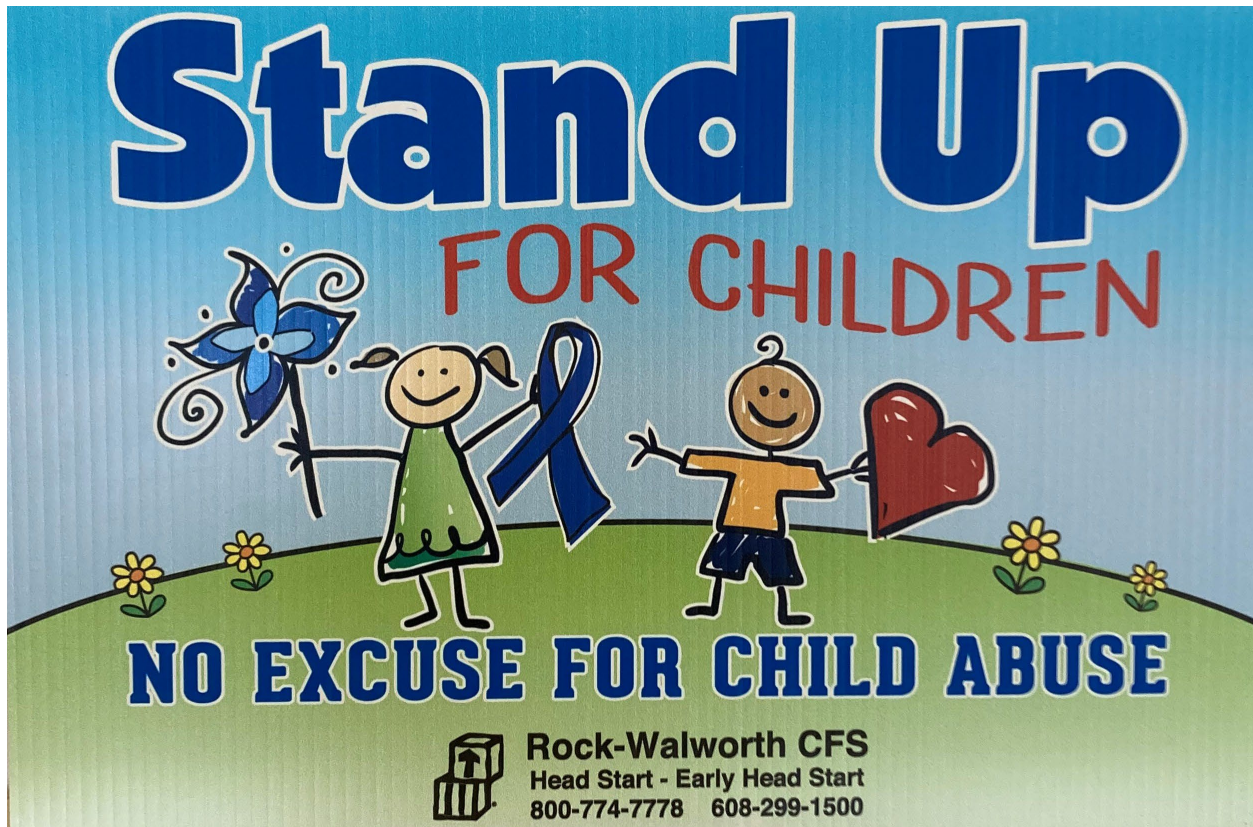


Protecting Our Children

Child Abuse Prevention Handbook



Revised under Family & Community Partnerships, July 2025

Child Abuse Prevention Handbook *~~~~for the love of children*
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Safe Pregnancies (2003) by Sam Bakke- Pages 10 & 11

Shaken Baby Syndrome (2003) – Page 12

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Verbal and Emotional Abuse (2003) – Page 16

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Domestic Violence with Safety Plan - Revision (2016) –Pages 20 through 22

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Source- Rock County Anti-Human Trafficking Task Force

Adverse Childhood Experiences/ACE Study- (2016) – Page 26 by Cheryl Hutchison

Research on Using Time-Outs Wisely and Setting Limits- Revision (2016) –Page 27

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How Is My Family Doing? (2003) –Pages 28 & 29

Local, State and National Resources - Revision (2016) – Page 30

"The one thing that counts in life is love, not just how much love we give but we must learn how to receive it, because we can give only as much as we allow ourselves to receive. Everything has a balance."

- Bill Elliott

Dear Parents and Guardians,

As we look at our children grow and change daily, we, as parents/guardians, need to be aware of the many developmental and emotional stages our children go through.

With all the life changes and stresses that build up in our lives, we may become overwhelmed and react to situations in ways we wish and know we shouldn't have. These are the facts. We know more than 899,000 of our nation's children were abused in the year 2012, and of those children, 1,460 died as a result of their abuse (U.S. Dept. of Health and Human Services). In Wisconsin, at least 4,537 children were victims of maltreatment and of those victims and 23 of those reported cases resulted in the death of a child. The truth is we need to do more to protect our children. We also know that abused children may grow up to be angry adults if they don't get the protection or help needed. This becomes a larger problem for our communities and our larger society. For instance, we could send over 20 children to college for what it takes to maintain one prison cell. For the price of one police officer, we can put over 20 children in Head Start.

We understand how difficult the parenting/caregiver role can be. Our goal is to work as partners with our parents and the community providing guidelines, alternatives, effective tools, and increased awareness in preventing Child Abuse and Neglect. We hope that you will find this handbook useful.

Always remember - you are your child's most important role model and teacher. You will prepare your child for the future by offering him or her choices, giving positive reinforcement, and being consistent. Children are our future. Let's help them grow to be happy, healthy, and responsible adults.

