Volume 9, Issue 7

My CFAY Weekly 週刊

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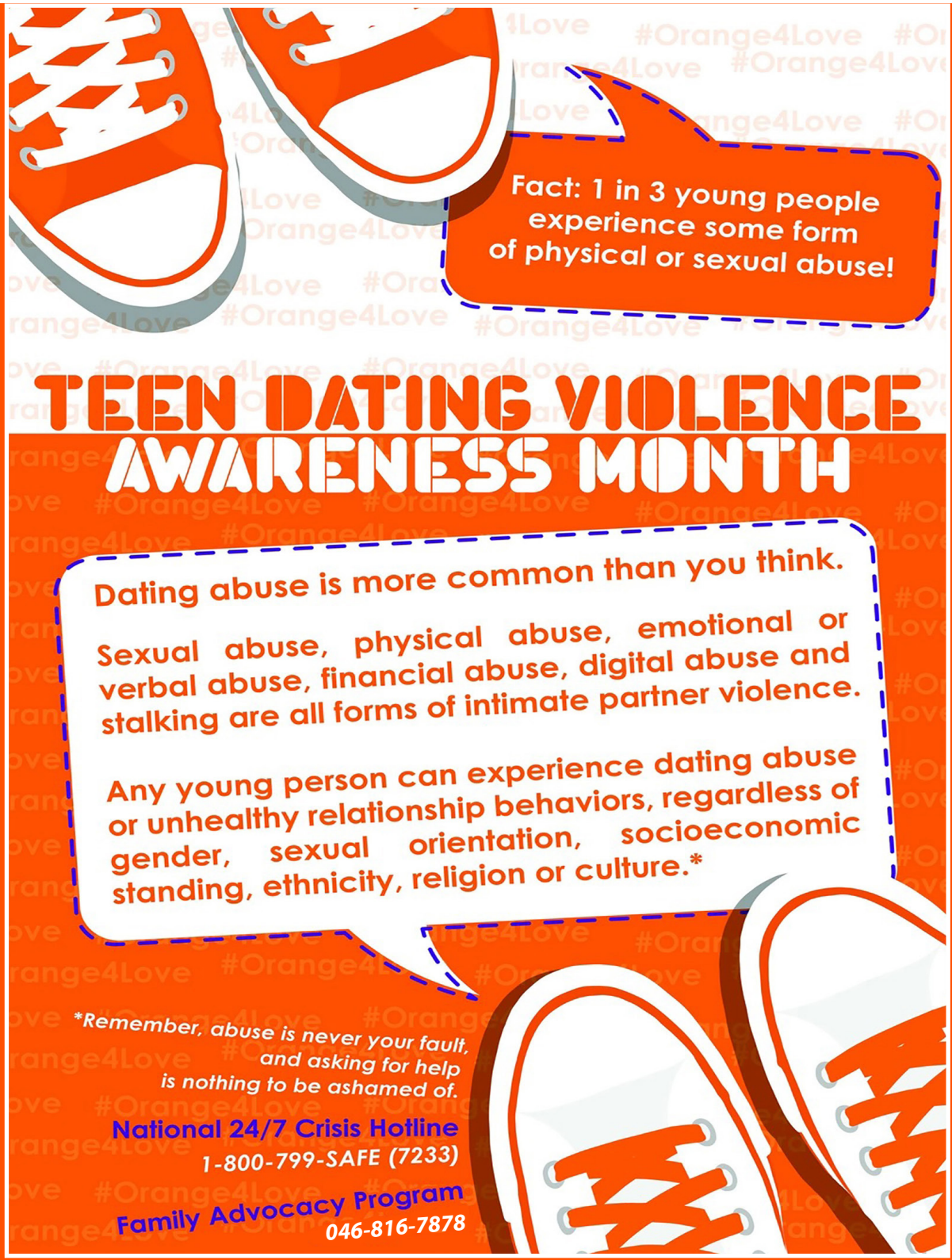
Feb. 19, 2026



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AROUND CFAY

Teen Dating Violence and Cyberbullying Awareness

Story by Jenna Cotherman, CFAY Public Affairs

February is Teen Dating Violence Awareness Month. A time to shine a light on an issue that often goes unnoticed but affects millions of young people each year. Teen dating violence is not limited to physical harm; it can include emotional manipulation, verbal abuse, digital harassment and controlling behaviors that can deeply impact a teen's well-being and future relationships

Karina Cohen, a Victim Advocate with Fleet and Family Service Center (FFSC) at Commander, Fleet Activities Yokosuka (CFAY), said "Parents and friends can be the perfect resource for a person experiencing cyberbullying or teen dating violence and not understanding how to deal with it. Parents can show support for their teens by creating a safety plan, having open and honest conversations and educating teens on what healthy relationships should look like."

