



IT'S

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MAKE

BELIEVE

**center for
prevention
of abuse.**

**CHILD ABUSE
PREVENTION MONTH**

TOOLKIT - APRIL 2018

April is National Child Abuse Prevention Month

We salute educators and your commitment to children. The Center for Prevention of Abuse is proud to present our newest resource guide for educators in observance of National Child Abuse Prevention Month. We have provided a number of resources and information to help you understand the complexities surrounding child sexual abuse and tools to help you educate others.

Teachers are an essential component of creating a climate of safety for their students and they can be the critical link in an abused child's search for help. Child abuse (specifically sexual abuse) is difficult to talk about, and so often, kept secret. We recognize teachers may be one of few professional adults that an abused child interacts with on a regular basis. It is imperative that educators are knowledgeable and equipped with the necessary tools to properly handle and help restore safety in a child's world in the aftermath of a disclosure.

This guide offers support and assistance in identifying, reporting, and supporting a child who has suffered abuse. On January 24, 2013 Governor Pat Quinn signed into law "Erin's Law," which requires all Illinois schools to provide age-appropriate child sexual abuse prevention education for students K-12th, annually. For more than three decades, the Center for Prevention of Abuse continues to be the service provider of choice.

We have been instrumental in helping school communities meet legislative requirements that address child sexual abuse, bullying, teen dating violence and general school safety concerns. Enclosed in this packet is a menu of our violence prevention education programs and services. **If you are interested in scheduling body safety education for students and comprehensive training for staff to meet the Erin's Law Mandate** contact us at PreventEd@centerforpreventionofabuse.org or 309-691-0551. Reach out to us today!

Sincerely,

Marcia J. Bolden

Marcia J. Bolden
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Types of Abuse

There are many different types of abuse. It can be sexual, physical, and/or neglect. All of these types of abuse have lasting physical and emotional effects. Below is a brief description of each.

Sexual Abuse

Sexual abuse occurs when an adult or older minor touches the child in the private parts of their body, asks the child to touch their private parts, or shows the child pictures or videos with sexual images.

Behavioral Indicators of Sexual Abuse

- Become withdrawn, depressed, and/or anxious
- Have trouble sleeping, nightmares, and/or bed wetting
- Change in school performance
- Develop eating disorders

Physical Indicators of Sexual Abuse

- Pain, swelling, or injury to genital area
- Painful urination or bowel movements
- Difficulty walking and/or sitting
- Torn, stained, or bloody underclothing

Physical Abuse

Physical abuse is when an adult or older minor hurts a child's body on purpose repeatedly leaving marks such as bruises, welts, burn marks, broken bones, black eyes, etc.

Behavioral Indicators of Physical Abuse

- Drastic behavioral changes
- Excessively aggressive, violent, or destructive
- Cruel to animals
- Visibly depressed or suicidal

Neglect

Neglect is when a child's basic needs are not being provided for (food, water, shelter, clothing, and medical care)

As long as the parent is doing their best to provide for their child, it is not neglect. Neglect is purposely not taking care of one's child.

Behavioral/Physical Indicators of Neglect

- Inadequate medical or dental care
- Often sleepy or hungry
- Often dirty, demonstrates poor personal hygiene, or is inadequately dressed for weather conditions
- Depressed, withdrawn or apathetic
- Exhibits antisocial or destructive behavior; shows exaggerated fearfulness, and/or suffers from substance abuse, or speech, eating, or habit disorders (biting, rocking, whining)
- Inadequate supervision (child left alone at home, child caring for child)
- Conditions in the home are unsanitary or otherwise inadequate

Disclosing Suspected Abuse

What to Do Next: Handling a Disclosure or Suspected Abuse

A mandated reporter is legally required to report when they have reasonable cause to believe a child may be being abused or neglected. It is a mandated reporter's role to gather information and call the Abuse Hotline; however, it is not their duty to investigate. If a child is showing any of the signs, or discloses, you must follow up with a report.

In Illinois, you can call the Illinois Child Abuse Hotline at **1-800-25-ABUSE** or **(1-800-252-2873)**.

Outside Illinois, call the National Child Abuse Hotline at **1-800-4A-CHILD** or **(1-800-442-4453)**.