Respectfully,

The Child Abuse Prevention Handbook Committee

Infant/Toddler Physical Abuse

Physical abuse or physical injury inflicted on an infant/toddler by any other means than accidental is considered abuse.

Signs/Indicators of Physical Abuse

- Unexplained bruises, welts, cuts, burns or skeletal injuries.
- Absence from childcare around same time as injuries appear.
- Inappropriate clothing for the weather (to hide the injuries).
- Unexplained breathing difficulty.
- Blood in diapers.
- Bulging or other change in the "soft spot."
- Sudden or dramatic change in alertness/attentiveness.
- Unexplained loss of cooing or attempts at language.
- Less or little smiling, eye contact, exploring.
- Unexplained extreme agitation toward self or others, places, or objects.

Effects of Domestic/Physical Violence on an Unborn Child, Infant, or Toddler

- Effects range from pre-term birth and fetal distress to miscarriage and stillbirth.
- The stress of the abuse on the mother may lead her to continue unhealthy behavior, such as increased alcohol, tobacco, and drug use or poor nutrition, depression, isolation and less access to prenatal care.
- Severe attachment problems.
- Failure to thrive, listlessness, change in eating and sleeping, developmental delays,
- Toddlers may imitate the behavior, be clingy or anxious, destroy property, abuse animals, or act aggressively.

Long-term Effects

- Less positive adult social adjustment and depression.
- See page 26 regarding Adverse Childhood Experiences for more information.

What You Can Do

- Talk openly with your doctor or midwife about any abuse.

Prevention

- Educate yourself- learn about and understand child development.
- Learn the indicators of physical abuse. Report it if you suspect it.
- Spend quality time with your child talking, singing, holding and reading books.

Infant/Toddler Sexual Abuse

The number of children sexually abused in the U.S. each year range from 60,000-100,000. Infants as young as one month are sexually abused. Genital fondling, oral sex, digital or object penetration are common forms of infant/toddler sexual abuse.

Signs/Indicators of Sexual Abuse

- Blood in diapers.
- Unexplained bruises, marks, wounds around the genitals or mouth.
- Sudden or dramatic change in alertness or attentiveness.
- Unexplained extreme agitation toward self or others, places, or objects.
- Less or little smiling, eye contact, or exploring.
- Shrink at the approach of adults.

Effects of Sexual Abuse on an Infant or Toddler

- Sense of safety broken.
- No self-worth/confidence.

What You Can Do

- Talk to someone you trust.
- Call one of the resources listed in this handbook or Community Resource Directory.

Lifelong Effects

- Depression, drug/alcohol abuse, multiple personalities, hopelessness
- Inability to trust, love, nurture, or care for others.
- Chronic physical illness (see page 26 for more information.)

Prevention

- Teach children to talk about their discomfort when they are touched.
- Educate yourself.
- Learn the indicators of sexual abuse. Report it if you suspect it.
- Nurture and listen to your children-this means spending quality time with your child.

(Resources: www.hc-sc.gc.ca and www.uncc.edu).

Infant/Toddler Verbal Abuse

Verbal abuse is a form of emotional abuse with effects that can last a lifetime. Choose the words carefully that your infant and toddler will hear from you.

Signs/Indicators Verbal Abuse

- Sudden or dramatic change in alertness or attentiveness.
- Unexplained extreme agitation toward self or others, places, or objects.
- Less or little smiling, eye contact, or exploring.

Effects of Verbal Abuse on Infants and Toddlers

- Attachment problems.
- Failure to thrive.

What You Can Do

- Talk to someone you trust.
- Call one of the resources listed in this handbook or refer to the Community Resource Directory distributed by Head Start.

Long-term Effects

- Less positive social adjustment.
- Low self-esteem.

Prevention

- Educate yourself.
- Learn the indicators of verbal abuse. ***Report it if you suspect it.***
- Nurture and encourage your children with positive comments and praise for all the things they do right. Don't miss an opportunity to let your child know they are loved.

(Resources: www.bc.sc.gc.ca and www.uncg.edu)

Infant/Toddler Neglect

Neglect is the refusal or inability to provide food, clothing, necessary care, medical/dental treatment or shelter for reasons other than poverty.

Signs/Indicators of Neglect

- Lack of necessary care may include leaving your infant/toddler or preschooler in a vehicle unattended. This includes having the doors locked and child belted in seat. This is considered dangerous **under any condition.**
- Lack of necessary medical care.
- Soiled diapers, dirty hair, unwashed clothes, hair and skin look unhealthy/unkept.
- Sudden or dramatic change in alertness/attentiveness, or unexplained loss of cooing and attempts at language.
- Less or little smiling, eye contact, exploring,
- Unexplained extreme agitation toward self or others, places, or objects.

Effects of Neglect on an Infant/Toddler

- Attachment problems.
- Failure to Thrive.

What You Can Do

- Talk to someone you trust.
- Contact the resources listed in this handbook, or Community Resource Directory.

Lifelong Effects

- Inability to trust, love, nurture, care for others.
- Depression, hopelessness and humiliation.

Prevention

- Reach out for help. Educate yourself.
 - Learn the indicators of neglect. Report neglect if you suspect it.
 - Nurture and encourage your children even when you don't have the energy.
- (Resources: www.he-sc.gc.ca and www.unce.edu).

Infant/Toddler Emotional Abuse

Connecting with your infant/toddler emotionally can be as much as a smile, holding, hugging, just talking, answering a question, or softly singing a song. During our busy and hectic day, we can always find time to assure our children that we are there.

Signs/Indicators of Emotional Abuse

- Sudden or dramatic change in alertness or attentiveness.
- Unexplained extreme agitation toward self or others, places, or objects.
- Unexplained loss of cooing or attempts at language.
- Less or little smiling, eye contact, or exploring.
- Behind in normal growth and developmental stages.
- Excessive anxiety.
- Difficulty in verbalizing feelings.
- Health problems.