Positive Digital Etiquette – Tips for avoiding negative situations in the digital world:

Conducting ourselves professionally online is imperative to leaving a positive digital footprint. What is done online can be permanent, so it's imperative to think before posting. Here are some helpful tips for navigating tricky situations online.

- Do not participate. Don't engage by "liking," sharing, or commenting on anything that makes you feel uncomfortable or could be hurtful to someone else. Not participating may limit the potential damage.
- Do not retaliate or respond negatively. Angry and aggressive reactions can make a bad situation worse. The most constructive thing to do is to step away from the device and take time to calm and center yourself.
- Follow up. Reach out to the person being bullied to show your support. This could provide an opportunity to assist the person in finding additional support.

Warning Signs – What to look for in someone who is involved in a cyberbullying and teen dating violence situation:

- Noticeable increases or decreases in device use.
- Exhibits emotional responses (for example, sad, angry, or overly excited) to activity on device.
- Avoids discussion about what they are doing on their device.
- Avoid social situations, even those they typically enjoy.
- Becomes withdrawn, depressed or loses interest in family, friends and activities.
- Unexplained academic performance changes.

Reporting – Know how to report cyberbullying or teen dating violence:

- Notice – Recognize if there has been a change in mood or behavior and explore the cause.
- Talk – Ask questions about what is happening in their digital world.
- Document – Keep a record of what is happening and where. Take screenshots of harmful posts or content. Don't respond to or forward cyberbullying messages. Immediately block the persons engaging in cyberbullying.
- Report – If a classmate is cyberbullying, report it to the school. Contact the app or social media platforms to report offensive content and have it removed. If someone receives a physical threat, or if a potential crime is committed, immediately report it to law enforcement.

Emergencies	911
Dialing from a non-DSN (emergency)	046-816-0911
CFAY Security Dispatch	243-2300 or 2301
Dialing from a non-DSN (non-emergency)	046-816-2300 or 2301
NCIS Tips	ncis.navy.mil/Resources/NCIS-Tips/

- Support – Peers, mentors and trusted adults can provide support to someone who has been a victim of cyberbullying.

"FFSC Counseling and Advocacy department offers Active Parenting Classes for parents of teens. Military Family Life Counselors (MFLC) provide one-on-one counseling at school that parents can request. Chaplains also provide confidential counseling services through the chapel," Cohen continued.

Local Resources – Where to find help at Fleet Activities Yokosuka:

Local CFAY Resources	Contact	Benefit
CFAY FFSC	DSN: 243-3372 Local: 046-816-3372 International: +81-46-816-3372 ffscinfo@us.navy.mil	A great first stop for finding resources, information and support. FFSC offers comprehensive support, boosting resilience, readiness, and quality of life through confidential in-person and virtual counseling.
MFLAC	Yokosuka Middle School: DSN: 243-7336 Kinnick High School: DSN: 243-7392 Adults: 070-1430-6701 or 080-3361-1920	Offers free, confidential, non-medical, short-term counseling to service members and their families. Help with daily life challenges like stress, anxiety, relationships, deployment and grief.
Military One Source	800-342-9647 or militaryonesource.mil	Offers free, 24/7 confidential support, information, and resources. It acts as a "first line of support" for military life, offering services like non-medical virtual counseling.
Headspace App	Download the app. Free to service members and five loved ones.	Resources for kids and adults. Features include meditation, guided workouts, sleep and focus aids and 52 virtual coaching sessions per year.
Chaplains	090-1468-2779	Provide comprehensive support to families on military bases by offering confidential counseling and assist with unique demands of military life with a piritual focus.
Off-base Counseling	Request referral from your PCM or contact FFSC for self-pay options	Off-base counselors provide English speaking confidential, specialized care, often with greater privacy and more flexible scheduling.

