



# "It Shouldn't Hurt To Be A Child"

## April is Child Abuse Prevention Month

Each April, people across the country join forces to raise awareness of the terrible tragedy of child abuse and neglect and to promote specific ways to join the prevention movement. In fact, Child Abuse Prevention Month has been observed each April since its first presidential proclamation in 1985. Since that time, millions of Americans have participated each year in this crucial public awareness campaign.

Although awareness of child abuse and neglect needs to be a year-round commitment, concentrating our efforts in April serves to focus public attention on the positive solutions to a devastating problem. If everyone in the community takes a moment to prevent child abuse we can make a difference in the lives of children throughout the state of Tennessee.

Through a wide range of activities during April, the Children's Advocacy Center of Sullivan County along with other community groups offer you an opportunity to join this movement. You can be among the Tennessee citizens working to remind everyone about the importance of children in our lives, and how we can all be a part of preventing child abuse and neglect. For more information on how you can become involved, please call the Children's Advocacy Center at (423) 279-1222 or check us out on the web at [www.childrensadvocacycenter.com](http://www.childrensadvocacycenter.com). After all, it shouldn't hurt to be a child.

## Recognizing Child Abuse and Neglect

The following signs may signal the presence of child abuse or neglect:

- Sudden reluctance to go somewhere or be with someone.
- Inappropriate displays of affection.
- Sexual acting out.
- Sudden use of sexual terms or new names for body parts.
- Sleep problems such as nightmares or refusing to sleep alone.
- Regressive behaviors such as bed-wetting or thumb-sucking.
- Extreme clinginess or other signs of fearfulness.



Wear a blue ribbon as a reminder of child abuse awareness.

The Children's Advocacy Center of Sullivan County

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### You can be involved:

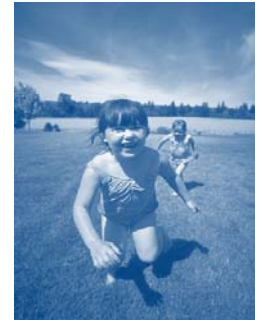
- ☺ **Attend local events**—contact the CAC for a list of activities you can participate in during CAP month.
- ☺ **Implements activities** in your own communities to bring attention to Child Abuse Prevention Month.
- ☺ **Educate yourself and others** about child abuse and prevention.

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*The Children's Advocacy Center is partially funded by the State of TN, Department of Finance and Administration, Office of Criminal Justice Program, NCA, and the United Way.*

- Sudden personality change
- Problems in school.
- Runs away from home.
- Bizarre or unusual sophistication pertaining to sexual behavior.



*If you notice several of the above signs, please contact the Department of Children's Services at 1-877-54-ABUSE.*

## Information on Sexual Predators

The first physical contact between predator and victim is often nonsexual touching designed to identify limits: an "accidental" touch, an arm around the shoulder, brushing a child's hair. Nonsexual touching makes the child trust the person, which can lead to more overt sexual touching—the predator's ultimate goal. Predators often work on developing an emotional bond that leads to physical contact with a child called "grooming". Predators use this process to break down a child's defenses and increase the child's acceptance of touch.

The predator will attempt to forge a bond through these steps:

- Trying to win your confidence and support
- Portraying themselves as caring and concerned about the well-being of a child
- Trying to have access to the child on ongoing basis
- Testing the child to see how much they can get away with
- Identifying and engaging their victim
- Gaining the child's trust
- Manipulating or controlling the child
- Visiting places where children like to go: school, the park, skating rink, etc...
- Enticing with gifts, offering to give rides, or playing games
- Targeting children with obvious vulnerabilities: loneliness, unpopular, children with family problems, children with low self-esteem, and children who are isolated
- Trying to create a "special" bond by identifying with child's unique situation
- Finding and filling a void in a child's life
- If you suspect sexual abuse of a child call the DCS Hotline at **1-877-54-ABUSE**

**The average offender is involved with over 70 children in his/her "career" of offending.**



# Normal Sexual Development of Children 1 to 3

## Is it okay for toddlers to be curious about sex?

- It's okay and perfectly normal and healthy for toddlers to be interested in sex.
- Even infants are curious about their bodies.
- Both boys and girls are curious about sex and may have sexual behaviors.
- Sexual behavior is normal and healthy in toddlers.