Effects of Emotional Abuse on Infants and Toddlers

- Aggression and anger.

What You Can Do

- Talk to someone you trust.
- Call one of the resources listed in this handbook or refer to Community Resource Directory distributed by Head Start.

Long-term Effects

- Depression and hopelessness.
- No self-worth or confidence.

Prevention

- Educate yourself.
- Learn the indicators of emotional abuse. Report it if you suspect it.
- Nurture and encourage your children.

(Resources: www.ic-sc.gc.ca and www.uncg.edu)

Information on Safe Pregnancies

All babies deserve a healthy start in life. A pregnant woman needs to know that choices made in everyday life can enhance or adversely affect her baby's development and future.

Effects of Stress on Unborn Children

- Slows the flow of blood to babies, cutting down the nutrients and oxygen they receive.
- Hurts parts of babies' brain, which may cause behavior and learning problems in later life.

- May cause unhealthy eating, smoking, drinking or drug abuse that can harm babies.
- Causes babies to be born too soon or too small.

Ways to Cope with Stress

- Laugh, smile, stretch, or act silly.
- Talk with a friend.
- Read a book.
- Take a bath.
- Watch a funny movie.
- Exercise.
- Listen to music you love.
- Go for a walk.
- Take a nap.

Effects of Tobacco, Alcohol, and Drugs on Unborn Children

Smoking

- Less oxygen to babies.
- Greater risk of premature or low birth weight.

Alcohol

- Harms babies' brain and other organs.
- Difficulty with learning or paying attention.

Marijuana, Heroin, Cocaine, and other Street Drugs

- Marijuana can change the genetic structure.
- Baby is more likely to be born too small and may have brain damage.
- Baby may suffer withdrawal due to addiction.
- Baby may cry a lot and cannot be comforted by touch.
- Baby may have trouble eating and sleeping.
- Baby may develop emotional and mental health problems.

Effects Sexual Transmitted Diseases have on Children

Herpes

- Doctor may need to deliver baby by Cesarean Section.

Gonorrhea:

- Possible cause of blindness for baby,
- Possibility of serious complications for mother and child.

Chlamydia:

- Possible pneumonia and/or eye infection.

Genital Warts

- Can be passed on to child.

Syphilis

- Miscarriage.
- Stillbirth.
- Damage to baby's bones, teeth and brain.

Group B Streptococcus Infection

- Passed on to baby during delivery. It is important to let doctors know so they can provide an antibiotic during delivery.

Healthy Things to do for You and Your Baby

- Eat a healthy diet with lots of fruits and vegetables.
- Check with your doctor before taking a medication or over the counter drug.
- QUIT SMOKING.
- Say "NO" to beer, wine coolers, liquor, marijuana, cocaine, or any form of drugs,
- Let someone else empty cat's litter box. Cat litter could carry Toxoplasmosis which can cause birth defects.
- Avoid X-rays.
- Avoid Caffeine. This may reduce the amount of calcium babies get.
- Take a prenatal vitamin that contains folic acid daily.
- Avoid hot tubs and saunas.
- Avoid contact with people who are sick.
- Do not eat raw or undercooked meat, fish, poultry, or soft cheeses,
- Wear your seatbelt below your belly.
- Floss and brush your teeth to reduce bacteria in your mouth.

(Resources: National Research Institute, Partners for a Healthy Baby and Florida State University)

Abuse and Head Trauma Prevention

Babies are fragile, Babies' heads are considerably heavy and are supported by a weak neck. Guard your baby's precious head. Never, never shake, jerk or slap your baby - or any toddler, preschooler or adolescent. Whiplash from sudden head jerking or shaking is dangerous to anyone at any age. (Resource from Articles written and researched by John Caffey, M.D., University of Pittsburg, www.preventchildabuse.com, www.sbsplus.com, and www.thedrc.org).

Signs and Indicators

- Shaken Baby Syndrome is caused by the vigorous shaking of an infant or young child by the arms, legs, chest, or shoulders. *This is often done by their parent.*
- Frustrated parents/caregivers may feel that shaking a baby or young child is a harmless way to make the child stop crying. **It is dangerous.**
- The #1 reason for a baby shaken is for inconsolable crying.
- Shaken Baby Syndrome can also occur from something that may seem innocent; *For example*, jogging with a baby strapped to your front or back, tossing an infant or child overhead and catching him or her, or twirling an infant/child and then suddenly stopping.

Effects of Shaken Baby Syndrome on an Infant

- Almost 25% of all babies with Shaken Baby Syndrome die.
- Shaking a baby for any period can injure a baby for life or cause death.
- Shaken Baby Syndrome may cause brain damage leading to mental retardation, speech and learning disabilities, paralysis, unexplained convulsions, permanent impairment of hearing and vision, and death.

Some hearing and vision impairments may not show up until the child is 5 or 6 years of age.

What You Can Do

**- Immediately call 911 or take the shaken baby to the emergency room.
Immediate medical attention can help reduce the impact of shaking.**

Prevention

- When your baby cries, try feeding the baby slowly, burp him or her often.
- Offer a pacifier and check and/or change the baby's diaper- talk to your baby.
- Hold the baby against your chest and walk or rock with him or her, take the baby for a ride in the stroller or car.
- Sing to the baby or play soft music.
- Be patient. If you cannot take any more crying, wrap the baby snugly in a soft blanket, put the baby in a safe, quiet place, close the door and take a break. If possible, have someone else you know you can trust take care of the baby for a while.

