APRIL IS
CHILD ABUSE
PREVENTION
MONTH

LEARN WHAT YOU CAN DO TO
EMPOWER YOUR CHILDREN

FUN ACTIVITIES AND
RESOURCES FOR
PARENTS AND KIDS

Family Support
& TREATMENT CENTER
home of hope and healing
CRISIS NURSERY • THERAPY • PREVENTION
www.utahvalleyfamilysupport.org
Now let’s talk about touch. Most people want to give us touches that make us feel happy. But there are some other kinds of touch. Do you remember the 3 kinds of touch?

1) Safe Touch
This makes us feel cared about and safe. Safe touches are like hugs, holding hands or a pat on the back.

2) Unsafe Touch
This is when someone tries to hurt us - like punching or hitting. It leaves a mark, or a bruise, welt or a cut and the hurt lasts a long time.

3) Confusing Touch
This is when someone tries to look at, take a picture of, or touch our private parts for no reason, or makes us look at or touch their private parts.
Most people give us safe touches.
But if someone ever tries to touch us in an unsafe or confusing way, we can Play it Safe!™ and use the safety rule!

1) Say NO!
2) Get Away – when you can!
3) Tell a Trusted Adult

We can use this rule all the time, anywhere and with anyone – with strangers, or even people we care about and love.

Now if someone touches us in an unsafe or confusing way, they probably want us to keep it a secret and might be extra nice to us or give us presents to keep the secret. They might try to trick us and say that something bad will happen, or that no one will believe us, or that this is our fault. It's not safe to keep a secret that hurts, scares us or makes us feel bad. We can Play it Safe!™ and tell a trusted adult!
Help your child fill out their own personal safety plan with people and places that they can visit for help.

Place it somewhere they can see!
Safety RULES for Kids & Grown Ups

My body belongs to me.

It’s ok to speak up and say NO whenever someone makes me feel scared or uncomfortable... even if it’s a grownup or someone older than me.

The parts of my body covered by my swimming suit are private. That means they are only for me and no one should try to touch or look at them, even if they say it’s a game.

I trust my feelings because they keep me safe, especially “uh-oh” feelings.

I never keep secrets about touching or things that involve my body. My parents will love me no matter what I tell them and it’s safe to tell them scary secrets.

I know that if anyone ever makes me scared or uncomfortable, I have the right to SAY NO, GET AWAY, and TELL a GROWNUP that I trust.
Preventing Child Abuse

Signs of Possible Abuse

**Physical Indicators of Abuse:**
- Difficulty walking or sitting
- Pain or itching in private parts
- Sudden weight gain or loss
- Torn, stained, or bloody underclothing
- Unexplained marks, scars, bruises, burns, bites, missing hair, scratches, etc
- Bed-wetting
- Failure to grow or progress developmentally in normal time frame
- Unattended physical or medical needs

**Behavioral Indicators of Abuse:**
- Inappropriate sexual knowledge, touch, and behavior
- Sudden changes in personality
- Older youths reverting back to younger behaviors
- Unexplained fear or refusal to be around a certain person
- Refusal to go to typical activities
- Trouble sleeping
- Promiscuous/seductive behavior
- Self-harming behaviors (cutting) or self-defeating behaviors (substance abuse)

Prevention Strategies

- Be engaged in your child’s activities
- Know the other adults that your child talks to (coaches, leaders, caregivers)
- Help your child identify other trusted adults in their life for if they ever need to talk to someone

- Talk about media and technology (what is good/bad in shows or games)
- Educate yourself on your school’s programs and reinforce practices at home
- BE AVAILABLE
  - Spend time with your child
  - Emphasize that they can talk to you
  - Make time if they have questions/concerns
- Set Boundaries

Reacting to Disclosures

- Help them feel comfortable
- Reassure that it is not their fault
- Use terms and language they can understand
- Find out what they want from you
- Be honest
- Validate their feelings
- Be supportive

DON’T

- Interrogate
- React with shock, anger, or disgust
- Force them to talk
- Force them to show injuries
- Teach new words or terms

Adults can miss critical opportunities to prevent child abuse if they do not know what to look for.
Talking to Kids about Sexual Abuse/Respecting their Bodies

Have open communication about respecting your body

Make it a regular conversation, not a “taboo” topic

Have a “safety zone” in your house, where kids know it is safe to talk about questions or concerns

Do not shame kids for having questions about sexuality

Resources:

http://educateempowerkids.org/resources/
https://www.youtube.com/watch?v=a-5mdt9YN6I
onewithcourageutah.org

http://www.cfchildren.org/families

https://www.psychologytoday.com/blog/overcoming-child-abuse/201006/how-and-when-talk-your-child-about-sexual-abuse (Also references several books that are helpful in teaching kids)


http://www.stopitnow.org/ohc-content/tip-sheet-8

Reporting Abuse

- Have as much information on hand as possible
  - Name of youth and his/her parents or caretakers
  - Youth’s Date of Birth
  - Address
  - School or child care provider
  - Nature of Concerns

- After reporting, you have no legal right to further details

- In Utah, all adults are legally obligated to report suspected abuse

- Don’t need to be certain that abuse has occurred in order to report

Where to get help:

855-323-3237 (Utah 24-hour Child Protection Line)

801-374-7005 (Utah County Child Abuse)

(801) 851-8554 (Children’s Justice Center)

(801) 229-1181 (Family Support & Treatment Center)
Want to be a trauma-informed educator?

Childhood Trauma
- divorce
- illness
- death
- addiction
- injury
- separation
- violence
- abuse
- poverty
- neglect
- incarceration

Trauma Symptoms
- robotic
- defiant
- aggressive
- hallucinating
- numb
- denial
- volatile
- self-harm
- withdrawn

FREE TRAINING

* School staff learn how to identify, respond to and support children suffering from the effects of adversity
* Strategies for addressing problem behaviors and increasing student success
* Flexible scheduling (time, location and length of training)

Contact Pam Raleigh at
(801) 229-1181
PAMR@utahvalleyfamilysupport.org

Coping skills needed?

Childhood Stressors
- divorce
- illness
- death
- addiction
- injury
- separation
- violence
- abuse
- poverty
- neglect
- incarceration

Stress Symptoms
- robotic
- defiant
- aggressive
- hallucinating
- numb
- denial
- volatile
- self-harm
- withdrawn

FREE PARENT CLASS

Recurring every 3rd Tues. of each month
Learn the biology of toxic stress and how to identify and respond to a child’s stress symptoms/Learn how to foster social, emotional and academic development

Tues. April 19th
6:00 to 7:30 PM
1255 N 1200 W, Orem

Call us at (801) 229-1181 to reserve your spot or email
PAMR@utahvalleyfamilysupport.org