### What’s Inside?

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>3</td>
</tr>
<tr>
<td>What is Erin’s Law?</td>
<td>3</td>
</tr>
<tr>
<td>About PreventEd: Sexual Abuse</td>
<td>3</td>
</tr>
<tr>
<td>Body Safety Rules</td>
<td>3</td>
</tr>
<tr>
<td>Private Body Parts Rule</td>
<td>3</td>
</tr>
<tr>
<td>What are Teachers Saying about CFPA?</td>
<td>4</td>
</tr>
<tr>
<td>Start the Conversation: What is Child Abuse?</td>
<td>5</td>
</tr>
<tr>
<td>Physical Abuse</td>
<td>5</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>5</td>
</tr>
<tr>
<td>Neglect</td>
<td>5</td>
</tr>
<tr>
<td>What are the Facts?</td>
<td>6</td>
</tr>
<tr>
<td>Infographics</td>
<td>6</td>
</tr>
<tr>
<td>Minimize Opportunity</td>
<td>6</td>
</tr>
<tr>
<td>Talk About It</td>
<td>6</td>
</tr>
<tr>
<td>Recognize the Signs</td>
<td>6</td>
</tr>
<tr>
<td>React Responsibly</td>
<td>6</td>
</tr>
<tr>
<td>How do I Report?</td>
<td>8</td>
</tr>
<tr>
<td>A Mandated Reporter’s Checklist for Handling Disclosures</td>
<td>8</td>
</tr>
<tr>
<td>Classroom Connection: Continuing the Conversation</td>
<td>9</td>
</tr>
<tr>
<td>Sis &amp; Me: Down by the Sea</td>
<td>9</td>
</tr>
<tr>
<td>Praise from Teachers/Educators</td>
<td>9</td>
</tr>
<tr>
<td>Additional Resources</td>
<td>10</td>
</tr>
<tr>
<td>Grades Pre-K through 3rd</td>
<td>10</td>
</tr>
<tr>
<td>Grades 3rd through 5th</td>
<td>10</td>
</tr>
<tr>
<td>Sources: Where Did You Find Information?</td>
<td>11</td>
</tr>
</tbody>
</table>
What is Erin’s Law?

Meeting State Mandates

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 Pre-K through 12th grade annually. The goal is to empower children with their voice and to give them the tools to be able to tell an adult about an unwanted or unsafe touch right away, instead of being silenced by their perpetrator (www.erinslaw.org). The Center for Prevention of Abuse’s PreventEd: Sexual Abuse curriculum fulfills this state mandate by providing sexual abuse education to students in classrooms across the Tri-County Area, staff training on sexual abuse prevention, and parent education on sexual abuse warning signs and services CFPA provides.

About PreventEd: Sexual Abuse

Curriculum Details

PreventEd: Sexual Abuse is a unique body safety and abuse prevention program serving school-aged children Pre-K through 12th grade and explores the differences between normal physical contact (safe touches) and child sexual abuse (unsafe touches). Each individual presentation is based on the four body safety rules, “Say No, Get Away, Tell Someone, and Be Believed,” and helps children identify safe adults to talk to if they are in danger or experiencing abuse. Once the 30–60 minute age specific body-safety programs are completed, the students will have received the prevention education required by Erin’s Law.

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 ask to see or touch the areas of your body where your swimsuit covers, unless they are helping you to be CLEAN or HEALTHY.

The Private Body Parts Rule also says: no one else should ask you to see or touch the areas of their body where their swimsuit covers.
“This sensitive subject is always presented in an understandable and appropriate way.”

“Well paced – good information that connects to students. RELEVANT!”

“Very well organized – created a safe, respectful environment for a topic that can be uncomfortable to discuss.”

“I really like this program. It is so important for students to hear the information that is presented. CFPA delivers information in a way that is easy for the students to understand and talk with their peers & parents about.”

“I like the age-appropriate, yet straightforward language.”

“I thought the conversation was clear and easy for students to understand and they felt comfortable participating. The videos were great.”

“This program has saved my students in the past. It is a must because there are times students don’t realize that they are being abused.”

“I think this is a very important program. My students live in situations that put them at risk for abuse – this helps them recognize what is okay and what is not okay.”

“I think this lesson is extremely valuable and was well presented! Thank you for what you did for my students!”
There are three main types of child abuse: sexual, physical, and/or neglect. All of these types of abuse have lasting physical and emotional effects. Below is a brief description of each.

**Physical Abuse:** Physical abuse is when an adult or older minor hurts a child’s body on purpose, repeatedly leaving marks.

