



10 WAYS YOU CAN HELP PREVENT CHILD ABUSE



Child abuse occurs in all socioeconomic and racial groups and in multiple forms. Below are some actions you can take to help keep children safe.

1. BE A GOOD EXAMPLE.

When kids misbehave, let them know you dislike what they did, not who they are. Positive praise works great! Physical discipline or corporal punishment can lead to future issues. Apologize when you're wrong. Say "I love you" more often. Reward good behavior.

2. SUPPORT A PARENT.

Kids tend to be happier when their adults are happier. Invite a parent to participate in physical activity - exercise helps relieve stress. Or, offer to babysit to give a much-needed break.

3. MONITOR YOUR KID'S ACTIVITIES.

Ensure organizations minimize one-on-one time between kids and adults. Ask how staff and volunteers are screened and supervised. Monitor use of cell phones, social networking sites and messaging. Review contact lists regularly and ask about any you don't recognize or understand.

4. EDUCATE YOUR KIDS.

Teach children names of private body parts and the difference between touches that are "OK" and "not OK." Allow them to say "no" when they don't want to touch or be touched. Encourage your kids to talk to an adult they trust if they feel unsafe or uncomfortable.

5. LEARN TO RECOGNIZE THE SIGNS OF ABUSE.

The Children's Advocacy Center at The Howard Phillips Center for Children & Families has free online trainings on a variety of topics related to child abuse and live trainings offered throughout the year. Visit their website at CACCentral.com.

6. DONATE YOUR TIME, MONEY OR NEEDED ITEMS TO SUPPORT CHILDREN AND FAMILIES.

At The Howard Phillips Center, we provide children and families resources so they don't have to face overwhelming challenges alone. To support our efforts in child abuse prevention and intervention, visit CACcentral.com/How-You-Can-Help.

7. KNOW THE RESOURCES AVAILABLE SHOULD ABUSE OCCUR.

Take a tour of The Howard Phillips Center to learn more about the Children's Advocacy Center and the various services offered to children impacted by abuse. You can also visit CACcentral.com for additional resources in the community.

8. BECOME A FOSTER PARENT.

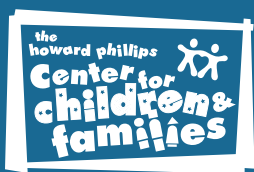
It's not an easy job, but the rewards are great when you help a child learn what it feels like to be safe. Go to EmbraceFamilies.org/Foster to learn more.

9. HELP RAISE AWARENESS IN OUR COMMUNITY.

Share this information with your family, friends, neighbors and colleagues. The more people are aware of this issue, the more we can work to prevent it from occurring.

10. REPORT SUSPECTED CHILD ABUSE.

Call 1-800-962-2873 (1-800-96-ABUSE) if you think a child is being neglected or abused. If you suspect it, you must report it. That's the law.



Part of Arnold Palmer Hospital for Children

The Howard Phillips Center for Children & Families
(407) 317-7430
CACCentral.com

RISK FACTORS FOR ABUSE:

VICTIMS

- Younger than 5 years of age
- Special needs/Increased caregiver burden (i.e. disabilities, mental health issues and chronic physical illnesses)
- LGBTQ youth
- Isolated from community activities (school, etc.), especially during COVID-19 pandemic

FAMILY DYNAMICS

- Lack of understanding of children's needs, child development and parenting skills
- History of child maltreatment in family
- Substance abuse and/or mental health issues, including depression
- Parental characteristics such as young age, low education, single parenthood, large number of dependent children, and low income
- Non-biological, transient caregivers in the home (e.g., mother's male partner)
- Parental thoughts and emotions that tend to support or justify maltreatment behaviors
- Domestic violence, lack of social support perceived lack of services

FACTS AND STATISTICS:

Commonly referred to as Adverse Childhood Experiences (ACEs), negative experiences have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. Therefore, early experiences are an important public health issue.

As the number of ACEs increase, so does the risk for negative outcomes. ACEs have been linked to:

- Risky health behaviors
- Chronic health conditions
- Low life potential
- Early death
- Drug and alcohol use
- Mental health issues (i.e. depression)

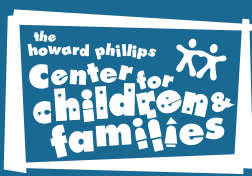
TRAINING AND RESOURCES:

The CAC offers a wide range of in-person and virtual trainings (at no cost);

These trainings include:

- Darkness to Light - Stewards of Children is a training program that teaches adults how to prevent, recognize and react responsibly to child sexual abuse.
- Adverse Childhood Experience - Impact of ACEs, trauma, and toxic stress on health, behavior, learning, the economy, and our community.
- Reporting & Indicators of Child Abuse and Neglect
- Shaken Baby Syndrome
- Human Trafficking & much more

For more information, visit CACCentral.com.



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