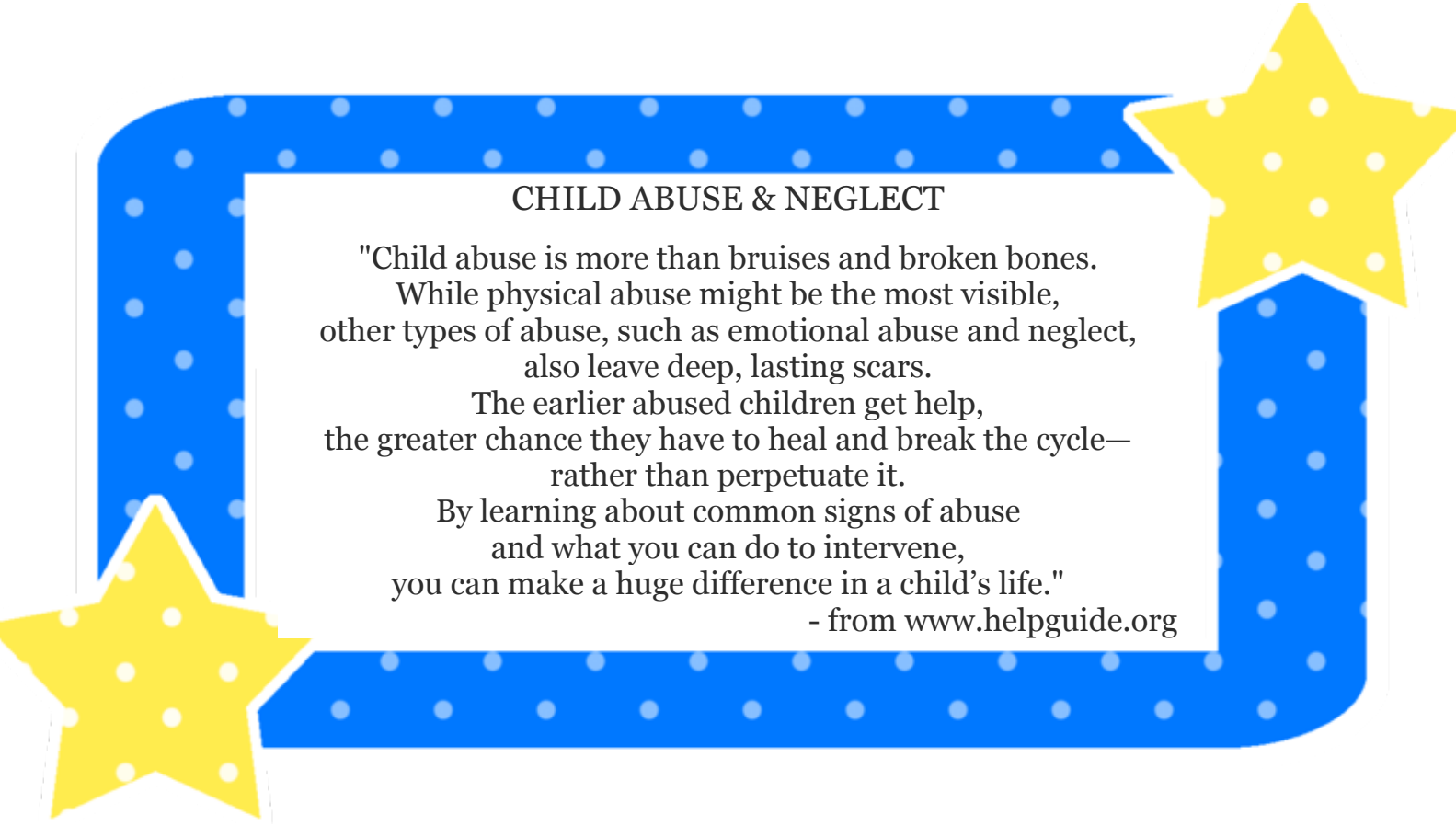


Child Abuse Prevention



"It shouldn't hurt to be a child"



CHILD ABUSE & NEGLECT

"Child abuse is more than bruises and broken bones.
While physical abuse might be the most visible,
other types of abuse, such as emotional abuse and neglect,
also leave deep, lasting scars.

The earlier abused children get help,
the greater chance they have to heal and break the cycle—
rather than perpetuate it.