"Ultimately the best-case scenario is to prevention. Parents can take an active role in supporting their children and teens by monitoring social media usage to help prevent cyberbullying and dating violence before it happens," Cohen said.

Prevention – Steps parents and caregivers can take to keep kids safe online:

- Talk: Talk with children openly about online risks like cyberbullying and what to do if they see something that is not okay or makes them feel uncomfortable. Set clear expectations conversations is important to ensure mutual trust.
- Limit: Limit screen time and set clear boundaries for screen use.
- Model: Model positive, respectful digital behavior on your own devices and accounts.

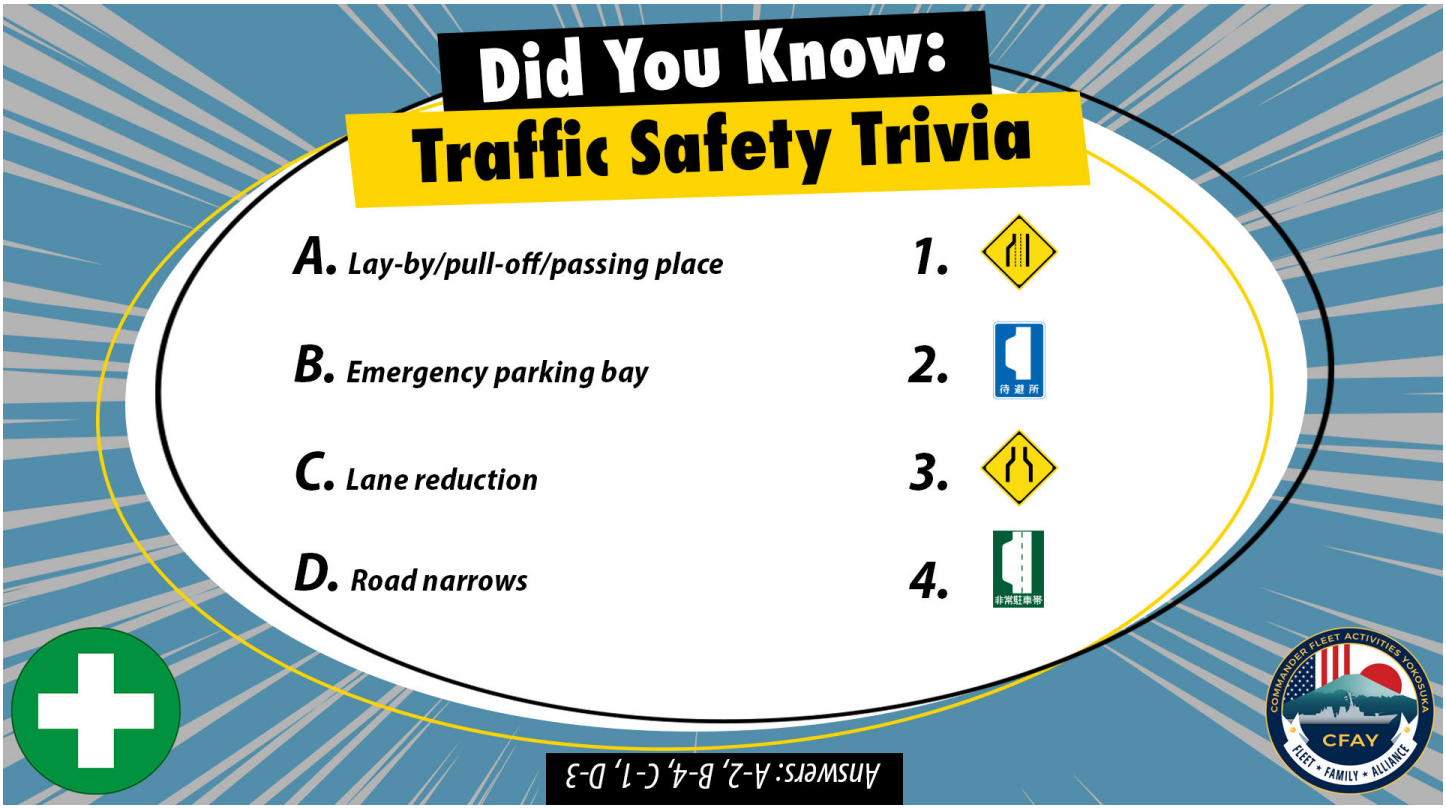
During the recent quarterly Town Hall on Feb. 12, Capt. Jonathan Hopkins, Commander, Fleet Activities Yokosuka, was joined by representatives from CFAY Fleet and Family Service Center (FFSC), CFAY Child & Youth Programs (CYP), Naval Criminal Investigative Service (NCIS), and principals from both Nile C. Kinnick High School and Yokosuka Middle School, to bring awareness to teen dating violence and cyberbullying prevention. The discussion covered many topics to include definitions, school policies, potential consequences, signs of cyberbullying, and all the resources available to parents and their children.