## What kind of sexual behaviors are okay?

- Masturbation in toddlers is usually nothing to worry about. Kids touch their bodies because they are curious and because it feels good.
- If your child is preoccupied with masturbation (cannot be distracted from doing it), it could be a sign of a behavioral problem or sexual abuse.
- Children are curious about naked bodies. It is not unusual for toddlers to "play doctor" (to show other children their body parts).
- Children may also be curious about women's breasts and want to touch them, especially if they have a younger brother or sister who is being breastfed.
- Kids may copy adult sexual behavior they have seen at home or on TV. For example, children might hug passionately or lay on top of one another.

# Normal Sexual Development of Children 4 to 6

## Normal

- Genital or reproduction conversations with peer or similar age siblings
- Show me yours/ I'll show you mine with peers
- Playing "doctor"
- Imitating seduction (i.e., kissing, flirting)
- Dirty words or jokes within cultural or peer group norm

**"85-90% of child abuse cases involve perpetrators known to the child"**

## Yellow Flags

- Attempting to expose others genitals
- Sexual graffiti
- Preoccupation with sexual themes (especially sexually aggressive)
- Preoccupation with masturbation
- Simulating foreplay with dolls or peers with clothing on (petting, French kissing)

## Red Flags

- Touching genitals of others
- Inducing fear/ threats of force
- Sexually explicit conversations with significant age difference



## Normal Sexual Development of Children 7 to 10

- School-age children to explore their bodies.
- Children this age begin to seek information about sex and look for books and diagrams that explain curiosity about sexuality at this age takes the form of playing games such as, “ I'll show you mine if you show me yours.”
- Boys at this age compare penis size.
- Children of this age become interested in sex words and dirty jokes.
- Limited interest in the opposite sex may be evident in 6 - 10 year olds.
- Children at this age are interested in their own and other's bodies, particularly if changes in their bodies begin to occur.
- Feelings of needing privacy emerge at this age.
- At this age, most children will have developed an established sense of female or male identity.
- Some children will show early signs of puberty (e.g., starting their period).
- Children at this age have a basic understanding of the process of human reproduction, understands proper terminology for sexually related body parts, and has a basic understanding of sexual orientation.
- Children at this age occasionally masturbate. For some children at this age, masturbation may begin to take on a pleasure oriented rather than a relaxation focus.



## Normal Sexual Development of Children 10 to 14

Pre-adolescent children (ages 10-12) are more focused on social relationships and expectations, and begin to experience clearer sexual feelings.

Children touch, fondle, and rub their own genitals throughout childhood, but they begin to more clearly masturbate during this time, developing clearer patterns into and beyond puberty (ages 12/13 and up).

By puberty and adolescence, body parts and sexual organs are clearly developing, and puberty brings the onset of menstruation in girls and more routine masturbation for both boys and girls, and especially boys.

Girls may develop pubic hair and breasts as early as age 9 or 10.

Boy's penis and testicles may start to develop at age 10 or 11.

Dating and more intense sexual relationships begin and deepen, moving from thinking about and discussing romances, to dating, kissing, sexual petting, and, in many cases, sexual relationships and intercourse.

Children at this age are also more self-conscious and may feel uncomfortable undressing in front of others.

### Normal sexual behavior is usually not:

- overtly sexual
- is more exploratory and playful in nature
- a preoccupation with sexual interactions

To Report Child Abuse  
Call 1-877-54A-BUSE

# April 30, 2007

# Blue Day



Wear blue to show your support of the fight against child abuse in our community.

Why Blue? – In the spring of 1989, a Virginia grandmother began The Blue Ribbon Campaign as a memorial for her 3-year-old grandson, who had been murdered by his mother's boyfriend. Today the color blue is used as a reminder of the need of child abuse prevention in our community.



For more information or to receive Blue Ribbons call (423) 279-1222

# How to Promote "Blue Day" and Child Abuse Prevention Month in your School

1. Announce over the intercom to wear Blue on "Blue Day" - **April 30, 2007.**
2. Display blue ribbons in a visible area.
3. Post "Blue Day" flyers around the school.
4. Read weekly child abuse information over school intercom.
5. Put up banners promoting Child Abuse Prevention Month in the school.
6. Use incentives such as - free periods, a day to chew gum, ice cream party, etc.
7. Use school marquee to announce Child Abuse Prevention Month and "Blue Day".



## Weekly Child Abuse Information

Listed below is weekly child abuse information to be read over the intercom during the month of April. It is our hope that children will be empowered to protect themselves from abuse or come forward if they are in an abusive situation. If you have any questions or concerns please contact Janel Burkner at (423) 279-1222.

### Week 1

Each year over 3 million children are abused in the U.S. April is Child Abuse Prevention Month. Show your support of preventing child abuse by wearing a blue ribbon throughout the month of April. Remember, "it shouldn't hurt to be a child."

