\*.

Small children (ages 2-6) are quite literal, so your discussions with them need to be simple and to the point. To effectively explain such a complex subject:

1. **Express empathy and sadness for the person.** By emphasizing how you feel sad that some people don't have a place to live, you provide an opportunity for children to understand the importance of recognizing others' hardships while modeling empathy.
2. **Provide a simple explanation to their question.** We've all been asked questions by small children about our homeless neighbors (Why? How come?) It's best to respond with an answer that a small child can understand, i.e. *"Some people don't have enough money to pay for a house."*
3. **Avoid discussing additional components such as mental illness or disability.** While these can be factors, unless your child has specifically asked, adding in this layer will only confuse a young child.
4. **Encourage your child to discuss how to help.** At this age, donating toys or picking-out items to give to a nonprofit may make more of an impact than donating money, which may be too abstract for some young children. That said, depending on your level of involvement, it may be appropriate to provide opportunities for your children to give through family activities like hosting a donation drive, or collecting monetary donations in lieu of birthday gifts or holiday gifts.
5. **Assure your child that there are options for those struggling with homelessness.** Young children may have feelings of sadness or worry after hearing that some children don't have a place to live. Assure them that organizations like HumanKind help homeless people find places to live, and reassure them of their own safety and security.

School-aged children, ages 7-12, are becoming more interested in the world around them and have the capacity for a deeper understanding about homelessness and poverty. They are likely to have more questions and want to really get involved. Here are some tips to keep in mind.

1. **Try to gauge what your child understands** by asking them to explain what 'homeless' and 'poor' mean to them. This provides an opportunity for an interactive discussion, rather than a lecture, and will keep them engaged.
2. **Prepare messages you can convey to your child on the spot**, such as appropriate responses to interacting with people who are homeless, and ways your family can be involved with helping those in need.
3. **Be aware that your physical cues are as important as your verbal ones.** A child will pick up on any negative feelings you convey each time you encounter a homeless or mentally-ill person on the street, and will subconsciously learn to emit those feelings without understanding why.
4. **Encourage empathy by talking about your own feelings** and having a discussion about what a homeless person might be feeling. With older children, you can begin talking about some bigger issues that can relate to homelessness and poverty such as mental illness and addictions.
5. **Don't avoid questions.** Use their curiosity as an opportunity to create a conversation around homelessness and poverty. Watching the news or reading the newspaper together may spark conversations and questions, as may walking around in urban areas where you are likely to see homeless people. It is important to address any questions your child may have to emphasize that it is a significant topic that should be discussed.
6. **Talk with your child about your own personal responses.** For example, if you don't give directly to people asking for money on the street but instead choose to donate to a nonprofit, explain to your child about your reasons for doing so in a positive manner (e.g. *"There are several nonprofit organizations that provide services to help homeless people get what they need, so that's why we support places like HumanKind Ministries."*)
7. **Address your child's concerns by becoming more proactive.** One of the best qualities children have is their ability to become immediately inspired to help others less fortunate. Helping your child identify and connect to a cause they care about is a great next step, which brings us to...
8. **Encourage your child to take action on their concerns.** Once your child has identified a cause they care about, there are numerous ways for them to take action, from volunteering, to donating new or no longer-used toys, to saving a portion of their allowance to donate to their organization of choice. Volunteering as a family is another excellent way to continue the conversation and develop a lifelong habit of giving back. Volunteer opportunities with HumanKind Ministries are limited at present but we will keep you posted as soon as it is safe for us to host volunteers on campus once again.

*\*Thank you to Dr. Nancy Owen of Wellspring Counseling for these tips. Learn more at:*

<https://wellspringfs.org/blog/14-ways-effectively-explain-homelessness-and-poverty-your-child>

# Build a House

Feel free to grab some of the following supplies you may have around your home:

- Construction paper
- Tape
- Scissors
- Craft sticks
- Aluminum foil
- Paper products—paper plates, cups, silverware, etc
- Toilet Paper/paper towel rolls
- A base of some sort—cardboard from one of the 3,959 things your parents have ordered from Amazon recently, empty cereal box, etc.

*Think about what kind of house you want to build. How many people will live in your house? Where is your house located? Is it a boat house on the ocean? An RV so you can travel the world? Or are you going to build your own home?*

Parents: while your children are building, take time to ask these kinds of questions:

- How does our home make you feel?
- Why does our home make you feel that way?
- How do you think people without a home may be feeling?
- How can we make them feel better?

Once your house is built, share a photo of it on our Sleep Out/Speak Out Facebook page—we want to see your awesome engineering feat!