Pre-School & School Age Physical Abuse and Neglect

"Because they are children and for no other reason, they have dignity and self- worth - simply because they are.....Barb Colorosa, Mom & Teacher

All children need discipline. *It is important to understand that **discipline is different from punishment.** Discipline shows children what they have done wrong and uses fair and logical consequences. Discipline allows children to learn how to solve a problem they have created, leaving their dignity in place. *Some forms of punishment can lead to physical abuse and neglect.**

Forms of Physical Abuse

- Slapping, spanking, shaking, scratching, squeezing, pulling hair, or using fists, beating with boards, sticks, belts, utensils, yardsticks, cords, shovels, etc.
- Burning, scalding, or freezing.
- Force feeding food or liquids- or withholding food or liquids.
- Having to watch others physically abused.
- Overworking, inappropriate work or standing or sitting for long periods of time.

Forms of Neglect. Neglect is the most misunderstood aspect of abuse!

- Leaving a child alone in an unattended vehicle.
- Leaving a child alone in the home to run errands or be out of the home for any length of time.
- Lack of food, clothing or shelter that may be intentional and not due to poverty.
- Intentionally not feeding, dressing, or bathing a child.
- Leaving a child who is too young to oversee other children.
- Failure to provide medical or dental care- even when the child is in pain.
- Allowing or encouraging consumption of drugs or alcohol.
- Failure to protect a child from abuse of other adults or older brothers and sisters.
- Not responding to child's needs or ignoring child's cries for attention.
- Withholding affection and/or not allowing anyone to comfort or nurture the child.

- *It is important for parents/caregivers to understand that infants, toddlers and children (all children) are "starved for attention."*
- *The relationship part of a child's brain is related to the stress portion of the brain- so how we think, and feel is regulated by early engagement. Each time we respond to a child's needs we build trust and the brain continues to grow.*
- *Isolation, lack of touch, lack of hearing loving words, sounds and taste, or a combination of these- will cause the brain not to grow.*

Effects of Physical Abuse and Neglect

- Child feels they deserve the abuse.
- Child may withdraw or "act out."
- Child cannot "self-regulate" their thoughts and actions- no self-control.
- May use violence to solve conflicts with siblings and friends.
- May be violent towards pets and/or animals.
- May be self-destructive.

Future Problems in Adulthood

- May seek partners who are abusive.
- May become an abusive partner or parent.
- May lack ability to solve problems or have self-discipline.
- May be violent toward loved ones, friends, and society.

- May be depressed or self-destructive.
- Intimacy and attachment are threatening.

What You Can Do as a Parent

- Know that children need to be **respected, loved, touched and listened too.**
- Have a routine: Time to talk, dinner together, story at bedtime, etc. Children need to know what is coming next, and **routines help build trust and are a safety factor.**
- Know that it is important that your *children are not expected to act like adults* - allow them to make mistakes at this young age (*while the mistakes are still small and cheap.*)
- Express your love and emotions and allow your children to express their love and emotions. Help children find words to express their strong or negative emotions.
- Get information on child development - understand what to expect and what a child needs at the different stages of development,
- Consult a therapist or counselor to seek help for yourself, your child, and/or your family.

Remember-Your child is worth it!

- Don't treat anyone the way you do not want to be treated.**
- We must teach children how to think – not what to think.**
- Smile big and hug your child every day.**

The Best Prevention Against Drug Use, Gangs, Promiscuity and Suicide is -I like myself, I can think for myself. There is no problem that cannot be solved.

(Resources: Barb Colorosa, Mom & Teacher-1983, Parents Anon. Training Manual, Dr. Bruce Perry, Child Trauma Academy 2009).

Verbal and Emotional Abuse

Sticks and Stones may break my bones, but words can hurt forever. Verbal abuse is a form of emotional abuse and is considered the most common type of abuse. The effects of emotional abuse, including verbal abuse are extensive, and can last a lifetime.

Examples of Verbal and Emotional Abuse include:

- Berating, swearing at, yelling, insulting, blaming, name calling, or using sarcasm.
- Passive or aggressive inattention to emotional needs.....a child who is crying is intentionally not heard.
- Favoring one child over the other.
- Using guilt, fear, or threats to control a child's behavior.
- Excessive demands, unrealistic expectations for the age or ability, constant domination.
- Lack of providing love, affection and positive attention.

Signs of Children verbally abused:

- Anxiety, fear, depression or withdrawn.
- Overly compliant or unnaturally well behaved.
- Self-abusive or infantile behavior.
- Aggressive toward other children, animals or objects.
- Problems with sleep, speech or learning delays.
- Low self-esteem, low self-concept, extreme loyalty or shyness.

What You Can Do

- Stay off the cell phone and listen when your child has something to tell you.**
- Stop and think before you speak and use angry words.
- Find someone to talk with to help reduce your stress before lashing OUT.

- Take care of your physical and emotional needs to avoid burn out.
- Listen to and try to understand your child-use *humor*.
- Ask yourself: "How well do I respect the child in my care?" "How do I talk to my child?"
- "Would I like myself as a parent?" "How does my manner affect my child's behavior?"

Lifelong Effects of Verbal and Emotional Abuse

- Depression, anxiety, low self-esteem, and troubled relationships.
- Will have trouble recognizing needs and feelings of own children.
- More likely to become abused as an adult, and suicidal.

(Resource: www.ahealthyme.com/topic/verbalabuse)

Preventing Sexual Abuse

Sexual Abuse should not be confused with physical contact between an adult and a child that are fond or playful expressions of love. Responsible, healthy adults limit their physical exchanges with a child, thereby respecting the child and still maintaining an affectionate relationship. Sexual child abuse is quite different. It is the exploitation of a child for the sexual gratification of an adult.