### Week 2

Child abuse is never, ever the child's fault! Say "no", move away and tell a grown-up if you are ever in a situation that someone gives you a touch that you do not like. Remember, it shouldn't hurt to be a child."

### Week 3

Your body belongs to you. You have a right to protect your body, if someone gives you a touch that you don't like or is unsafe. Say "NO"- like you really mean it. Get away as quick as you can. Remember, abuse is never the kids fault and "it shouldn't hurt to be a child."

### Week 4

NO-GO-TELL Three words to remind you what should do if you are given an unsafe touch. You can talk to a teacher, school counselor, mom or dad, or any adult that you trust. If you tell one adult and don't get the help you need, KEEP TELLING until you do get the help you need. Remember, "it shouldn't hurt to be a child."



# Tips for Teachers on How to Keep Children Safe

As a teacher, your role in protecting children from victimization is critical. Schools represent the single largest source of reports of child abuse and neglect to state authorities. Why? Because you have daily contact with children, they often feel safe in your classroom and they may trust you enough to tell you if abuse is occurring. Many schools have policies regarding reporting child abuse, but please remember the following when interacting with a child who may have been abused or neglected:



1. Move to a location with as much privacy as possible. Stand or sit next to the child while talking. Help the child feel as comfortable as possible.
2. Listen carefully to what the child is saying. Communicate to the child that you are listening by using good eye contact, nodding your head, or making a gentle comment, etc. Even if you feel shocked, angry or upset, try to focus on being there for the child.
3. Give honest information and answers. If you don't know the answer to a question, say so and indicate you'll try to find the answer.
4. Report the suspected abuse to the DCS Reporting Hotline 1-877-54-ABUSE as soon as possible. Taking action is critical.

## Important Messages to Give Child Victims

- I believe you and what you are telling me.
- You did the right thing by telling me.
- It isn't your fault.
- I want you to be safe. You deserve to be safe.
- Abuse has happened to other children: you are not alone.
- I'm going to get help for you.

**There are 40 million survivors of child sexual abuse in America today.**

## Things to Avoid

- Don't make promises to the child; you might not be able to keep them later.
- Don't ask "why" questions or pressure the child to talk.
- Never tell the child you'll keep a secret, even if the child suggests he won't tell the story unless you pledge secrecy.

# How to Help Abused Children in Your Classroom

Children who are victims of physical, sexual or emotional abuse or neglect need reassurance that they are worthwhile. For some children, the teacher may represent their only opportunity for a positive relationship. These children also need:



- **Security.** All children need to feel safe, and to know they can trust you; that you will not embarrass them by telling others of their problem or by scolding them in public. They need to know that you look forward to seeing them each day and that they belong in the group.
- **Structure.** Routines help children feel secure. Insecure students may need very specific instructions. In time, the child will feel more confident and will need less direction from you. However, each child needs structure to a different degree. Adjust for individual differences.
- **Consistency and predictability.** These students have experienced considerable upheaval and probably much family dysfunction. They need to be able to predict your behavior and know exactly what you expect of them. Describe new situations beforehand. Erratic changes in your behavior could make the child feel insecure and afraid to trust you. Be consistent in your relationship with the child. For example, don't lavish attention one day and ignore them the next. If you behave in a consistent manner so will the child.
- **Self Esteem.** Help develop the child's self esteem by providing positive information to the child about him/herself. Look for their strengths and point them out. The child needs to know he/she is likable.
- **Sense of belonging.** Display the child's work along with the rest of the class. Put the child's desk where s/he is very much a part of the group. Praise and encourage any involvement in group activities.
- **Touch in appropriate ways.** With all abused children and particularly for a sexually abused child, be cautious about touching until you have established a good relationship and then only touch with permission.
- **Approval.** A smile, a note on their paper-whatever you are comfortable with to show that you like him/her or what they did.
- **Help expressing their feelings.** Children who have been victimized may act out with anger, withdrawal from others or seem anxious, hyper or clingy. Help the child find words for their feelings.
- **Reassurance** that you are available to discuss things that trouble the child.

*Reprinted from The National Children's Advocacy Center*

Only one in ten child victims reports the abuse.