All reports can be made anonymous.

A Mandated Reporter's Checklist for Handling Disclosures

Identifying the Abuse

- Is the victim under the age of 18?
- How does the child know the alleged perpetrator?
- Is there a specific incident of abuse or neglect?
- Are there a set of circumstances involving abuse or neglect?
- Can demonstrated harm or substantial risk of physical or sexual injury to the child be identified?

Collecting Information

Alleged Victim(s) Information

- Name(s) of victim(s)
- DOB(s) of victim(s) or age(s)
- Address

Alleged Perpetrator(s)

- Name(s)
- DOB(s) or age(s)
- Relationship to Victim(s)
- Address

Types of Harm(s) to Victim(s)

- Physical abuse
- Sexual abuse
- Risk of harm
- Neglect
- Death

How to Help a Child

How to Help When a Child Discloses to You

- Remain calm and comforting
- Reassure the child they did nothing wrong
- Reassure the child you believe them and that you are glad they told you
- Do not interrogate the child
- Do not make suggestions as to what happened
- Report the child abuse

It's Not Make Believe!

Remember, it is your responsibility as a mandated reporter to report if you suspect abuse or have a child disclose information to you about being abused. The investigator will determine if a case needs investigation or not. It is our job to make sure each child is believed.

Facts and Statistics

1 in 4 girls and 1 in 6 boys will be sexually abused before they turn 18 years old

1 in 7 incidents of child sexual abuse perpetrated by juveniles occurs on school days

Of children who are sexually abused, 20% are abused before the age of 8

A history of child sexual abuse increases the chances of the child dropping out of school

School personnel identify 52% of all identified child abuse cases classified as causing harm to the child, more than any other profession or organizational type, including child protective services agencies and the police

34% of people who sexually abuse a child are family members

90% of child sexual abuse victims know their abuser

Abusers often form relationships with potential victims and their families prior to the abuse. This is called “grooming.” Grooming is a process by which an offender gradually draws a victim into a sexual relationship and maintains that relationship in secrecy. At the same time, the offender may also fill roles within the victim’s family that make the offender trusted and valued.

Grooming behaviors can include:

- Special attention, outings, and gifts
- Isolating the child from others
- Filling the child’s unmet needs
- Filling needs and roles within the family
- Treating the child as if he or she is older
- Gradually crossing physical boundaries and becoming increasingly intimate/sexual
- Use of secrecy, blame, and threats to maintain control

* Perpetrators report that they look for passive, quiet, troubled, lonely children from single parent or broken homes.

Keeping Our Bodies Safe

The Center for Prevention of Abuse teaches students, prekindergarten through twelfth grade, four important rules to keep their bodies safe. We have attached a poster of our “Body Safety Rules” you may display at your school.

Body Safety Rules

- Say NO! – In a strong, assertive voice
- Get Away – To a safe space where others can help
- Tell Someone – A safe, trusted adult (someone 16 years or older)
- Be Believed – Keep telling trusted adults until someone helps

Private Body Parts Rule

No one should see or touch the areas of your body where your swim suit covers unless they are helping you to be CLEAN or HEALTHY.



BODY SAFETY RULES

Say NO!

in a strong
assertive voice

Get Away

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Tell Someone

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IF IT MAKES YOU UNCOMFORTABLE, IT'S NOT OKAY

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**1.800.559.SAFE
309.691.0551**

Books:

- Prekindergarten-3rd Grade

Some Parts Are Not for Sharing by Julie Le Frederico (Simple story of fish and underwater scenes about safe touches and private body parts)

NoNo the Little Seal: The Gentle Story of a Little Seal Who Learns to Stay Safe, Say “No,” and Tell by Sherri Patterson and Judith Feldman (Encourages children to speak up when someone touches them inappropriately through the story of a seal. Also includes a CD of the story with songs and a guide for parents)

The Right Touch: A Read-Aloud Story to Help Prevent Child Sexual Abuse by Sandy Kleven (Explains the differences between good and bad touches, secrets, and that abuse is never the child’s fault. Also includes a guide for parents)

- 3rd Grade-5th Grade

I Said No!: A Kid-to-Kid Guide to Keeping Private Parts Private by Zach King and Kimberly King (Explains private body parts, good and bad touches, trusted adults to talk to, and what to do if no one listens. Also includes a guide for parents)