"We are committed to engaging with the community to spread awareness about cyberbullying prevention, and to make sure we get it right. We're committed to making sure our students and families are safe," Hopkins said.

"I want to emphasize we are open for business. There's no wrong door here," Hopkins said regarding his and his staff's priorities. "We're going to make sure that you're handed off to the right people if you have to go through this."

If you or someone you know is exhibiting any warning signs, please contact the school's teacher or principal, CFAY FFSC at 046-816-3372 or a Command Chaplain at 090-1468-2779.

Become an upstander, not a bystander by reporting, as stopbulling.gov states. Be an advocate for good online by encouraging others, sharing the good and sending positive vibes.



American Red Cross Winter Classes

CPR Training, Basic Life Support, and Babysitting Basics

American Red Cross

All classes are blended learning classes. Classes may be added based on community need and instructor availability. Enroll today!

CPR/AED/First Aid Course ($18)
- Saturday, Feb. 21, 9 a.m. to 1 p.m.
- Tuesday, Feb. 24, 9 a.m. to 12:30 p.m.

Basic Life Support ($12)
- Thursday, Feb. 19, 8 a.m. to 12 p.m.

Babysitting Basics/Pediatric CPR ($18)
- Saturday, Feb. 28 and Sunday, March 1, 9 a.m. to 1:30 p.m. **Must attend both days.**

To register, email: Yokosuka@redcross.org with the class and preferred date/time. You will receive a payment link and be asked to send your receipt in order to guarantee a spot in the course.

FFSC WEEKLY

More details on CFAY FFSC YOKOSUKA FB page

The Fleet & Family Support Center

SAPR Initial Victim Advocate Course (IVAC)
February 23-27 at 7:30 A.M
TAP Core Curriculum
February 23-25 at 8:00 A.M.
Emergency Evacuation Program Overview (EEP)
February 23 at 10:00 A.M.
Everyday Japanese
February 23 at 10:00 A.M.
Emergency and Disaster Preparedness
February 23 at 11:00 A.M.
AOB/ICR
February 24-26 at 8:00 A.M.
CFS Training
February 24-26 at 8:00 A.M.

Volunteer Orientation
February 24 at 10:00 A.M. (Virtual)
Ikego Japanese Language Series
February 24 at Noon
Active Parenting 0-5
February 25 at Noon
ESL/EFL
February 25 at 1:00 P.M. (Ikego)
Active Japanese
February 25 at 3:00 P.M.
My Employment Track
February 26-27 at 8:00 A.M.
Sponsorship Training
February 26 at 9:00 A.M. (Virtual)

Ombudsman Advanced Training
February 26 at 10:00 A.M.
Active Parenting 5-12
February 26 at 10:30 A.M.
Enjoying Japanese Food at Home
February 27 at 9:30 A.M.
Military Spouse 101
February 27 at 10:00 A.M. (Jp)(Hybrid)
Zushi-Hayama Tour
February 27 at 10:00 A.M. (Ikego)
Couples and Deployment
February 27 at 1:00 P.M. (Virtual)
ESL/EFL
February 27 at 1:00 P.M.

See something you like? Sign up via email: ffscinfo@us.navy.mil

Calligraphy Workshop

Location: Ikego, Nikko Community Room
Date: February 25th
Time: 10:00 A.M.

Discover the beauty of calligraphy with guidance from an expert Japanese calligraphy teacher. This beginner-friendly class focuses on foundational techinques, mindful practice, and creative expression in a calm, welcoming setting.

