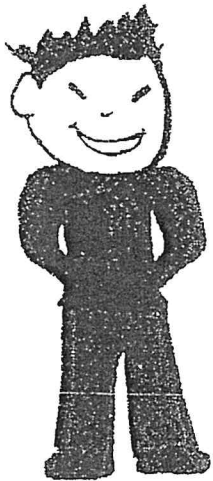
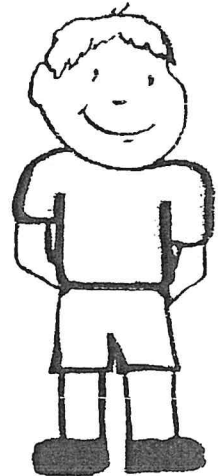


Keeping



Kids



Safe



Parent
Manual



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Personal Safety Curriculum

What Is a Personal Safety Curriculum?

The Tennessee Legislature recognized the vital contribution you can make in protecting children from all types of abuse, particularly sexual abuse. The 1985 Child Sexual Abuse Law, states that all staff in preschool and child care agencies receive training in the detection, intervention, prevention and treatment of child sexual abuse and issued a mandate that a personal safety program be presented annually to children in every licensed or approved preschool and child care agency in the state. Many curriculums have been used through the years. Revision to the Growing Up Safe and Strong curriculum has resulted in the 2005 edition called Keeping Kids Safe. This material was designed to assist you in providing the most effective program possible – one that children will enjoy and understand. Research has established that children can be given the tools and knowledge to be safer. Because of this, the purpose of this safety curriculum is to improve the knowledge, self-confidence and assertiveness skills of children thereby:

- ◆ Promoting disclosure of victimization
- ◆ Enhancing communication between parents and children about personal safety
- ◆ Reinforcing adult supervision and protection.
- ◆ Assisting children in learning to identify adults they can trust who can help them with problems too big for them to handle alone.

Available research supports the idea that more comprehensive programs repeated often produce greater results. Repetition of concepts in multiple sessions added significantly to learning. Role-playing and active rehearsal of desired behaviors are more effective for reinforcing the behavior to be learned than simply demonstrating.

There are 34 lessons in six units—the children will receive two lessons per week and parents will receive a parent letter at the beginning of each new unit.

Personal Safety Curriculum

GUIDELINES FOR CHILD SAFETY PROGRAMS

Philosophy:

To be an acceptable child abuse prevention program, the curriculum must acknowledge the following:

- Both sexes can be victims of sexual and physical abuse.
- Both sexes can be perpetrators of sexual and physical abuse.
- Perpetrators are real people; most are not strangers and are known by the children.
- The child who is abused is never to blame.
- The program should be based on educational theories.
- The program must be appropriate for the age, educational and developmental levels of the child.
- The program must offer concepts that will help children build self-confidence in order to better handle and protect themselves in all types of situations.
- The program must utilize qualified presenters who use active participation.

Scope of the Problem:

Statistical data reveals the desperate need for child safety education for children.

- In 2002, approximately 906,000 children in the U.S. were confirmed by Child Protection Service agencies as being maltreated, which include neglect, physical and sexual abuse.
- Among children confirmed by Child Protective Services agencies, 61% were neglected, 19% were physically abused, and 10% were sexually abused.
- A report, based on interviews with offenders who sexually abuse their victims, found that a threat by a child to inform an adult about an assault would have had a deterring affect on the offender's behavior.
- On average, 2200 children are reported missing each day in the U.S.
- Child abductions, in a one-year period, included 3200 non-family abduction and 354,000 family abductions.
- An estimated 1500 children were confirmed to have died from maltreatment in 2002; 36% were caused from neglect, 28% were caused from physical abuse and 29% were caused from multiple maltreatment types.

Goals of this Personal Safety Program:

If we can improve knowledge, self-confidence, and assertiveness skills of children, then we can break the cycle of victimization in which some of those who have been victimized later become offenders. Therefore, the goals are:

- To enhance a child's ability to avoid victimization.
- To enhance a child's self esteem and self-confidence.
- To reduce feelings of guilt and blame that often are associated with being abused.
- To enhance and coordinate community response.
- To reinforce adult supervision and protection.
- To deter offender behavior.

Skills Trainings:

- Teach children to recognize dangerous situations.
- Teach children to know the difference between good and bad touches.
- Teach children to say "NO" to unwanted touches.
- Teach children to better protect themselves and avoid dangerous situations.
- Encourage children to tell an adult about such episodes.
- Assure children that such incidents are never their fault.