By learning about common signs of abuse
and what you can do to intervene,
you can make a huge difference in a child's life."

- from www.helpguide.org

The Biggest Myth About Child Abuse

**The biggest myth is that the dangers to children
come from strangers. In most cases, the perpetrator is
someone the parent or child knows,
and is often trusted by the child and family.**

What is Child Abuse?

Here are some examples:

- verbally abusing a child
- teasing a child unnecessarily
- exposing a child to pornographic acts or literature
- touching a child where he/she doesn't want to be touched
- forcing a child to touch you
- breaking down the self-confidence of a child
- hitting or hurting a child - often to relieve your own frustration
- manipulating a child
- not taking care of a child. for example: unclean, unclothed, unfed
- using a child as a servant/depriving them of time for education/leisure
- neglecting the emotional, medical or educational needs of a child
- hitting & ridiculing a child at school
- leaving a child without supervision



8 Serious Short & Long Term Negative Effects Of Verbal Abuse On Children

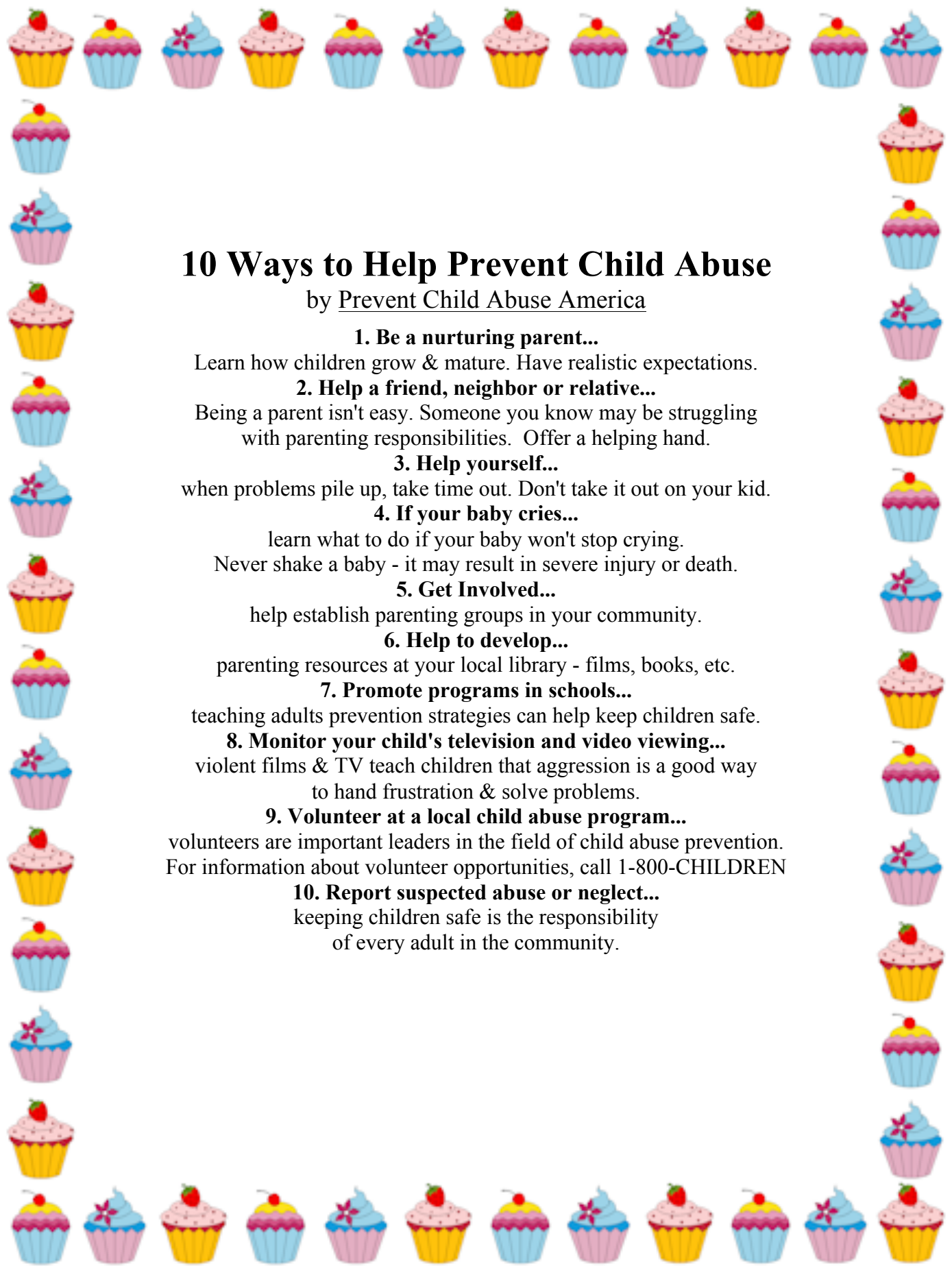
Short Term Effects Of Verbal Abuse On Children:

