

Preventing Child Abuse

A Practical Guide for Adults



Understand Child Abuse

There are four types of child abuse:

- **Physical**
- **Emotional**
- **Sexual**
- **Neglect**

Each year, there are approximately **10,000 victims** of child abuse in Utah.



ABCD's of Disclosures

Assure: let the child know that they aren't to blame and that you'll do all you can to help the child.

Believe and Be Calm: Remain calm and ALWAYS believe the child.

Child Talks: Use open ended questions, don't feed the child info.

Determine Needs: Figure out who you should report to.



How to Report

Call **Utah Child Protective Services (CPS) 1-855-323-3237**

You will need information such as the child's name, location, as well as your suspicions about what has happened.

If the child is in immediate danger call **911**

Law 62A-4A-403 requires all adults to **immediately** report any suspicion or disclosure of abuse.



Know Your Role

Continue to **support** children who have been abused.

Provide **structure and stability** for children.

Be a **good role model** for the children you work with.

Know your **school/workplace policies** for interacting with youth.

Preventing and ending child abuse is **everyone's** responsibility and is crucial to building safe, healthy and strong communities.

LAW 62A-4a-403 STATES:

"WHEN ANY INDIVIDUAL HAS REASON
TO BELIEVE THAT A CHILD HAS BEEN
SUBJECTED TO ABUSE OR NEGLECT, OR
OBSERVES A CHILD BEING SUBJECTED
TO CONDITIONS OR CIRCUMSTANCES
THAT WOULD REASONABLY RESULT IN
ABUSE OR NEGLECT, THAT INDIVIDUAL
SHALL IMMEDIATELY REPORT THE
ALLEGED ABUSE OR NEGLECT"



Did You Know?

You are a mandated reporter!

Child Abuse Reporting Hotline:
1-855-323-3237



*Persons making reports or participating in an investigation of alleged child abuse or neglect in good faith are immune from any civil or criminal liability that otherwise might arise from those actions, as provided by law.



Prevent Child Abuse
Utah™

The ABCDs of Disclosures

A ssure

Let the child know that they did the right thing by coming to talk to you. Let them know that the abuse was not their fault, they are not to blame, and you will do everything in your power to help them.

B elieve; Be Calm

Very few claims are falsely reported. Abused children who are not believed are at greater risk for psychological, emotional, social and physical problems that last into adulthood.

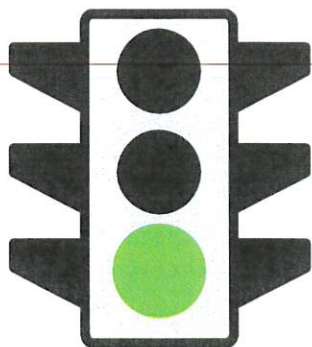
C hild talks

Ask open ended questions such as, "tell me more about that," or "what did you mean by that." Don't put words in the child's mouth. Don't use leading questions, as this can alter a child's memory and make the child's answers seemed "coached" and hurt their case if it goes to court.

D etermine Needs

If you need to make a report, MAKE IT. Call the state child abuse hotline at 1 (855) 323-3237. Have the child's name, location and disclosure of abuse ready. Professional guidance is critical to a child's healing and can assist in the prosecution process.

Safety Signals

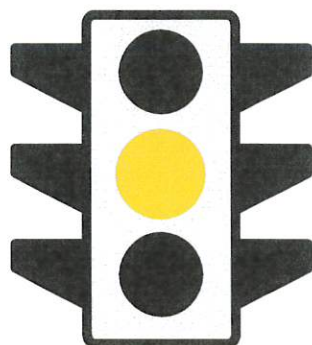


To Establish Safety:

- Learn your workplace policies about interactions with youth
- Minimize opportunities for isolation
- Strengthen families by connecting them to local resources for basic needs
- Teach and respect children's body autonomy
- Explain the difference between secrets and surprises

Actions to Take:

Implement Prevent Child Abuse Utah's Child Abuse Prevention Curriculum. Let children know you are a trusted adult who can help them if they need it.

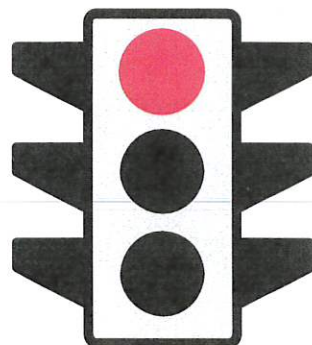


Intervene When Someone:

- Is overly interested in a child
- Gives special attention and gifts to a child
- Isolates a child
- Does not respect a child's "no"
- Encourages silence and secrets with children

Actions to Take:

Describe the behavior, set a limit for that behavior, and move on. Talk with other adults who can protect the child.