The Fleet & Family Support Center

TO REGISTER:
046-816-3372 | FFSCinfo@us.navy.mil

Ikego Winterblast

February 21

1 - 4 p.m. • Ikego Campgrounds

Bundle up and join us for a family-friendly celebration as we say goodbye to winter and welcome the approach of spring! Ikego Winterblast is packed with fun for all ages — don't miss this cozy afternoon outdoors.

Crafts for kids and families • Bonfire with s'mores
Face painting • Snow play area • Food & beverages

Shuttle* runs between Club Takemiya Parking Lot & Ikego Campgrounds:

Club Takemiya departure times:	*Campgrounds departure times:*
12:45 p.m.	3 p.m.
1:15 p.m.	3:30 p.m.
1:40 p.m.	4 p.m.
	4:30 p.m.

*The shuttle consists of two 20-seat minibuses.

Rain Date: Saturday, February 28
For more information, please call 046-896-5060 or email mwr_yokosuka_special_events@us.navy.mil
Please bring cash for food vendors.

1° OF SEPARATION

"1 Degree of Separation" is not your average mental health talk — this one comes with punchlines.

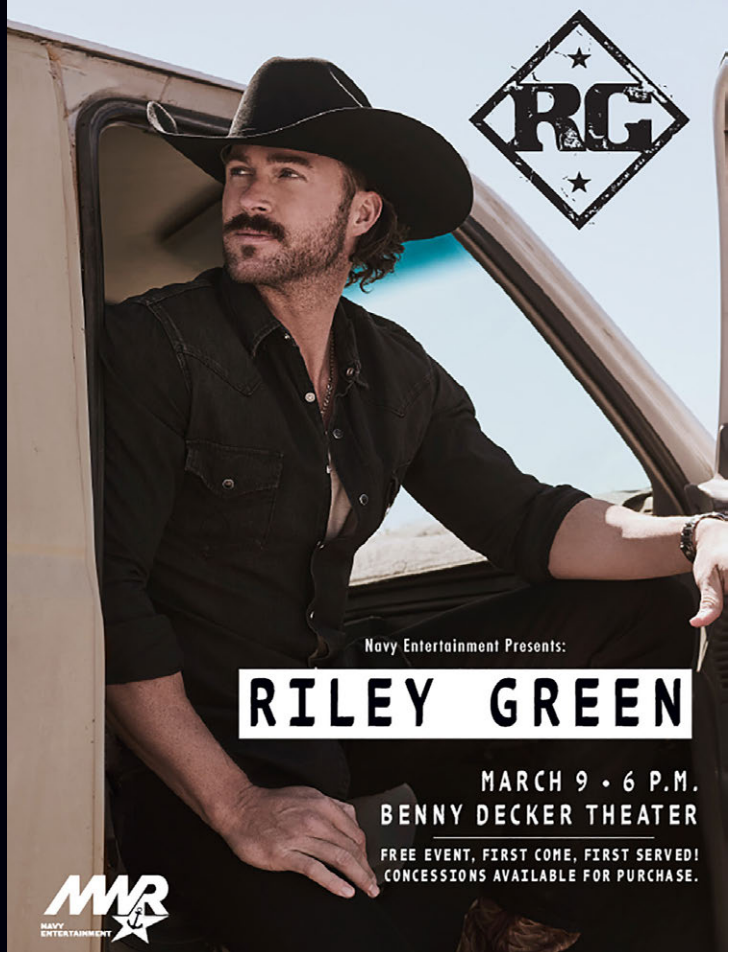
Blending real talk with big laughs, it brings tough topics like depression, education, and suicide prevention into the spotlight. Come for the laughs, stay for the feels — it's comedy that hits... and heals.

All shows are **FREE**.

MWR Website

Benny Decker Theater • February 25
10 a.m. • USS George Washington (Ships' Company Only)
2 p.m. • Active Duty Only
6 p.m. • All Hands (Family Friendly 12+)

The Fleet & Family Support Center



Navy Entertainment Presents:

RILEY GREEN

MARCH 9 • 6 P.M.
BENNY DECKER THEATER

FREE EVENT, FIRST COME, FIRST SERVED!
CONCESSIONS AVAILABLE FOR PURCHASE.