- 1. Routine Or Clinical Depression**
- 2. Deteriorating Mental and Physical Performances**
- 3. Develop Inferiority Complexes**

Long Term Effects Of Verbal Abuse On Children:

- 4. Health Issues**
- 5. Low Self Confidence**
- 6. Low Hope In Life**
- 7. Become Addictive**
- 8. Develop Anti-Social Tendencies**





10 Ways to Help Prevent Child Abuse

by Prevent Child Abuse America

1. Be a nurturing parent...

Learn how children grow & mature. Have realistic expectations.

2. Help a friend, neighbor or relative...

Being a parent isn't easy. Someone you know may be struggling with parenting responsibilities. Offer a helping hand.

3. Help yourself...

when problems pile up, take time out. Don't take it out on your kid.

4. If your baby cries...

learn what to do if your baby won't stop crying.

Never shake a baby - it may result in severe injury or death.

5. Get Involved...

help establish parenting groups in your community.

6. Help to develop...

parenting resources at your local library - films, books, etc.

7. Promote programs in schools...

teaching adults prevention strategies can help keep children safe.

8. Monitor your child's television and video viewing...

violent films & TV teach children that aggression is a good way to hand frustration & solve problems.

9. Volunteer at a local child abuse program...

volunteers are important leaders in the field of child abuse prevention. For information about volunteer opportunities, call 1-800-CHILDREN

10. Report suspected abuse or neglect...

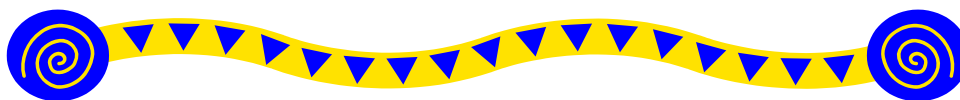
keeping children safe is the responsibility of every adult in the community.



“Don’t turn your face away. Once you’ve seen, you can no longer act like you don’t know. Open your eyes to the truth. It’s all around you. Don’t deny what the eyes to your soul have revealed to you.

Now that you know, you cannot feign ignorance. Now that you’re aware of the problem, you cannot pretend you don’t care. To be concerned is to be human. To act is to care.”

- Vashti Quiroz-Vega



When reporting child abuse

Reporting child abuse can bring up a lot of difficult emotions and uncertainty. Here are some tips:

- Try to be as specific as you can.
- Understand that you may not learn of the outcome.
- If you see future incidences, continue to call and report them.





RESOURCES

Child Abuse Hotline:

US or Canada: 1-800-422-4453

On-line:

www.parentingsafechildren.com

www.childhelp.org

www.preventchildabuse.org

Idaho

Bright Tomorrows - Child Advocacy Center

Free counseling/support services to children & their families who've been affected by sexual abuse. Funding resources available.

(208) 234-2646 409 Washington Ave

Pocatello, ID 83201

Franklin County Victims Advocate

Shelter, counseling, legal help, support groups, case management, etc.

(208) 221-1396

561 West Oneida

Preston, ID 83263



Utah

**CAPSA - Community Abuse Prevention Services
Agency - www.capsa.org**

**Crisis Line: (435) 753-2500 Office: (435)
752-4493**

**Emergency Shelter for Abuse and sexual assault
victims; counseling, 24-hour crisis hotline,
mobile response team, support group,
presentation/workshops, Protective Order
Assistance.**

Child & Family Support Center

**Parenting & Child Classes, child abuse/neglect
prevention & abuse counseling**

(435) 752-8880

**380 West 1400 North
Logan, UT 84321**