**Behavioral Indicators of Physical Abuse**
- Drastic behavioral changes
- Excessively aggressive, violent, or destructive
- Cruel to animals
- Visibly depressed or suicidal

**Physical Indicators of Physical Abuse**
- Puzzling bruises, welts, burns, broken bones, black eyes, or other injuries
- Explanations that do not match the injuries
- Noticeable fear of caretaker

**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
- Sexual knowledge or behavior beyond what is typical for their age

**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 bleeding underclothing

**Neglect:** Neglect is when basic needs (food, water, shelter, clothing, medical care, etc.) are purposely withheld.

**Behavioral Indicators of Neglect**
- Depressed, withdrawn, or apathetic
- Exhibits antisocial or destructive behavior
- Fearful and anxious
- Reluctant to go home

**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
- Conditions in the home are unsanitary or otherwise inadequate
What are the Facts?

an estimated 25% of children have experienced abuse or neglect

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

90% of child sexual abuse victims know their abuser

there are 42 million survivors of child sexual abuse in the United States

neglect is the most common form of child abuse, affecting 75% of child abuse victims

children living in poverty experience abuse and neglect at a rate 5x greater than children in families with a higher socio-economic status

school personnel identify 52% of child abuse cases, more than any other profession, including child protective service agencies and the police
What are the Facts?

Minimize Opportunity

• Understand that abusers often become friendly with potential victims and their families, enjoying family activities, earning trust, and gaining time alone with children, a process known as “grooming.”
• Monitor children’s internet use. Offenders use the internet to lure children into physical contact.
• Think carefully about the safety of any isolated or one-on-one settings. Choose group situations when possible.

Talk About It

• Talk often about the Private Body Parts Rule throughout the year so students hear it more than once annually.
• Inform children of safe internet use—not posting personal information such as address, phone number, school, etc.
• Let children know that often times the abuser is not a stranger but rather someone the child knows and trusts.
• Be aware that children are usually told to keep abuse a secret. Creating a safe and open environment, as well as discussing these topics on a regular basis, will help a child feel comfortable disclosing if abuse occurs.

Recognize the Signs

• Understand that some children may not display apparent red flags of abuse.
• Refer to the warning signs page in this toolkit.

React Responsibly

• BELIEVE the child. SUPPORT the child. Remain CALM for the child.
• Report the suspected or disclosed abuse to appropriate authorities for investigation.
• Reach out to local agencies for services. The Center for Prevention of Abuse is available for free and confidential counseling, as well as advocacy.

Reach out to us at:

309-691-0551
1-800-559-SAFE (7233)
www.centerforpreventionofabuse.org
Email Laura Kowalske, Director of Prevention Education, at lkowalske@centerforpreventionofabuse.org
How do I Report?

A mandated reporter is legally required to report when they have reasonable cause to believe a child may be 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 warning signs or discloses, you must follow up with a report.

In Illinois, call the Illinois Child Abuse Hotline at 1-800-252-2873
Outside Illinois, call the National Child Abuse Hotline at 1-800-442-4453
Call the Department of Children & Family Services Hotline at 800-25-ABUSE

**All reports can be made anonymously**

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) Information**

- Name(s) of victim(s)
- DOB(s) of perpetrators(s) or age(s)
- Relationship to victim(s)
- Address

**Type of Harm(s) to victim(s)**

- Physical abuse
- Sexual abuse
- Neglect/death
COMING SOON!

Sis & Me: Down by the Sea
A Book about Boundaries, Safe Touches, and Child Sexual Abuse Prevention.

Excerpt from pages 29–30

“Once we were clean, we headed to the car. Then Mother stopped to remind us before we got too far,
‘You should always tell a grownup that is trusted to you, like Daddy or Grandma, even your teacher too,
When you feel unsafe or it’s something you’re unsure about, talking to a trusted adult can help you figure it out.’”

Praise from Teachers/Educators

“The book is age-appropriate and easily relatable for students.”

“This is a good way to introduce and open the door for communication in the future.”

“The story was an amazing way to share the material/lesson.”
Additional Resources

**Grades Pre-K through 3rd**

*Good Touch Bad Touch* by Robert Kahn
Simple and direct, this book helps young children to understand what to do when someone touches them inappropriately.

*C is for Consent* by Eleanor Morison
This story offers a simple lesson about body boundaries appropriate for a wide range of ages.

*I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private* by Zack and Kimberly King
This book has been helping kids set healthy boundaries for their private parts.

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

**Grades 3rd through 5th**

*The Trouble with Secrets* by Karen Johnson
This book defines the difference of secrets and surprises. It encourages children to say no, not keep secrets, and tell someone about inappropriate touching.

*Let’s Talk about Body Boundaries, Consent, and Respect* by Jayneen Sanders
A book to teach children about body ownership, respectful relationships, feelings and emotions, and choices; along with recognizing bullying behaviors.
Sources: Where Did You Find Information?

Darkness to Light: www.d2l.org
Center for Prevention of Abuse: Sexual Abuse Prevention Curriculum
Illinois Department of Child and Family Services - Mandated Reporter: https://mr.dcfstraining.org
Prevent Child Abuse: www.preventchildabuseillinois.com
Second Step: Child Protection Unit
https://www.cdc.gov/features/healthychildren/
https://www.cdc.gov/violenceprevention/childabuseandneglect/fastfact.html