Types of Sexual Abuse

- **Non-touching offenses:** Includes verbal sexual stimulation to arouse a child's interest or shock them. This may also include watching pornography, watching others have sex, listening to sexual act, taking pictures of a child for sexual purposes.
 - **Touching offenses:** Includes fondling, touching of the genitals, attempted intercourse, penetration with objects, sexual games or torture, sexual activity with animals, incest, prostitution, and rape.
- Intercourse is a violent crime against a child and is identified as criminal behavior in all 50 states.**

Things that are Unsafe for Children

- **Casual and/or new acquaintances.** If you let them in your home, children will believe they are okay/safe. This includes relatives, neighbors, friends, new boyfriends, new girlfriends, and babysitters.
- **Living with violence.** If children see Mom being physically hurt by Dad, or Dad being hurt by Mom, then children think it must be okay for people to hurt them. ***This affects a child's ability to trust or feel safe and home is no longer a safe place!***
- **Drugs and alcohol.** If you use them, your children will believe it is okay.

Some Ways to Prevent Sexual Abuse in Your Home

- Decide on your values. Live what you say.
- Have daily schedules and be consistent. Routines build safety.
- Believe what your children tell you- and don't show your anger when they share a serious matter.
- Do not force children to give relatives or friends kisses - *let them say "no."*
- Boundaries should be clear. Children should not be treated like adults or hear about adult's intimate problems- *they cannot handle the burden.*
- Children should not be tickled, play fight or wrestle with adults after it has stopped being fun. When the child says "no" the activity should stop.
- Do not allow outside influences such as: X or R rated films, M-TV, or pornography of any kind. If it is

- in your home, they will find it or see it.
- Children should have their own bed.
- Talk with your children about touch.

Remember "good touch vs bad touch" is confusing. *Example: Sexual massaging, caressing, and kissing may feel good - but it is bad when being done by the sexual abuser.* Talk to your child about "confusing touch", or "uncomfortable touch" that causes the stomach to feel sick.

Preventing Sexual Abuse Outside of the Home

- Spend quality time with your child. Sexual abuse often targets lonely or unattended children by befriending them or giving gifts.
- Know where your child is and where they are always going.
- Know your child's friends and their families. *Do you know if the families permit violence, drugs, alcohol, or pornography in their home?*
- Teach your children to share with you and listen to them. Let your babysitter know there are no secrets in your home.
- Answer your child's questions about sex with brief but honest answers. Give the correct name for all the body parts. It is better they have honest information rather than "wrong information from friends or the abuser."

Personality Traits of a Sexual Abuser:

- Low self-esteem.
- Was sexually abused as a child - may have never told and did not get help.
- Wants everything right now - low tolerance for frustration.
- Does not have good sexual relationship with mate.
- Drugs and alcohol may play a part - but are not a necessary component.
- Shows unusual interest in children and/or may make inappropriate remarks.
- May be lonely or isolated and does not relate to other adults.

** Pedophiles are the most dangerous of all sexual abusers. These people may be kind to your children, listen to them, spend time or buy gifts. They may do all of the things they see you not doing. These offenders are most difficult to treat.*

Signs that Your Child May have been Sexually Abused

- Sudden attitude changes, such as silent, withdrawn, violent or unsettled.
- Does not want to go with people, such as: Mom, Dad, Grandfather, relative, babysitter, etc. ***Do not force them to go until you find out what is wrong.***
- May start to wet the bed after being toilet trained or have nightmares.
- Problems in school, example; no longer enjoys school, anxious, angry, sad, etc.
- Noticeable loss or increase of appetite.
- Stained or bloody clothing.
- Unusual interest in sex or sexual terms that are new and not appropriate.
- Difficulty in sitting, walking, going to the bathroom.

What You Must Do

- If you suspect sexual abuse, seek *immediate medical attention*.

- Report it to the police.

If it is happening in your home and you know it, you must report it—*or you may be considered to be a contributor*.

- Seek counseling with a therapist that *specializes in child sexual abuse*.

- Keep communication open with your child and follow advice of therapist.

(Resource: Midwest Conference for Child Sexual Abuse and Rock County Human Services)

Domestic Violence

It is estimated that domestic/family violence is prevalent more than 3 to 4 million American homes. During a violent episode 30 to 40% of children are also abused either by accident or intentionally. It is important to report domestic violence when you know an adult or child is in danger. DOMESTIC VIOLENCE IS A RED FLAG FOR CHILD ABUSE and is reported to Child Protective Services.

Emotional Reactions of Children to Domestic Violence

-Responsible children often assume responsibility for the abuse and blame themselves.
Sometimes the victim will even blame the child.

-Anxiety: Children are constantly anxious, afraid, or hyper vigilant.

-Guilt: Children think they should have been able to prevent the violence,

-Grief: When the mother leaves the abuser the children grieve over the "loss of that parent."

-Ambivalence: Children may not know how they feel or may have two opposite emotions at the same time- they love their parents.

-Fear of Abandonment: Children who have been separated from one of their parents due to violence (this also occurs in death) may fear that the other parent will also leave,

-Need for Adult Attention: Children that have been severely traumatized will need attention and assurance from adult caregivers to minimize their fears.

-Transfer of Anxiety from Mother to Child: Children understand the fear and trauma their mothers have experienced. The child has experienced this as well.

You Can Help-Positive Influences Can Help a Child from a Violent Home

-Be a Role Model: Show children by your example that there is a better way to solve problems than with violence. Be willing to talk about conflict and how to work it out.

-Provide Community Support: Support shelters and positive youth groups.

-Promote Non-violence: Discourage children from fighting, wrestling and teasing. This is especially important when an older child or an adult is overpowering a younger child. The younger child depends on the adult for safety.

Consider not allowing your children to play with toys that represent violence, such as; guns,

knives, swords, or other toys that represent violence.

-Be aware of what your children watch on television. A single cartoon can show up to 32 scenes of violence-think what a violent adult movie can show?