# Write Poetry

One way to express how we feel is through writing. Take a moment to list 5-10 words you think of when you hear the word homeless:

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Now, list 5-10 words you think of when you think of your own home:

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Can you use the words above to create a poem about homelessness? Your poem can be about anything you want—tell a story, make it rhyme, just share your own thoughts! Use the space below to share what you want others to know about those facing homelessness in Wichita then share your poem on the Sleep Out/Speak Out Facebook Page.

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## Could You Survive in Poverty?

Put a check by each item that applies to you.

- 1. I know which churches and sections of town have the best rummage sales.
- 2. I know when Walmart, drug stores, and convenience stores throw away over-the-counter medicines with expired dates.
- 3. I know which pawn shops sell DVDs for \$1.
- 4. In the courts in my town, I know which judges are lenient, which ones are crooked, and which ones are fair.
- 5. I know how to physically fight—and defend myself physically.
- 6. I know how to get a gun without doing the legal paperwork.
- 7. I know how to keep my clothes from being stolen at the laundromat.
- 8. I know what problems to look for in a used car.
- 9. I/my family use a payday lender and don't have a checking account (cash only).
- 10. I know how to live without electricity and a phone.
- 11. I know how to use a knife as scissors.
- 12. I can entertain a group of friends with my personality and my stories.
- 13. I know which churches will provide assistance with food and/or shelter.
- 14. I know how to move in half a day.
- 15. I know how to get and use food stamps or an electronic card for benefits.
- 16. I know where the free medical clinics are.
- 17. I am very good at trading and bartering.
- 18. I can get by without a car.
- 19. I know the ways to keep my car from being repossessed if I get behind on the payments.
- 20. We pay our cable bill before we pay our rent.
- 21. I know which sections of town “belong” to which gangs.
- 22. I buy prepaid minutes for my cell phone.
- 23. I know at least one person in jail and one person on probation.
- 24. At least one person in my household smokes.
- 25. I know which grocery stores have dumpsters where I can get discarded food—and the best times to go.

Excerpted from *A Framework for Understanding Poverty: A Cognitive Approach*.  
6th Revised Edition. Ruby K. Payne, Ph.D. (2018)



# Budget Activity

McKenzie is a single mom to 4-year-old Charlotte and 2-year-old Brady. She is a part-time receptionist at a hair salon who also works some nights and weekends at a grocery store. She would like to work full-time to get benefits but her employers, like many companies, don't offer many full-time positions to save costs. Between her two jobs, she is working full-time with her children in daycare. McKenzie receives government assistance through SNAP (food stamps) and a government childcare subsidy. Below is a monthly budget for Carlos and McKenzie. *Can you make her budget work?*

**Income:**

McKenzie	Receptionist: \$10/hour x 30 hours/week (enter total on line A)	A. _____ +	Line C total X4 weeks per month: _____
	Grocery store: \$8/hour x 10 hours/week (enter total on line B)	B. _____ =	
Combined monthly Income for McKenzie:		C. _____	
Subtract 20% (approx. \$448) for taxes:			D.
Total Income Box D - Box E:			E.
SNAP (food stamps) monthly benefits:			F.
DCF Child Care Subsidy monthly benefits:			G. \$360
Total Income (combine box F, G and H):			H. \$700
			I.

**Rent:**

Choose one of the following:

2-bedroom close to family, water included - \$700

1-bedroom close to work - \$500

2-bedroom low-income - \$625

\_\_\_\_\_

**Utilities:**

Total the following:

Electric - \$60

Water (if not included) - \$30

Internet (optional) - \$50

Cable (optional) - \$75

Cell Phone - \$60

Laundromat - \$25

\_\_\_\_\_

**Childcare:**

ABC Daycare – safe, friendly, close to home, meals and snack provided: - \$1600/month  
You + Me Daycare – close to work, twice as many kids, one meal provided - \$1200/month  
A friend’s home daycare – not licensed, no food provided - \$900/month, but not DCF eligible

**Transportation:**

Car insurance - \$150  
Car payment - \$200  
Gas - \$60

**Food expenses:**

Groceries - \$400  
Eating out - \$75

**Healthcare, choose one:**

McKenzie makes too much to qualify for Medicaid, but her children are covered. She pays for insurance through the Affordable Care Act:

- Option A - \$275/month, \$25 copay
- Option B - \$250/month, \$50 copay
- Option C - \$175/month, \$100 copay

**Emergency Expenses, choose two:**

McKenzie has had a fever and sore throat for a week; her employer tells her she can’t come back to work until she gets a doctor’s note, urgent care cost - \$175 plus copay

Charlotte falls off the jungle gym at daycare and breaks her leg, ER visit is covered, except for a \$500 deductible. And she can’t go back to daycare for a week, forcing McKenzie to take time off - \$300 + 1 week’s pay =

McKenzie’s car breaks down on the way to work. Not only does she get a write-up at work, her last one before her boss says she’s fired, the cost to get it fixed is \$400