Valentine's Day

Run / Walk Challenge

February 1 - 28

Using any run app, create a run route that looks like a heart, flowers, chocolate, or anything Valentine's Day related. Prizes will be awarded to participants who complete the challenge successfully.

Steps:

1. Record your activity using any run app that shows your route.
2. After you complete the activity, take a screen shot of your distance and your Valentine's Day route art.
3. Turn in your art at the Fleet Fitness office to claim your prize.

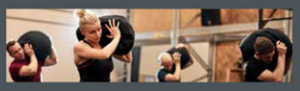
For more information, call MWR Fitness office at 046-896-4486.

NAVY OPERATIONAL FITNESS & FUELING SYSTEM

NOFFS

SANDBAG SERIES WORKOUT

February 28 • 10 a.m. • Purdy Pavilion



Register at the Fitness Office on the 3rd floor of the Fleet Recreation Center from now through February 27.

$10 /person

Spring Blooms, Smiles, and Celebration!

Celebrate the coming spring with our host nation friends.

SPRING FESTIVAL

春まつり

MARCH 21

9 a.m. - 5 p.m.

(Open Base Event)

Food • Entertainment • Ship Visit

For more information, please call 046-896-5060.

No rain date. Event is subject to change or cancellation.

WALK OF FAME HALL OF FAME

February 27

11:30 a.m.
Meet and Greet at CFAY Galley

1:30 p.m.
Meet and Greet at Liberty Center

For more information call 046-896-5060.

RANDY JOHNSON
BASEBALL HALL OF FAME INDUCTED IN 2015

ANTHONY ROBLES
NCAA CHAMPION
inspiration behind the movie **'Unstoppable'** featuring Jennifer Lopez and Jharrel Jerome

MWR CFA Yokosuka

ARMED FORCES ENTERTAINMENT

American Forces Travel

USA 250

No official endorsement intended

CFAY

BEYOND THE GATE

Taura Plum Grove Festival

Until March 1 (Sunday)

Anytime | Taura Plum Grove, (25-minute walk from JR Taura Station, JO-04)

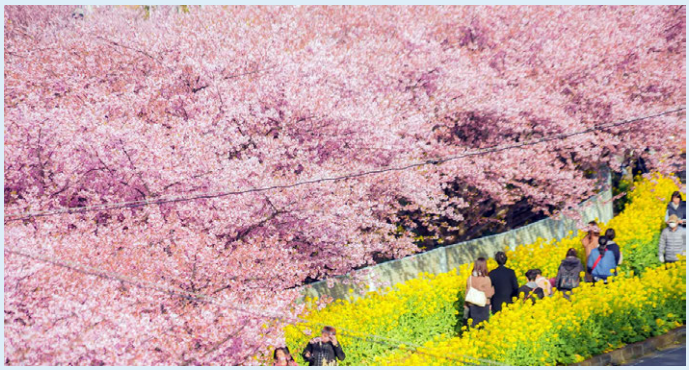
The Taura area wafts with the smell of blooming plum blossoms from mid-February to early March. Enjoy the hilltop scenery and view over Tokyo Bay. There will be various food booths on Feb. 22 from 10 a.m. to 2:30 p.m. at former Taura Elementary School (10-minute walk from JR Taura Station).

Nostalgic 2 Days

Feb. 21 (Saturday) - 22 (Sunday)

10 a.m. to 5 p.m. | Pacifico Yokohama (5-minute walk from Minato Mirai Line Minato Mirai Station, MM-03)

The biggest classic car show in Japan. Various shop demo cars and 10 selected cars will run through venue. Enthusiasts who could never afford to buy a retro car of their own do not go home empty-handed. Same-day ticket: ¥4,000, advance ticket: ¥3,000 both including ¥500 cash voucher. Elementary school age and below, free admission. https://nos2days.com/pc/ticket.html



Miura Sakura Festival

Until March 3 (Tuesday)

Along the road from Keikyu Miurakaigan Station (KK-71) to Misakiguchi Station (KK-72).

Come see the Miurakaigan's Kawazu sakura trees. Enjoy Sakura Festival food such as cherry dorayaki (pancake-like confectionery), cherry rice cookies and radish shochu. The Kawazu cherry tree in front of the Miurakaigan Station is also illuminated.