-Teach Conflict Resolution Skills: Help children learn to be calm, and to use words and not fists. Encourage children to talk about their anger or frustration.

-Teach Personal Safety: Help children think about what to do when violence occurs. It is important that children know how to call 911 or an emergency number.

-It will be important that children are able to talk about what happened after the violent episode.

Message to Teens: Even if there is violence in your home, you can:

-Remove yourself from where the fighting is taking place.

-Call the police or ambulance. Be sure and give them the address and tell what is happening. Take your cell phone with you-or you may need to ask to use a neighbor's phone.

-Remember you are not responsible for how adults behave-***do not blame yourself.***

-Seek out trusted friends, trusted adults, and school counselors to listen to you.

- Learn about local resources to get support for yourself, and for your family.

-Avoid violence at school or with your siblings. Learn ways to deal with your own anger and disappointments about what is happening in your family.

Message to the Victim: Understanding the Cycle of Violence

It is important to understand that cycles are part of life. There is also a cycle for violence- and with each episode the violence increases. The cycle is usually very obvious to the family members. *Please see the enclosed cycle illustration* for a better understanding of the cycle of violence and the cycle of non-violence or equality.

Preparing to Leave the Violence Means Having a SAFETY PLAN

Prepare a list of things you can do to increase your safety and that of your children.

-Remember your Family Resource Worker/Advocate cannot come to a domestic violence incident. Call: 911 for the best protection when in danger.

Example of a Safety Plan:

-Memorize important phone numbers, try to keep a cell phone near-by,

-Let friends or neighbors you trust know about the situation and develop visual or verbal signs that will tell them when the abuse is occurring.

-Know where you can get help.

-Find out your rights. Learn about the laws in your state that protect women.

- Look up local resources, such as battered women's shelters and ask for help.
- Keep important documents: Keep a bank book, credit card, address book, identification cards, birth certificates and *documentation of the abuse* together in a safe place.
- Put aside money. Save whatever dollars you can and hide an extra set of car keys and house keys.
- Plan for a quick escape. Know how and where you will escape. You can ask for a police escort when you leave and get an "order of protection."
- Acquire job skills as you can. This can help you become financially independent.

*** While there is danger in leaving, it is also dangerous to continue to live with an abuser - the violence usually becomes more frequent and more severe over time. You cannot stop the abuser's actions - but you can take steps to get out and put your life back on track.**

(Resources: Prevent Child Abuse Wisconsin, Domestic Violence Intervention Project, www.ncadv.org, and Close the Door on Domestic Violence by Mary Jones.)

Resources for abuse victims:

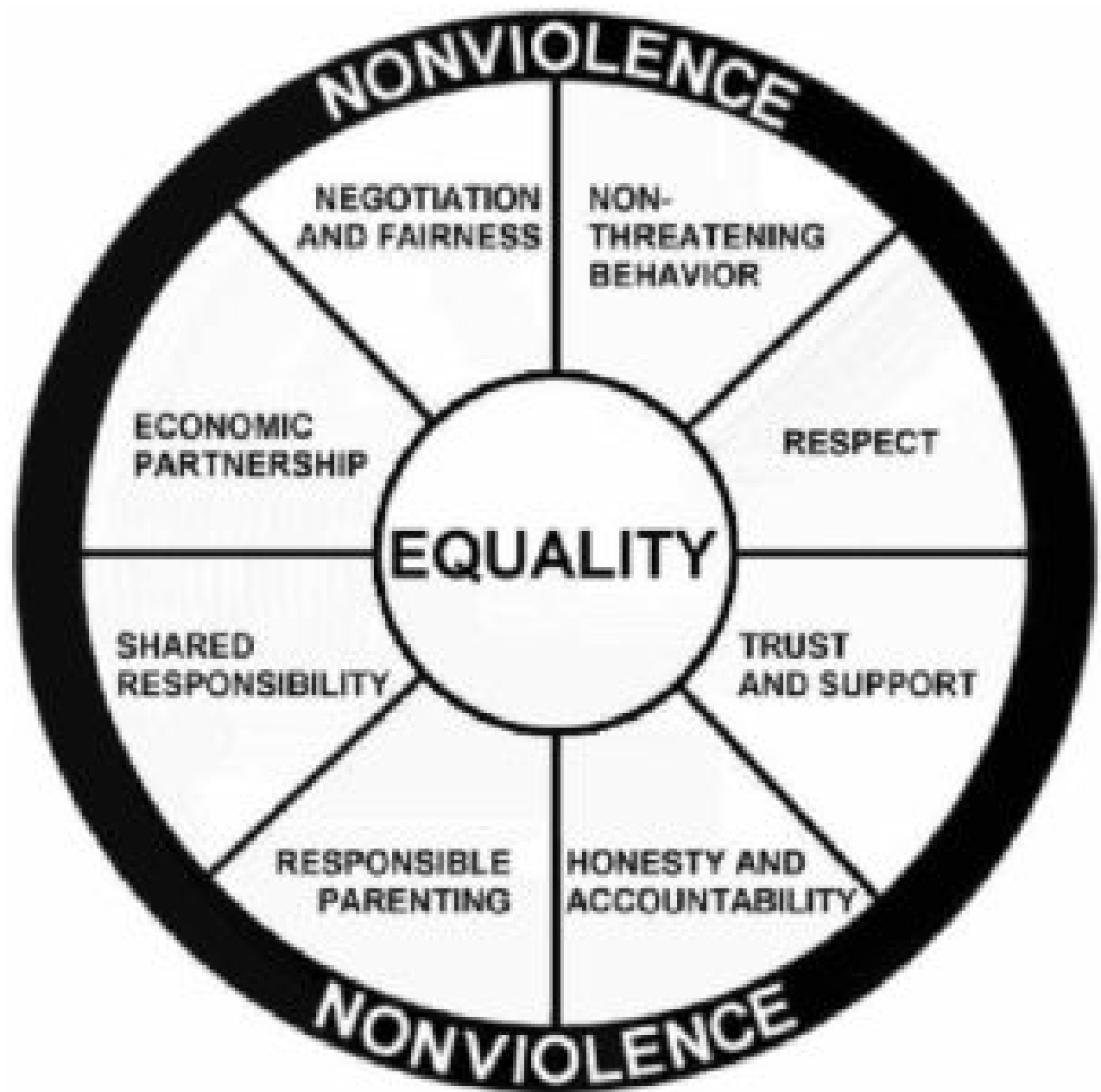
- Contact information and hotline for the Domestic Violence Resource Center
- Weekly support groups (English and Spanish)
- Temporary protection order information
- Emergency shelter information
- Transitional housing program