Reporting Disclosures/Suspicious:

- A: Assure** the child that what happened is not their fault, and you will do everything possible to get help
- B: Believe** the child and **be calm**; expressing shock and panic can frighten a child-False claims rarely happen
- C:** Let the **child talk**, use open-ended questions
- D: Determine** the child's immediate needs

Actions to Take:

Call 911 or DCFS 1 (855) 323-3237 to make your report. Have the disclosure or your suspicions ready. Also know the child's name, and where they can be found.

DID YOU KNOW?

Per State Laws, **Head Start and Early Head Start programs are legally obligated to report suspected child abuse or neglect** to the appropriate state child protection agency. ,



- ◇ **"Abuse"** includes but is not limited to child endangerment, Domestic Violence Related Child Abuse, emotional abuse, fetal exposure to alcohol or other harmful substances, dealing in material harmful to a child, physical abuse, sexual abuse, and sexual exploitation.
- ◇ **"Neglect"** includes but is not limited to abandonment, educational neglect, environmental neglect, failure to protect, failure to thrive, medical neglect, non-supervision, physical neglect, and sibling at risk.

"Environmental neglect" means an environment that poses an unreasonable risk to the physical health or safety of a child.

"Medical neglect" means failure or refusal to provide proper or necessary medical, dental, or mental health care or to comply with the recommendations of a medical, dental, or mental health professional necessary to the child's health, safety, or well-being.

"Fetal exposure" to alcohol or other harmful substances" means a condition in which a child has been exposed to or is dependent upon harmful substances as a result of the mother's use of illegal substances or abuse of prescribed medications during pregnancy, or has fetal alcohol spectrum disorder.

Failure to buckle your child in the appropriate safety restraint can be considered neglect, as well as leaving your child/children in the car for even a couple of minutes unattended!

- ◇ Head Start insists that you **DO NOT** leave any of your young children in the car while you pick up or drop off your Head Start child.

Children need to feel safe and secure. Bear River Head Start maintains a zero tolerance policy regarding corporal punishment. Corporal punishment is reportable because of the concern for the health and welfare of the child/children.

We at Head Start care about the safety and welfare of the families we serve!

20 Ways to Cope with a Crying Child

1. Walk or dance with the baby.
2. Rock the baby.
3. Bounce the baby gently in your arms or on a bed.
4. Take the baby for a ride in the stroller.
5. Take the baby for a ride in the car.
6. Put the baby in a wind-up baby swing.
7. Make some noise...turn on music, run the vacuum or let water run the tub for a few minutes.
8. Offer the baby a noisy toy. Shake it, rattle it.
9. Sing or talk in a quiet, singsong way.
10. Put the baby in a soft front carrier, close to your body.
11. Lay the baby's tummy down across your lap and gently rub or tap their back.
12. Lay the baby across a warm hot-water bottle on your lap or on a bed.
13. Massage the baby's body and limbs gently; use a warmed lotion if the weather is cool.
14. Swaddle the baby tightly.
15. Feet and burp the baby one more time, offer a little warm water in a bottle.
16. Offer a pacifier.
17. Hold the baby close and breathe slowly and calmly; the baby may feel your calmness and become quiet.
18. Cross the baby's arm across the chest and hold them on the bed with gentle, firm pressure.
19. Remove yourself and let someone else take over for a while.
20. If nothing works, put the baby in their bed, close the door and turn up the TV or radio. Check the baby every 10-15 minutes.

Teaching Personal Safety to Your Child

- Avoid scare tactics. Explain that most adults want to protect children and keep them safe.
- Emphasize your children's basic right to body privacy and ownership. Every child is in charge of their own body and keeping it safe.
- Teach your children age-appropriate, basic sex education.
- Children have the right to say "No!" to any touch that makes them feel uncomfortable.
- Give your children a sense of self-worth and dignity at every opportunity.
- Let them know they can tell you anything and that you will believe them. Most importantly, let them know that it would not be their fault, and that they would not be in trouble for telling.
- Get to know your children's friends and their families. Know where your children are, whom they are with, and what they are doing.

Parent Plan

Teach your children the safety rules and practice often:

Under 10 years old:

- Listen to the "UH-OH" feeling.
- Say "NO!"
- Go tell a trusted adult.

Over 10 years old:

- Recognize anything that makes you feel afraid or uncomfortable.
- Resist by saying no and getting away.
- Report to a trusted adult.



