



# The Little Voice

*Recognizing Child Abuse and Your Duty to Report It*

**Child Abuse Prevention**



## **Child Abuse Prevention**

**What is child abuse?** Child abuse is any act, or failure to act, by a parent or other caregiver that results in actual or potential harm to a child. It includes all forms of physical abuse, sexual abuse, psychosocial abuse, emotional abuse, exploitation or neglect. Child abuse can occur in a child's home, or in the organizations, schools or communities the child interacts with.

### **Forms of Child Abuse:**

- **Physical Abuse:** When a parent or caregiver causes any non-accidental physical injury to a child.
- **Sexual Abuse:** When an adult uses a child for sexual purposes or involves a child in sexual acts. Also, when an older or more powerful child uses another child for sexual gratification.
- **Emotional Abuse:** When a parent or caregiver harms a child's mental and social development. While a single incident may be abuse, most often emotional abuse is a behavior pattern that causes damage over time.
- **Child Neglect:** When a parent or caregiver does not give the care, supervision, affection, and support needed for a child's health, safety and well-being. It includes:
  - Physical neglect and inadequate supervision
  - Emotional Neglect
  - Medical Neglect
  - Educational Neglect

### **Effects of child abuse:**

**Lack of trust and relationship difficulties:** Abuse by a primary caregiver damages the most fundamental relationship as a child. This can lead to difficulty maintaining relationships due to fear of being controlled or abused. It can also lead to unhealthy relationships because the adult doesn't know what a good relationship is.

**Core feelings of being “worthless” or “damaged”:** If you have been told that you are stupid or no good, you may experience it as reality. Adults may not strive for more education, or settle for a job that may not pay enough, because they don't believe they can do it or are worth more. Sexual abuse survivors, with the stigma and shame surrounding the abuse, often especially struggle with a feeling of being damaged.

**Trouble regulating emotions:** Abused children cannot express emotions safely. As a result, the emotions get repressed, coming out in unexpected ways. Adult survivors of child abuse can struggle with unexplained anxiety, depression, or anger. They may turn to alcohol or drugs to numb out the painful feelings.



### Child Abuse Prevention Guidelines

- Never discipline your child when your anger is out of control.
- Participate in your child's activities and get to know your child's friends.
- Never leave your child unattended, especially in the car.
- Teach your child to use their voice to allow them to prevent abuse in their own life.
- Ask questions; for example, when your child tells you he or she doesn't want to be with someone, this could be a red flag.
- Listen to them and believe what they say.
- Be aware of changes in your child's behavior or attitude and inquire into it.
- Teach your child what to do if you and your child become separated while away from home.
- Teach your child the correct names of his/her private body parts.
- Be alert for any talk that reveals premature sexual understanding.
- Pay attention when someone shows greater than normal interest in your child.
- Make certain your child's school or day care center will release him/her only to you or someone you officially designate.

# Resources

## Child Abuse Hotline

US or Canada: 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.apsac.org](http://www.apsac.org)

[www.dcfs.utah.gov](http://www.dcfs.utah.gov)

## ☺ Resources in Logan, Utah

CAPSA

[www.capsa.org](http://www.capsa.org)-Crisis Line: (435) 753-2500--Office: (435) 752-4493

The Family Place

[www.thefamilyplaceutah.org](http://www.thefamilyplaceutah.org)--Crisis Line: (435)-752-8880

## ☺ Resources in Brigham City, Utah

Box Elder Family Support Center

[www.befsc.org](http://www.befsc.org)--Office: (435)-723-6010

## ☺ Resources in Pocatello, Idaho

Bright Tomorrows Child Advocacy Center

[www.brighttomorrowscac.org](http://www.brighttomorrowscac.org) –Office: (208)-234-2646

### Child Abuse Prevention Word Puzzle

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

ACTIVITIES

CARE

DAD

EDUCATION

FAMILY

FOOD

HEALTH

HOME

LISTENING

LOVE

MOM

SCHOOL

SIBLINGS