Call 1.800.799.SAFE (7233)

Text "START" to 88788

If you do not find your state on the list of resources, please contact the National Domestic Violence Hotline at 800-799-SAFE (7233)





Human Trafficking Facts

- More than ½ the victims of human trafficking in the United States are children.
- **The average age of initial human trafficking entry into the commercial sex industry in the U.S. is 13 years old.**
- 52% of recruiters for human trafficking are men.
- Cases of human trafficking have been reported in all 72 Wisconsin counties.
- Humans being trafficked for sex are a commodity because they do not need to be replenished when sold (like drugs or guns). They can be reused over and over and over.
- Most Americans believe this only happens outside the U.S. -Karine Moreno-Taxman, Milwaukee Federal Prosecutor

WHAT IS SEX TRAFFICKING?

Sex Trafficking is the trade of humans, most commonly for the purpose of sexual slavery, forced labor, or commercial sexual exploitation for the trafficker or others. Sex traffickers use violence, threats, lies, debt bondage, and other forms of coercion to compel adults and children to engage in commercial sex against their will. Under the U.S. Federal law, any minor under the age of 18 years induced into commercial sex acts is a victim of sex trafficking—regardless of whether the trafficker used force, fraud, or coercion. Sex Trafficking of a Child involves another person benefitting from forcing, defrauding, or coercing a child into a commercial sex act with another person. (s.948.051 Wis.Stat.) Sexual Exploitation of a Child involves forcing, defrauding, or coercing a child to engage in a sexually explicit way for the purposes of recording, displaying, and/or distributing the recording (s.948.05 Wis.Stat.)

Sex Trafficking Recruiters

- Are usually men, but can be women that pretend to be your friend
- Tell a girl she's beautiful, she's an adult (even if she is 13 years old) and that her parents do not understand her
- Buy the young person gifts, and make promises to take care of her
- Sometimes "fish" for the young people on social media
- Are very patient. They can groom a young person for months before taking him/her
- Frequently target vulnerable young people (poor, abused, neglected, or just lonely)
- Will say anything to a young people interested
- Will use drugs to control the young people
- Can be grooming many youths at once.

RED FLAGS

Chronic Runaway Excessive amount of cash Carries multiple hotel keys Signs of branding (tattoos, jewelry) Restricted or scripted communication Lying about age/false identification and/or inconsistencies Appear scared or nervous, may not make eye contact Lack of knowledge about where they are and why Signs of psychological trauma and abuse: anxiety, depression, thoughts of suicide, panic attacks, or lack of emotion Typically has someone with them at all times. This may seem controlling.

ADVERSE CHILDHOOD EXPERIENCES-

Understanding Your ACES

The study of Adverse Childhood Experiences may be the largest health discovery of our time. Childhood trauma and adversity becomes embedded into our biology and behavior. A parent without the knowledge of the ACES discovery may recreate the conditions of past adversity without realizing they are choosing this path for their child(ren). (Based on Research supporting Trauma-Informed Care/Wisconsin 2010 ACE Study results of 18,000 participants conducted over a lifespan).

What Parents Should Know About Adverse Childhood Experiences (ACEs)

- Our attachments in infancy are the foundation *for all emotional relationships* throughout life; family, romantic and parenting relationships.
- From this moment on*** parents can ensure a strong and safe attachment between them and their child by understanding their own ACES.
- Parents must understand the importance of prioritizing their child's needs even when the focus may be on securing food, shelter, employment, and other safe living conditions.

Effects of Adverse Childhood Experiences (ACEs) on adults

- Along with on-going and chronic physical ailments, adults also may experience the following risk factors:
Smoking, Obesity, Depression, Suicide Attempts, Alcoholism, Drug Use, Multiple Sex Partners, STD's, Sleeplessness, Anxiety and others.
- Risk Factors also may cause physical ailments. The most common found in research was heart disease/COPD, Liver Disease, Obesity, Cancer, Chronic Lung Disease, Asthma, HIV/AIDS, Skeletal Fractures and others.
- *Adverse Childhood Experiences determine the likelihood of the ten most common causes of death in the United States as listed here.***

GUIDE TO ADDRESS ACES:

- 1) Ask your Family Resource Worker or Early Head Start Advocate to share the 10 question ACE Test to learn what occurred in your life prior to your 18th birthday that is considered traumatic.
- 2) It is important to know that a score of 4 or more "yes" answers indicates that you experienced Adverse Childhood Experiences.
- 3) Once you have discovered your ACEs make it a goal to address the experiences in order to keep them from happening to your child.
- 4) **You can start this very moment on your own by holding your child, talking to your child and reading to your child every day-** with the knowledge that you will seek out other assistance to address emotional and physical issues.

Using Time Outs Wisely.... *if at all.*

Setting Limits

New Research shows that Time Outs has the same effect on a child's brain as punishment. If you asked a child about a Time Out-they would say

They are being punished. When Time Outs are used over and over the experience of a Time Out can change the physical structure of the brain.