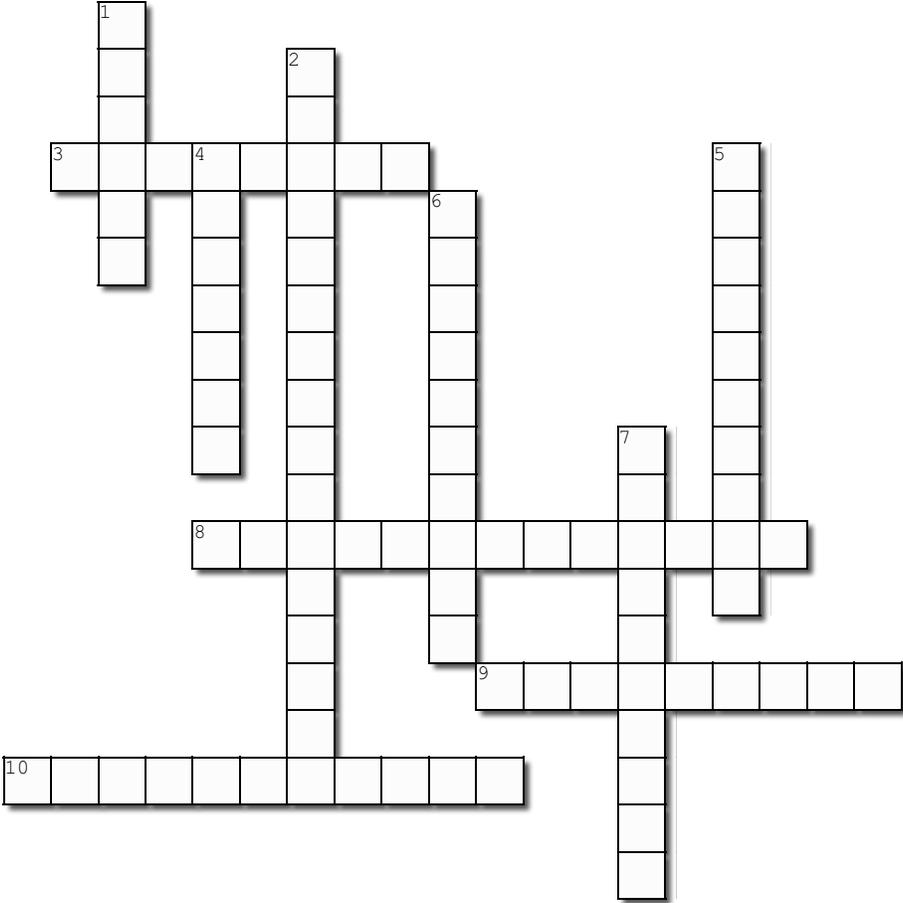
**Total Income from chart on page 1:**

**Total Expenses (add all lines from above):**

**Remainder after subtracting expenses from total income:**

Remember, this doesn’t include savings, retirement, or everyday costs like your child’s birthday or entertainment like a movie night. *Did you make it?*