Communicating Limits to Young Children

The manner in which you communicate limits to your child is important. Listed below are some suggestions that may help:

- It is better to enforce 5 rules 100% of the time than 10 rules 50% of the time.
Consistency is important.
- A rule should be:
 - a. Reasonable for the child's ability, attention span and understanding.
 - b. For the benefit of children as well as adults.
 - c. Enforced consistently by all adults in the home.
 - d. Explained to the child prior to enforcement.
- **Discipline is education.** A child is not born knowing what is appropriate. As adults, we help children make this distinction.
- **Eye contact is important.** Go over to the child and get on their eye level when disciplining.
- Use a firm, but matter-of-fact voice when enforcing limits. Be sure to follow through.
- **Avoid issuing empty threats.** You lose believability.
- Do not get personally involved in the situation, i.e. "you did this to make me mad".
- Avoid overuse of, "No" or "Don't".
- **Phrase things positively,** i.e. "Your feet belong on the floor" vs. "Don't stand on the chair".
- **Provide a substitute activity when appropriate,** i.e., the child throws blocks – provide a ball to throw outside; the child is angry, provide a pillow or bop bag to hit.
- **Be clear and specific in your instructions.**
- **Listen when your child speaks.** This is a reciprocal situation. The child is more likely to comply when the parents listens to and values his/her statements.

Preventing Child Abuse:

What every parent must know...

Child abuse is something that every parent must be aware of. In Utah, every child is protected by law. If all parents understand and follow basic child protection laws, together, we can provide a safe place for our children to learn and grow. No child is safe until every child is safe.

- A parent/guardian has the responsibility of providing for their child's basic needs. These basic needs include: Food, water, clothes, love and attention, good hygiene, medical care and an education.
- Children have a right to their own privacy. No one should touch a child on the private parts of their body in a way that makes them feel scared or uncomfortable.
- Emotional abuse is a pattern of behavior that affects the way a child thinks and feels. Emotional abuse includes name-calling, belittling, ignoring, threats, and profanity. Some indicators of emotional abuse are: ulcers, habit disorders, and poor self-esteem.
- If a child witnesses or is aware of verbal or physical violence between his/her mother and father it is considered abuse and is against the law.
- If parents discipline their children by spanking and the result leaves a bruise or a mark, it is considered child abuse and is against the law.



2955 Harrison Blvd., Suite 104
Ogden, UT 84403
801-393-3366
www.preventchildabuseutah.org

Discipline Without anger:

Tips for parents

When children act up, parents get angry. Here are eight tips from Nancy Samalin, author of "Love and Anger" (Penguin U.S.A.), for staying in control:

1. Leave the room or call "time out". A short breather will give you time to regain composure.
2. Use "I-Messages" to express how you feel. Accusatory "You" statements can send the message that the child, not the action, is unacceptable. "I'm mad!" is better than "Your bad!"
3. Stay in the present. Don't bring up past incidents of wrong-doing or predict a negative future for the child.
4. Avoid physical force and threats. "If spanking worked," according to one Samalin, "We'd only have to do it once."
5. Be brief and to the point about what you want the child to do.
6. Put your feelings down on paper. "A written message can be an effective and calming way to express your feelings in a manner others can understand."
7. Decide what's important for your family, and don't lose sight of it.
8. Restore good feelings. "Parents and children want and need good feelings to prevail, even when battles become fierce. Time and distance heal many wounds, and a simple apology can diminish resentment.

*Source: Stephanie McKinnon, "Anger is a part of scolding,"
Interview with Nancy Samalin, Gannett News Service, April 27th, 1992.



Resources

- Immediate danger call **911**
- Logan capsa.org Crisis line **435.753.2500** - Office **435.755.4493**

24-hour crisis line, mobile crisis team, shelter, protective order assistance, crime, victim reparation assistance, rape, crisis center

- Cache County Victim Services **435-755-1830**

Helping to ensure the victim's rights throughout criminal proceedings

- Safe Utah App uofuhealth.org/safeut

Free access to counselors who provide 24/7 crisis intervention and emotional support

- Stabilization and Mobile response Services **1-833-SAFE-FAM**
1-833-723-3326

Available 24/7 provides support in times of crisis

- Suicide Prevention Lifeline: **1-800-273-TALK (8255)**
- Multi-Cultural Center of Cache Valley **435-753-8486**
- USU Sexual Assault and Anti-Violence Information **435-797-1510**
- National Child Abuse Hotline **1.800.422.4453**
- Idaho Department of Health & Welfare or Idaho Careline **1(855)552-5437**
- Utah Division of Child and Family Service and Utah Child Protective Services **1-855-323-3237**
- National Domestic Violence Hotline **1-801-521-5544**
- thefamilyplaceutah.org Crisis line **435.752.8880**
- Children's Justice Center **435-753-7017**
- www.preventchildabuseutah.org
- Safe Utah App uofuhealth.org/safeut