



# Child Abuse Prevention

**CHILDREN ARE OUR MOST INNOCENT AND DEFENSELESS CITIZENS**

Every year there are more than 3 million reports of child abuse & neglect, but there are many more that are never reported.

In our country, it is estimated that more than 4 children die every day from neglect and abuse. 80% of those victims are under the age of four.

\*\*\*\*\*Shaken Baby Syndrome is one of the leading causes of infant fatalities -\*\*\*\*\*

## THE LETTERS IN PURPLE STAND FOR

**P**  
**PEAK OF CRYING**

Your baby may cry more each week, the most in month 2, then less in months 3-5

**U**  
**UNEXPECTED**

Crying can come and go and you don't know why.

**R**  
**RESISTS SOOTHING**

Your baby may not stop crying no matter what you try.

**P**  
**PAIN-LIKE FACE**

A crying baby may look like they are in pain, even when they are not.

**L**  
**LONG LASTING**

Crying can last as much as 5 hours a day, or more.

**E**  
**EVENING**

Your baby may cry more in the late afternoon and evening.

**THE WORD PERIOD MEANS THAT THE CRYING HAS A BEGINNING AND AN END**

**For Brochures on Shaken Baby Syndrome & Abuse Prevention**

[secure.dontshake.org/buymaterialsPreventChildAbuse.org](http://secure.dontshake.org/buymaterialsPreventChildAbuse.org)

## **SEXUAL ABUSE**

**Sexual abuse** effects 1 out of 4 girls' and 1 out of 6 boys before they reach the age of 18; with 90% of cases never being reported. It has been called a silent epidemic because of the lack of awareness and support of prevention education, yet the vast majority of abuse is estimated to be preventable through education. Even more disturbing is that in the vast majority of cases, the perpetrator is someone known, trusted, and often loved by the victim and their family. Sadly, many loving parents fail to realize the risk and do not educate themselves on how to reduce the risk and identify signs/symptoms of abuse.

It is recommended to teach your children these 5 body safety rules that every child should know before the age of 5... **brought to you by the mama bear effect.**

**#1** I am the boss of my body. I have the right to say no if I don't like how my body is being treated. I don't have to hug, kiss or be touched if I don't want to.

**#2** Private parts are covered by a bathing suit and are kept out of view. We don't look, touch or play games with each other's private parts.

**#3** No one should be asking me to keep a secret, especially if it makes me sad or scared.

**#4** Using the correct words for private parts is not funny or weird. Everyone has them.

**#5** I know 5 people I can talk to if I ever feel sad, scared, or nervous about anything- especially my body safety. If someone breaks the rules I need to tell someone who can

help me. Even if I was too scared to tell at first, it's never too late, and I won't be in trouble.

## **Physical Abuse**

**Physical abuse** means any non-accidental act or behavior causing injury, trauma, or other physical suffering or bodily harm. Abusive acts toward children can often result from parents' attempts at child discipline through excessive corporal punishment. Physically abused children are at risk for later interpersonal problems involving aggressive behavior, and adolescents are at a much greater risk for substance abuse.

## **Neglect**

**Neglect** is a form of abuse where the perpetrator is responsible for caring for someone, who is unable to care for themselves, but fails to do so. Neglect may include the failure to provide sufficient supervision, nourishment, medical care, or the failure to fulfill other needs, which the victim cannot provide for themselves. The term is also applied when necessary care is withheld by those responsible for providing it from animals, plants, and even inanimate objects. Neglect can carry on in a child's life falling into many long-term side effects such as: physical injuries, low self-esteem, attention disorders, violent behavior, and can even cause death.

### **For Brochures on Child Sexual Abuse Prevention:**

**[www.DarknesstoLight.org](http://www.DarknesstoLight.org); [www.TheMamaBearEffect.org](http://www.TheMamaBearEffect.org); [www.StopItNow.org](http://www.StopItNow.org)**

Remember to seek help from your social support network or from a resource, such as The Family Place, if you are overwhelmed or need respite child care.

If you are interested to receive more information on any of these topics please ask your advocate for additional packets.

\*Child Development ages \_\_\_\_\_ through \_\_\_\_\_

\*Purple Crying

\*Sexual Abuse Prevention. Signs, symptoms, and resources.

\*How to report a child abuse suspicion.

\*A list of books to education yourself and your children about abuse.

\*Love and Logic (positive parenting resource and upcoming classes)

Child Abuse hotline: 1.800.422.4453

Online Resources:

[www.preventchildabuse.org](http://www.preventchildabuse.org); [www.childhelp.org](http://www.childhelp.org); [www.healthychildren.org](http://www.healthychildren.org); [www.apasac.org](http://www.apasac.org); [www.dcfhs.utah.org](http://www.dcfhs.utah.org)

### **Resources in Logan, Utah**

www.capsa.org Crisis line 435.753.250 Office 435.755.4493

The family place www.thefamilyplaceutah.org

Crisis line 435.752.8880

### **Resources in Brigham City**

Box Elder Family Support Center www.befsc.org Office: 435.723.6010

### **Resources in Pocatello, Idaho**

Bright Tomorrows Child Advocacy Center [www.brighttomrrowscac.org](http://www.brighttomrrowscac.org) Office: 208.234.2646

The center for the study of social policies strengthening families a protective factors framework...

<http://www.cssp.org/young-children-their-families/strengtheningfamilies/practice/body/SFTraumaBrainDevelopmentProtectiveFactors-1.pdf>

Resource: Abuse & the Law <http://www.gundersenhealth.org/ncptc/center-for-effective-discipline/discipline-and-the-law/punishment-vs-abuse/>

Safe Stable and Nurturing Relationships: <https://www.cdc.gov/violenceprevention/pdf/SSNRs-for-Parents.pdf>

**Activity:** Set some time aside to talk with your children about abuse, what touches are not acceptable, and who they can tell if they ever feel like they are in danger.

**Father/Male Engagement:** This month start making time to show and tell your children how much you like them. Find at least, but hopefully more, a time during the day to tell them something you like about them. An example of this might be saying, "I love how you make me laugh," when they say or do something funny.