Have H.E.A.R.T.

in honor of child abuse prevention month

Hear Every child All the time Respond calmly Take action

Child Abuse Prevention Toolkit

April 2019

center *for* prevention *of* abuse.

contents

We hope you enjoy exploring the information contained in this year's Child Abuse Prevention Month toolkit, compiled and created by the Center for Prevention of Abuse.

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To schedule programming in your school or classroom, or for professional training, please contact CFPA's Director of Prevention Education, Laura Kowalske, at lkowalske@centerforpreventionofabuse.org or 309-691-0551

curriculum

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 PreK–12th annually. The goal is to empower children with their voice and to give them the tools to be able 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 "Keeping My Body Safe" 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.

Curriculum Details

Keeping My Body Safe 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 other part of the Private Body Parts Rule says that no one else should ask you to see or touch the areas of their body where their swimsuit covers.

*source: Second Step: Child Protection Unit

praise for CFPA

"It was very age appropriate. The pictures gave visuals for the students to better understand what is okay and not okay. The program gave hands-on movement, which helped engagement."

"I have seen the statistics and my students need to hear about all these issues, and be able to discuss and know right from wrong."

"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 (3rd grade)."

"I wish I had had this talk when I was in school."
—abuse survivor

"Presented in a calm, caring way. My students participated well, responded to the presentation with interest, and walked away with confidence to handle [safe and unsafe] touches."

"This sensitive subject is always presented in an understandable and appropriate way."

"I thought it was great how it showed that sexual harassment could happen to both boys and girls. I liked that it showed it could happen from people that they might originally trust."

what is child abuse?

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.

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 blooding underclothing

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
- Excessivley 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

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

If abusive, unsafe, unwanted, or inappropriate touches are occurring between students who are peers, a referral to the guidance counselor and school administration is the first step.

*source: *preventchildabuseillinois.com*

reporting child abuse

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 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, you can call the Illinois Child Abuse Hotline at *1-800-252-2873*

Outside Illinois, call the National Child Abuse Hotline at *1-800-442-4453*

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)

- 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

preventing child abuse?

Learn the Facts

- 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.
- 90% of child sexual abuse victims know their abuser.
- There are 42 million survivors of child sexual abuse in the United States.
- 1 in 4 girls and 1 in 6 boys will be sexually abused before they turn 18 years old.

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 (page 5)

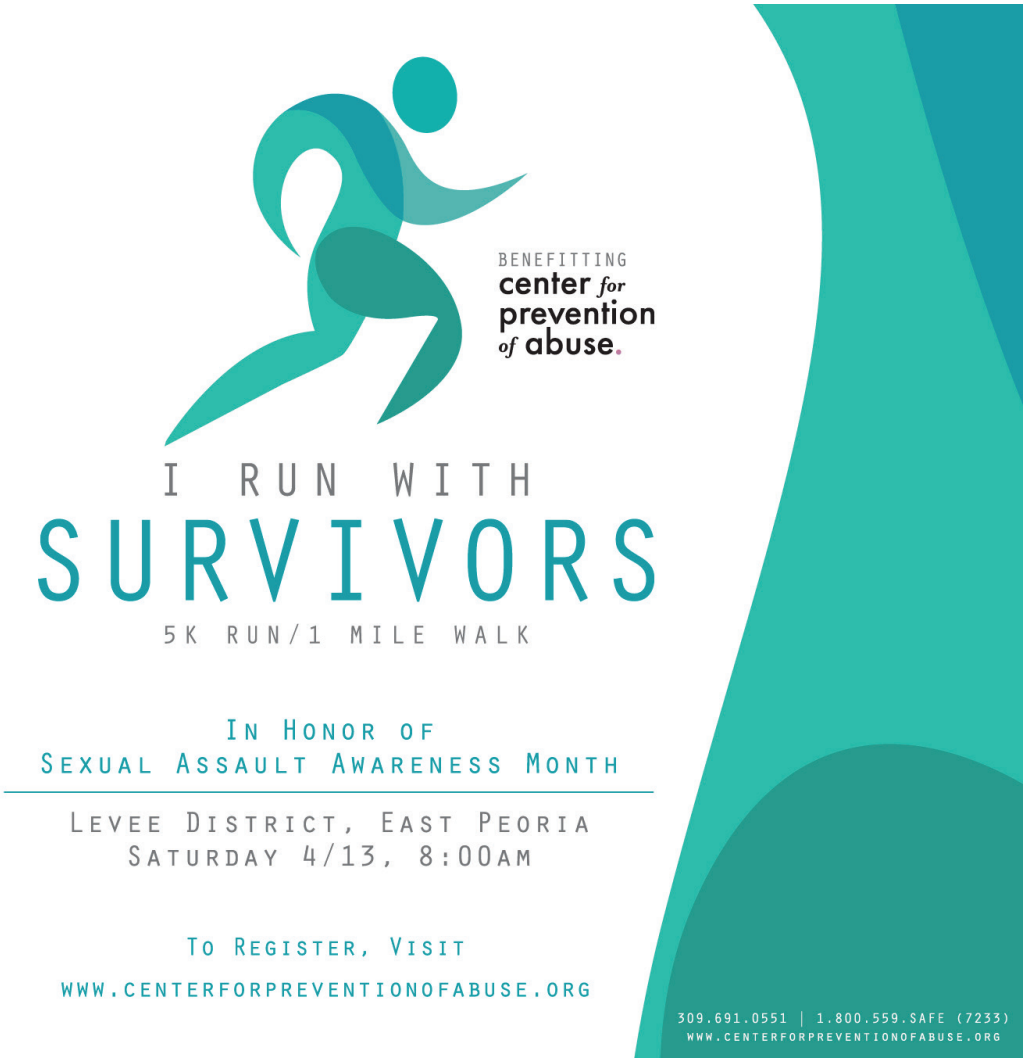
React Responsibily

- 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 us at 309-691-0551 or 24/7 Crisis Hotline 1-800-559-SAFE (7233).

*source: Darkenss to Light

community awareness opportunities

Here are some upcoming events for April:



Wear Blue Day – Schedule a day in April to show your support

Encourage all students and staff to wear blue! Take a picture of all participants and post the pictures on social media! Use #GoBlueIllinois.

Hands Around the Courthouse – Friday, April 26th, 12:00 p.m. Peoria County Courthouse

Join hands and make a circle around the Peoria County Courthouse for solidarity with survivors and awareness of child abuse in our community.

sis & me: adventures in body safety

NEW FOR THE 2019–2020 SCHOOL YEAR!

You commented and we listened:

A BRAND NEW BODY SAFETY BOOK WRITTEN BY US, THE PREVENTION EDUCATION DEPARTMENT

sources

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*

Darkness to Light: *www.d2l.org*

Second Step: Child Protection Unit

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309.691.0551 | 1.800.559.SAFE (7233)
www.centerforpreventionofabuse.org