# HumanKind Ministries Crossword Puzzle



Created using the Crossword Maker on TheTeachersCorner.net

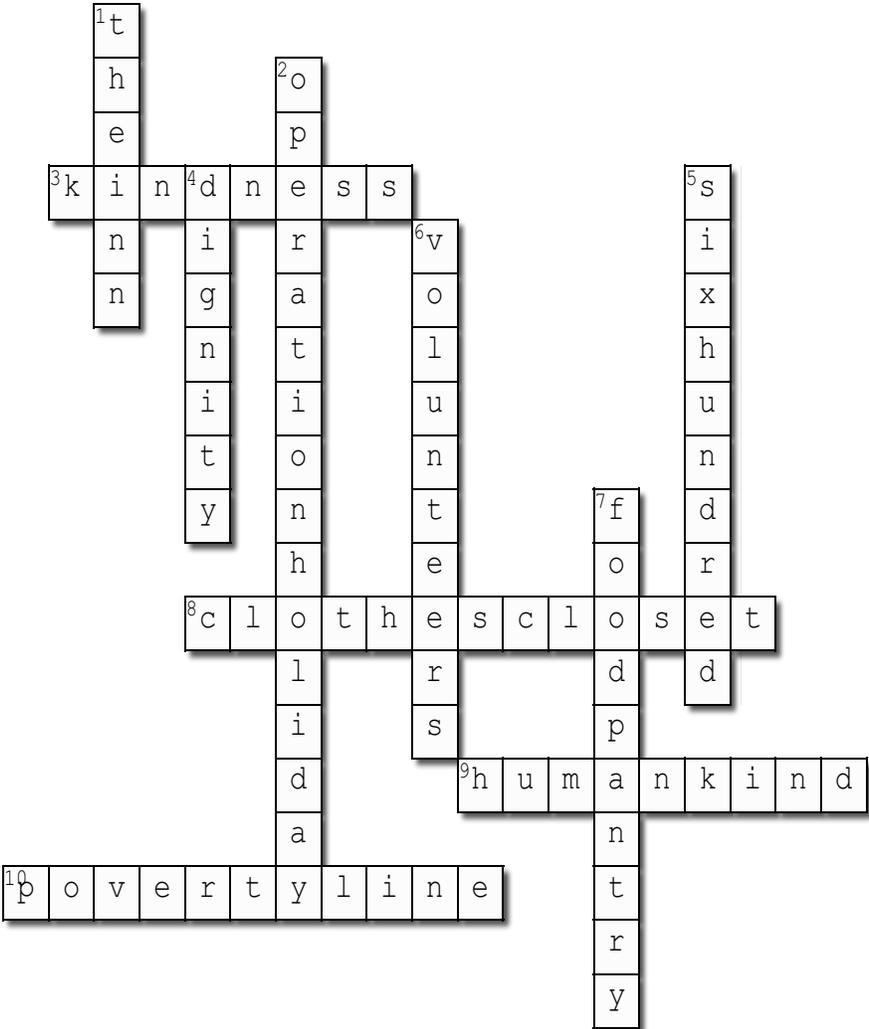
**Across**

- 3. The quality of being friendly, generous, and considerate.
- 8. Place to go when you need access to free clothing, shoes and coats
- 9. Non-profit in Wichita that serves those facing homelessness and poverty
- 10. The amount of money needed for a person to meet their basic needs, varies by state.

**Down**

- 1. HumanKind's year around shelter, at the corner of Central and Broadway
- 2. Sedgwick County's largest holiday assistance program, serving over 10,000 individuals in 2019
- 4. The quality of being worthy of honor or respect.
- 5. Roughly the number of people in Wichita homeless on any given night
- 6. People who donate their time to help HumanKind, we had over 1000 in 2019.
- 7. Resource where people in need can receive food, hygiene and other items

# HumanKind Ministries Crossword Answers



Created using the Crossword Maker on TheTeachersCorner.net

**Across**

- 3. The quality of being friendly, generous, and considerate. (**kindness**)
- 8. Place to go when you need access to free clothing, shoes and coats (**clothescloset**)
- 9. Non-profit in Wichita that serves those facing homelessness and poverty (**humankind**)
- 10. The amount of money needed for a person to meet their basic needs, varies by state. (**povertyline**)

**Down**

- 1. HumanKind's year around shelter, at the corner of Central and Broadway (**theinn**)
- 2. Sedgwick County's largest holiday assistance program, serving over 10,000 individuals in 2019 (**operationholiday**)
- 4. The quality of being worthy of honor or respect. (**dignity**)
- 5. Roughly the number of people in Wichita homeless on any given night (**sixhundred**)
- 6. People who donate their time to help HumanKind, we had over 1000 in 2019. (**volunteers**)
- 7. Resource where people in need can receive food, hygiene and other items (**foodpantry**)

# HumanKind Ministries Word Search

E	S	P	E	A	K	O	U	T	A	E	D	U	C
N	I	P	A	R	T	V	C	S	E	M	T	A	N
K	P	A	O	A	T	U	O	P	E	E	L	S	S
S	O	R	E	T	L	E	H	S	E	D	T	O	C
O	V	L	R	Y	L	E	N	O	L	T	A	S	O
U	E	U	H	O	M	E	L	E	S	S	D	L	K
P	R	A	D	D	I	C	T	I	O	N	V	H	P
K	T	S	K	C	A	P	K	C	A	B	O	C	E
I	Y	A	R	R	T	N	E	T	K	D	C	I	H
T	O	A	N	E	E	E	U	V	E	S	A	I	U
C	E	O	B	U	E	D	E	B	O	A	T	M	N
H	C	O	N	E	C	D	E	C	P	C	E	I	G
E	E	L	A	E	D	N	L	R	Y	K	H	S	E
N	M	E	E	H	U	M	A	N	K	I	N	D	R

- BED
- ADVOCATE
- ADDICTION
- POVERTY
- SLEEPOUT
- HUMANKIND
- SOUPKITCHEN
- HOMELESS
- HUNGER
- SPEAKOUT
- LONELY
- BACKPACK
- SHELTER
- TENT

## **HumanKind Ministries Coloring Pages**

We hope you enjoy the following coloring pages! Make sure to talk to your kids about what each word means.

Thank you for participating in Sleep Out/Speak Out 2020! Make sure to visit [www.HumanKindWichita.org](http://www.HumanKindWichita.org) for more information on HumanKind services and ways you can get involved.