On the surface, Time Outs seem sensible because they are non-violent and get the child's attention- plus give the parent a needed break when emotions are running high. **They are better than hitting and yelling.**

What to do instead of Time Outs: Try a Time In

First of all, manage your own emotions. **Prevention** is always best when you see your child is close to a meltdown. Let your child know you are there to help. **You might even sit quietly with your child, sometimes reading a book will help.** You are there to help your child manage their emotions and have them feel safe to talk about what happened. *This might sound too easy-* but if you think about it you are also managing your own emotions and you are not yelling or threatening or hitting your child. It works for all.

FAMILY RULES IS A WAY OF SETTING LIMITS

- 1) Have all family members participate. The rules should not be just for the children. *Example: If no swearing is a rule, then it means no one swears.*
- 2) Keep the rules simple and few in number- start with 3 to 5 rules.
- 3) State the rules in a positive way.
- 4) Write down the rules, the consequences, and the rewards.
- 5) Change the rules to meet family needs.
- 6) Be sure and give praise when rules are kept.

(Resources: Time In by Otto Wininger, Ph.D., Steven Bavolek's Nurturing Parenting)

How Is My Family Doing?

In today's world of many changes and stresses that can push parents to the limit, you may ask yourself "How is my family doing?" or "How can we do better?" The tool below lists characteristics of four types of families.

***Thriving Families** - families that are continually growing and contributing to the family and the community.

***Safe Families** - families that are secure have potential for continued growth.

***Families At-Risk** - families that are having trouble in meeting their basic needs.

***Families in Crisis** - families that cannot meet their basic needs.

This is a tool that will help you measure how you family is doing in seven different areas. You may determine you are strong in some areas but would like to grow in other areas. Circle the areas that apply to your family for a view of your family strengths and areas you may want to work on changing.

Area 1: Shelter, Safety and Transportation

In Crisis

Lives in temporary
Concerned about safety
Lack of transportation.

At Risk

Moving often.
housing.
Transportation not

Safe

Lives in affordable
It feels like a safe choice.
Transportation
reliable.

Thriving

Lives and feels safe in the home
Transportation is available and reliable.

Area 2: Nutrition and Health Care

In Crisis

Needs help from food
pantry monthly.

At Risk

Needs help from
food pantry at times.

Safe

Eats 3 meals a day. Eats balanced and

Thriving

scheduled meals.

Area 3: Alcohol and Drug Use

In Crisis

Abuse of alcohol and/
or drugs.

At Risk

Sporadic use of
alcohol and drugs.

Safe

No drugs or
use immediate
Family.

Thriving

No use of drugs,
or alcohol in family.

Area 4: Adult Education

In Crisis

Dropped out of school-
goals not reached.

At Risk

Lack of academic
success does not
consider education
important.

Safe

Completion of
formal education.

Thriving

Completion of formal
education, and further
studies.

Area 5: Children's Education

In Crisis

High absenteeism.
Behavior problems and
suspension.

At-Risk

Absenteeism
Little social
interaction.

Safe

Attends school
Children get along
with others.

Thriving

Little or no absenteeism
Children get along with
others and are leaders.

Area 6: Parenting

In Crisis

Runaway problems and severe
acting out. Conflict and fear
of parents.
Childcare not available.

At-Risk

No routines/
are inconsistent.
unhappy, aggressive.
Difficulty in getting
childcare.

Safe

Realistic rules and
Children expectations.
Children are usually happy.
Childcare available.
available.

Thriving

mutually agreed rules.
Children happy and
socially well adjusted.
Childcare readily

Area 7: Family Relationships and Values

In Crisis

Family members do not
relate to each other.
No family identity-
changes often.

At-Risk

Family has difficulty
relating to each other.
little family identity,
few positive
activities.

Safe

Positive and
extended support.
Sense of family
units with physical family identity.
and emotional safety.

Thriving

Strong supportive
extended family.
Strong and positive

**If after taking this measure of family life, you find that your family falls into the area of In-Crisis or At-Risk, please contact your Family Resource Worker or share your concerns with your E.H.S. Family Advocate as well as consulting the Community Resource Directory for Families.*

(Adopted from The Mid-Iowa Community Action Agency, 1999).

LOCAL, STATE AND NATIONAL RESOURCES

LOCAL RESOURCES:

Rock-Walworth C.F.S., Inc. Head Start & Early Head Start

Pre-School Education & Family Involvement
1221 Henry Ave. (Administrative Center)
Beloit, WI. 53511
Phone: 608-299-1500

Beloit Domestic Violence Survivor Center
Ph.: 608 364-1083

**YWCA Alternatives to Violence Helpline
Janesville**
Ph.: 608-752-2583

YWCA Care House
Janesville
Ph.: 608-752-5445

**Lutheran Social Services Runaway & Family
Treatment/Janesville**
24-hour helpline: 1-800-924-7238

Rock County Human Services
Ph.: 608-363-6300
After hours: Police Dept. 608-757-2244
Crisis Intervention: 608-757-5025

Janesville/Beloit Police/Rock County Sheriff:
Emergency: 911

Walworth County Sheriff's Dept./Elkhorn:
Ph.: 262-741-4400
Emergency: 911

Walworth County Human Services/Elkhorn
Child Protective Services
Ph.: 262-741-3200

Prevention of Family Violence/Walworth County
24 hour helpline: 262-723-4653

STATE RESOURCES:

Child Abuse Neglect Helpline/Children's Hospital:
Ph.: 414-266-6373

Prevent Child Abuse WI./Madison:
Ph.: 608-256-3374

NATIONAL RESOURCES:

National Child Abuse Hotline:
1-800-422-4453

National Domestic Violence Hotline:
1-800-799-7233