The Trouble with Secrets by Karen Johnson (Defines the difference of secrets and surprises. Encourages children to say no, not keep secrets, and tell someone about inappropriate touching)

All of the books recommendations are from Cares Northwest at

<http://www.caresnw.org/wp-content/uploads/2014/07/Book-List-Sexual-Abuse-Prevention.pdf>

Websites:

- For general information about child abuse
 - www.childwelfare.gov
 - www.darknesstolight.org
 - www.invisiblechildren.org
- For general information about sexual abuse prevention
 - www.erinslaw.org
 - www.somesecretshurt.com
 - www.safesmarterkids.org
 - www.RADkids.org
 - www.arte-sana.com (Spanish resources)

Videos:

- Kindergarten-4th Grade
 - My Body Belongs to Me:
<https://www.youtube.com/watch?v=a-5mdt9YN6I>
 - Daisy Tells a Secret: <https://www.youtube.com/watch?v=xr30PLbhUOE>

April Special Events

I Run With Survivors - 5K Run/1 Mile Walk

In addition to Child Abuse Awareness Month, April is also Sexual Assault Awareness Month. This year, join us in our “I Run With Survivors” 5k run/1 Mile walk on Saturday, April 14th at 8:00am in the East Peoria Levee District. You can learn more and register for the race at <https://register.chronotrack.com/r/37934>.



Hands Around the Courthouse

Please join us as we spread hope and support to those affected by child abuse by wearing blue on April 20th. This is also the day of the “Hands Around the Courthouse” event. Local agencies and advocates for children will meet at the Peoria County Courthouse fountain at noon to spread awareness.

American Society for Positive Care of Children: <https://americanspcc.org>

Cares Northwest: <http://www.caresnw.org>

Center for Prevention of Abuse Sexual Abuse Prevention Curriculum

Darkness to Light: <https://www.d2l.org>

Healthy Place: <https://healthyplace.com>

Illinois Department of Child and Family Services—Mandated Reporter: <https://mr.dcfstraining.org>

Invisible Children: <http://www.invisiblechildren.org>

center for prevention of abuse.

Prevention Education Program Request Form

School/Organization Name:

Address:

Phone:

Scheduling Contact Name:

Phone:

Email:



Programming Requested

Violence Prevention/Social Emotional Learning

<input checked="" type="checkbox"/>	Grade/Age	Program	Focus	Length
	Primary-Middle School K-8 th	Social Emotional Learning/Bullying Prevention "Building Safe Relationships"	Respect & Empathy, Emotion Management, Communication, Conflict Resolution, Problem-Solving and Bullying Prevention and Internet Safety	30 min/week for 12 wks (K-2 nd) 45 min/week for 12 wks (3 rd -8 th)
	Individuals with Disabilities	Violence Prevention	Self-Esteem, Self-Care, Gender Inequality, Internet Safety, Conflict Resolution, Disclosures, Safe Places/People and Celebrating Empowerment	60 minutes/week for 10 wks (Only offered after the <i>Healthy Relationships</i> program.)

Healthy Relationships

	Middle-High School	Healthy Relationships For Small Group Facilitated Sessions	Sessions focus on: Communication, Emotion Management, Fostering Responsibility, Relationships and Self-Development	30 min/week for 12 wks
	9 th -12 th	New! Character Development for Athletes	Violence prevention program for athletic coaches and teams. Mini lessons are designed to inspire and teach athletes about the importance of respect for themselves and others. Weekly activities address: personal responsibility, respectful behavior, identifying and building healthy relationships	30 min/12 sessions
	Middle School - College	Relationship Abuse Prevention/ Teen Dating Violence Prevention Education	Defining Caring Relationships, Dating Abuse, Safety Planning, Overcoming Gender Stereotypes, Managing Emotions	45 minutes for one to four sessions
	Individuals with Disabilities	Healthy Relationships	Relationships, Boundaries and Consent, Feelings and Actions, Public vs. Private Behavior, Sexual Violence and Safety Planning	60 minutes/week for 3-6 wks

School/Organization Administrator Signature

Title

Date

SEND SIGNED COPY TO:

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