Chinatown Celebration Parade

Feb. 21 (Saturday)

From 4:30 p.m. | Yokohama Chinatown (3-minute walk from Minato-Mirai Line Motomachi/Chukagai Station, MM-6)

The Chinese Spring Festival celebrates the birthday of the Jade Emperor with a parade through Yokohama's Chinatown. The parade will feature traditional costumes, lion dances, and dragon dances.

The Emperor's Birthday

Feb. 23 (Monday)

Emperor's Birthday is an annual public holiday in Japan celebrating the birthday of the reigning Emperor, which is currently Feb. 23 as Emperor Naruhito was born on that day in 1960. Public transport will operate on a holiday schedule.

NEWS AND NOTICES

PARTNERSHIP COUNCIL

Want to effect change and be a part of healthcare solutions that affect our Sailors and their families? Join the Patient and Family Partnership Council at U.S. Naval Hospital (USNH) Yokosuka. Engage directly with hospital leadership in matters that concern the health and welfare of CFAY. Join us at the upcoming meetings.

• March 3 (Tuesday) from 11:45 a.m. to 12:45 p.m. in the USNH Yokosuka Command Auditorium

• April 7 (Tuesday) from 4 to 5 p.m. in the library at the Community Resource Center

If there is a specialty or any medical personnel you are hoping to meet, please let us know so we can try our best to ensure attendance. You can also send in questions beforehand to our distro email: dha.yokosuka.yokosuka-nh.list.pfpc@health.mil

SHIPSHAPE 2026 8-WEEK WEIGHT MANAGEMENT PROGRAM

Shipshape is a Healthy Lifestyle Change Program managed by USNH Yokosuka's Wellness Center.

Highlghts:

• Bodycomposition scans
• Nutrition and fitness coaching
• Expert-led classes
• SMART goal setting
• Supportive group environment

Dates for 2026 sessioons:

• April 17 - June 3
• July 8 - Aug. 26
• Sept. 16 - Nov. 4

Classes will be held Wednesday, 11 a.m. to 12 p.m. or 4:40 to 5:30 p.m. at Fleet Rec Center Room 323. Call 243-9776 or (046) 816-9776.

BLOOD DRIVE

Military Blood Drive at Yokosuka Fleet Gym from Feb. 25 to 26, 8 a.m. to 4 p.m. Each donor receives a 4-hour volunteer Letter of Appreciation and a t-shirt. Scan the QR code to sign up. Questions, call 243-8561.

USNH YOKOSUKA PATIENT FAMILY INFLUENZA VACCINATION

USNH Yokosuka's Immunization Clinic will offer flu vaccines at the hospital during regular walk-in hours.

• All Eligible Patients (including Space A) Walk-In: From 8 to 10 a.m., Monday - Friday
• Active-Duty Only Walk-In: From 1 to 3 p.m., Thursday and Friday

VOLUNTEER WITH US

• Military Treatment Facility
• Disaster Team
• Special Events
• Office Support
• Youth Preparedness
• Youth Clubs

Email: yokosuka@redcross.org

ANIMAL VISITATION PROGRAM

If you have a dog, Red Cross Yokosuka needs you! For program requirements and questions, email: jacee.maldonado@redcross.org or yokosuka@redcross.org. All participating dogs must successfully complete the AKC Canine Good Citizen Evaluation.

CONSTRUCTION AND CLOSURES

Yokosuka: Rickert Drive partial road closure to remove and install a new high voltage cable until March 31. Work will be conducted on the weekends to minimize impacts to the community.

• Radford Road partial road closure to remove and install a new high voltage cable until March 31.
• Gridley Tunnel closure. First closure (until February 2026) is for temporary high voltage power bypass. Second closure is for permanent high voltage power repairs. The second closure (from Feb. 1, 2026 to July 31, 2028) is only for vehicular traffic. Tunnel is open for pedestrian and bicycle traffic.
• The parking lot immediately in front of ATG is secured through 2027 in support of the NSST Shiphandling Trainer construction. Additionally, half of the 12-hour parking lot is also secured to support NSST construction material laydown and management.

Ikego: Imattumi Road partial closure for general excavation work until Dec. 30, 2026.

Commander Fleet Activities Yokosuka
@CFAY_Japan
cfay-information@us.navy.mil

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