# Blue Ribbon Award 2007

Child Abuse Prevention Month is fast approaching. One of the things we do each year is honor someone who has worked or volunteered on the behalf of children. We need your help. **Below you will find a nomination form for the Blue Ribbon Award to be given at the Children's Advocacy Council's Annual Luncheon on Tuesday, May 8, 2007 at Meadowview Conference Center in Kingsport.**

The recipient does not have to be someone who works in the field of child abuse or child abuse prevention, but can be anyone who has given some part of themselves to the children in our region. Being a supportive, caring adult in the life of a child is prevention. When a child has someone they know cares about them, they are much more likely to report abuse at the onset. As a society we haven't found an effective way to stop adults from abusing, however, if we can have a community of children who know who and how to tell immediately, we will have come a long way in the field of abuse prevention.

Please help us to recognize those in the community who work to make the lives of children better.

**Send your nomination form back to the Children's Advocacy Center by April 13, 2007.**

If you have any questions, please feel free to call (423) 279-1222.



## Blue Ribbon Nomination Form

Nominee's Name: \_\_\_\_\_

Professional Title: \_\_\_\_\_

Daytime Phone: (\_\_\_\_) \_\_\_\_\_ Other: (\_\_\_\_) \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Number of years nominee has worked with or for children: \_\_\_\_\_

In what capacity (paid position/volunteer): \_\_\_\_\_

***Please provide the following information; using separate sheets of paper if needed.***

1. Has the nominee worked directly with children or indirectly in a child movement? Explain.

\_\_\_\_\_

2. Please give examples of how the nominee has impacted children in our area.

\_\_\_\_\_

3. Does the nominee work in or impact the children of Sullivan County?

\_\_\_\_\_

4. Briefly describe why you feel this person should be honored for their work.

\_\_\_\_\_

\_\_\_\_\_

Nominated By: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: (\_\_\_\_) \_\_\_\_\_ Other: (\_\_\_\_) \_\_\_\_\_

***Please fax or mail to:  
The Children's Advocacy Center of Sullivan County  
PO Box 867  
Blountville, TN 37617  
Fax #: (423) 323-0972***

**The Children's Advocacy  
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Post Office Box 867  
Blountville, TN 37617

Phone: 423-279-1222

Fax: 423-323-0972

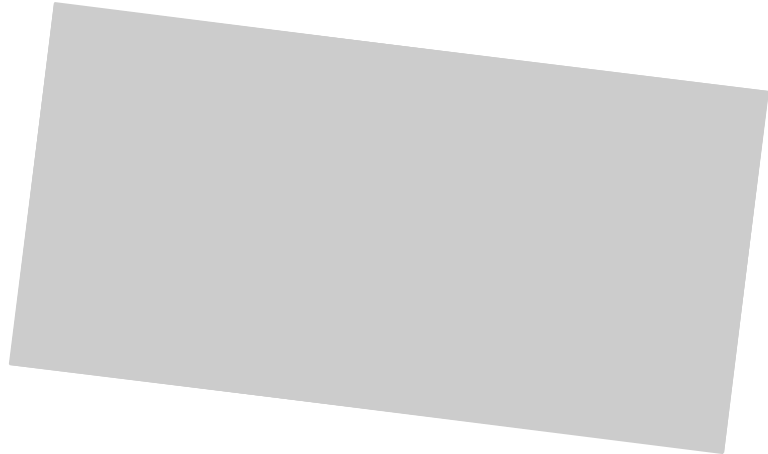
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"It Shouldn't Hurt To Be A Child."



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## Safety N.E.T. Kids - No Easy Targets

Safety N.E.T. Kids - No Easy Targets is a unique, up-to-date approach to assist in keeping our kids safe. This Code Amber endorsed DVD and curriculum is child friendly, interactive and fun. The program reaches a wide range of children K - 5th grade and comes with age specific tips. Safety N.E.T. Kids systematically covers six topics of child safety, Saying "NO" to an adult, unwanted touches, strangers and people you know, Safety around your home, setting up a password with your parents, and easy defense. All this in a one hour interactive class.

Safety N.E.T. Kids is an established national safety program with over 450 instructors and is currently being taught by CAC workers, martial artists, law enforcement, and elementary schools. Safety N.E.T. Kids has reached an estimated 250,000 children across the country. Safety N.E.T. Kids also offers an exciting Bully Program as well.

If you would like more information about our programs please go to [www.safetynetkids.com](http://www.safetynetkids.com) or call us at 423-926-9161. Safety N.E.T. Kids offers discounts to schools and non-profit organizations.



## CAC Partnerships

The Children's Advocacy Center of Sullivan County would like to thank all the community sponsors that helped make Child Abuse Prevention Month 2007 a great success through their support.

With your community support, we can make a difference in the life of a child!

