

## Get Involved

We all have a role to play in the prevention of child abuse and neglect. You can be a partner in providing great childhoods for all children, whether by mentoring a child or parent, advocating for family friendly policies, or donating your time or money to child and family serving organizations.

### Be a Mentor

What can you share with a child who is growing and learning, how can you help them succeed?

Follow this link  
to learn more



[Southbaymentoring.org](https://southbaymentoring.org)

### Be an Advocate

An advocate is someone who can speak up and promote beneficial change for children and families.

Follow these links  
to learn more



[bemyadvocate.org](https://bemyadvocate.org)

[casaforchildren.org](https://casaforchildren.org)

### Learn About Public Policy

Check in with the news and think critically about proposed actions. Participate in your local and national elections.

### Learn About Protective Factors

Resiliency, knowledge of development, social connections and consistent support are all factors that help eliminate risk to a child.

### Become a Resource Family

All children need and deserve a safe, loving, nurturing, accepting and consistent place to live where they can thrive and mature.

A Resource Family is any individual, couple, or family who wants to provide care to a related or unrelated child who is in the care of a county child welfare agency or probation department. Resource Families may be considered for foster care, guardianship and adoption placements, depending on the family's goals.

Follow this link  
to learn more



[sccgov.org/resourcefamily](https://sccgov.org/resourcefamily)

## Resources

### Call 211 or go to [211.org](https://211.org)

211 is a nation-wide service that connects people in need to local services that help. Community resource specialists can help you with food assistance, housing options, employment opportunities, support with mental health, abuse, addiction, and more.

### The Child Abuse Prevention Council (CAPC)

The CAPC mission is to prevent and respond to all forms of child abuse and neglect through community partnerships, education, collaboration, and advocacy.

[CAPCSCC.org](https://CAPCSCC.org)

### Inclusion Warmline (408) 453-6651

The Inclusion Support Warmline offers FREE support, information and referrals for children of all ages with disabilities and other needs in your community. Offered in English and Spanish (and other languages as needed) from 8 am - 5 pm.

### DFCS 833-SCC-KIDS or 833-722-5437

**Crisis Hotline** 1-855-278-4204

**Crisis Text-line** Text HOME to 741741



**WE ALL PLAY A ROLE**

**PREVENT CHILD  
ABUSE AND NEGLECT**



## Neglect

vs

## Abuse

Failure to attend to a child's basic needs including providing food, clothing, education, shelter, medical care, as well as supervision and protection. For complex circumstances such as poverty, neglect may be more likely but is not assumed.

Any act or failure to act by a caregiver that results in actual or potential harm to a child. Abuse can occur in the form of physical, sexual, or emotional.



### Sexual Abuse

Any sexual act between an adult and a child, including penetration, intercourse, incest, rape, oral sex, and sodomy; *a child is not able to give consent.*

#### Indicators

- Irritation to private areas, swelling or discharge, STD or STI.
- Lesions around mouth, abdominal pain, difficulty walking or sitting.
- Sexually knowledgeable beyond age.
- Attaches to new adults very quickly.

### Physical Abuse

The use of physical force resulting in harm or injury - cuts, bruises, burns, or broken bones; *even if unintentional.*

#### Indicators

- Injuries in different stages of healing or reoccurring injury.
- Startles easily, shies away from touch, or shows other skittish behavior.
- Attempts to hide injuries, may wear long sleeves even in warm weather.

### Emotional Abuse

Any attitude, behavior, or failure to act that impacts a child's mental health. This can range from a simple verbal insult to an extreme form of punishment.

#### Indicators

- Often fearful or anxious about doing something wrong.
- Not attached to caregiver, overly attached to others.
- Extreme behavior, anger or depression.
- Acting inappropriately older or younger.

## The Long Term Impact

### Impact on the Child

- Mental health - depression, anxiety, and post-traumatic stress disorder (PTSD).
- Emotional health - low self esteem, lower tolerance for stress, and poor peer relationships.
- Physical health - diabetes, stroke, heart disease, and other illness.
- More likely to abuse drugs or alcohol, develop an eating disorder, or engage in risky activity.
- Less likely to finish school or hold a stable job.

### Impact on Society

- Care for a child in the system costs more than a child being raised in their home.
- Overall, costs associated with child abuse and neglect per child can cost more than \$346k and over \$60 billion dollars in the Bay Area alone.

## Prevention - What Can You Do?

### As a community member

- Learn the signs, be attentive, and trust your instincts. Report your concerns and keep your neighborhood safe.
- Get to know the people in your community, Lend a hand, or simply a smile or a wave can go a long way!



### As a parent

- Reach out for help when you start feeling overwhelmed.
- Get to know your local resources and don't be afraid to take advantage of the services you need.
- Build a quality relationship with your child. Get involved in their interests, talk to them, learn nonviolent ways of discipline, and help them feel loved and secure.



## Reporting Abuse

While mandated reporters are required to report suspicion or knowledge of child abuse...



...Community members also have an important role in protecting children – You can report too!

There is no need to fear getting involved, a non-mandated reporter is allowed to make the report anonymously.

Getting involved does not mean physically stopping abuse or interjecting yourself into a situation - It just means not ignoring the signs.

### When to Report



If you have any suspicion of abuse, you should report it, even if you are not sure it is still okay to report.

Call 911 if the child is in immediate danger, otherwise contact the Department of Family and Children's Services (DFCS) at **833-SCC-KIDS**.

### What to Report



It is helpful to have the name and address of the parent or guardian and the age of the child, but it is okay if you do not have all the information.

Be prepared to describe why you called; including the location, type of abuse observed, what the child told you and how they were effected.

### What Happens After



If abuse or neglect is identified and the child is safe, the family is engaged to determine the best course of action to decrease the risk of future maltreatment such as a referral to community services.

Only as an ultimate resort to ensure the child's safety and well-being, they may need to be separated from one or both parents.

***Do not ignore the signs, tragedies happen when no one speaks up!***