Resources:

Guidelines for Programs to Reduce Child Victimization: Resources for communities when choosing a program to teach personal safety to children from the National Center for Missing and Exploited Children.

Child Maltreatment Fact Sheet from the National Center for Injury Prevention and Control.

<http://www.cdc.gov/ncipc/factsheets/cmfacts.htm>

Protecting Children

Parent Responsibilities

Help Your Children Feel Loved and Secure

A healthy, nurturing relationship with your child is built through countless interactions over the course of time. It requires a lot of energy and work, but the rewards are well worth it. Steps to strengthen a parent's relationships with their children include:

- ◆ Make sure your child knows you love them, even when they do something wrong.
- ◆ Encourage your children. Praise their achievements and talents. Recognize the skills they are developing.
- ◆ Spend time with your children. Do things together that you both enjoy. Listen to your child.
- ◆ Learn how to use nonphysical options for discipline. Many alternatives exist. Depending on your child's age and level of development, these may include simply redirecting your child's attention, offering choices, or using "time out."

Make Sure Your Children are Well Cared For

To take good care of your children, be sure they:

- ◆ Eat nutritious foods. Try to make mealtime fun. Regular meal times help you to be sure your children are getting the right nutrition at the right time.
- ◆ Receive good medical care. Care begins before babies are born. After birth, regular medical visits allow your children's doctor to monitor their development, immunize them against various diseases, and address any questions, concerns, or frustrations you have about your children's health or behavior.
- ◆ Develop good sleep habits. Happy, healthy children need regular sleep. Having a bedtime routine helps children settle down and prepare for sleep.
- ◆ Are kept safe. Infants should never be out of a parent or caretaker's sight unless they are in a crib or another equally safe place. As soon as children begin to crawl, it is important to childproof your home. Toddlers need supervision and frequent reminders about behaviors that are dangerous. Choose caregivers carefully to be sure your children are safe, even when you can't be with them.



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Make Communicating with Your Child a Priority

Below are some communication tips for parents to follow. The tips build upon parent's existing good parenting skills and knowledge of their own children.

- ◆ Make time for your children.
- ◆ Build an open and trusting relationship with your children. Always listen carefully to their fears and concerns and let them know they should not be worried about telling you anything. This is just as important when children are adolescents.
- ◆ Know where your children are, who they are with, and agree upon a time when they should return. Make sure your children know where you are at all times and where you can be contacted.
- ◆ Be alert to any adult who is paying an unusual amount of attention to your children such as buying them candy, expensive gifts, video or computer games, etc.
- ◆ Be cautious about anyone who has unsupervised contact with your children and find out as much as possible about anyone who is looking after them.
- ◆ Children need to know what is and what is not "appropriate" touching. Do not be too embarrassed to talk about this. You must help them understand what is unacceptable behavior and that they must always tell you if anyone, including a relative or friend, is behaving in a way that worries them.
- ◆ Explain the difference between "good and bad secrets in the family." Tell your child it is OK to have a secret about something like a surprise birthday, but not about anything which makes them feel unhappy or uncomfortable.
- ◆ Help with sex education. If you feel uncomfortable teaching a child correct names for body parts or answering questions young children ask about sex, your doctor or nurse should be happy to advise you.
- ◆ Most important of all, teach your child that they have the right to refuse to do anything with an adult which they feel is wrong or which frightens them.
- ◆ Stress that they should not hesitate to tell you or another adult if something happens that they don't like.

Despite what many people think, most abuse of children (including sexual abuse) is carried out by someone they know, including relatives and family friends. This can make it a very difficult problem to face.

Often parents find the idea of abuse so shocking that at first they refuse to believe it could happen in their family.

Child sexual abuse can happen in all areas of society and can come from any professional, racial or religious background. Sexual abusers may sometimes hold influential positions outside their families and so may appear to be well-respected members of society.



Keeping Kids Safe

Parent Power Pages

Child Abuse Warning Signals (Yellow Lights: Slow Down!)

It is very difficult to predict who may hurt your child. No one of these factors alone predicts abuse, but they should put you on alert. When several of these signals are present in someone, the situation could be dangerous.

- ◆ Expectations too high: does not understand what is normal for small children.
- ◆ Controlling, rigid, expects others to obey without question
- ◆ Persistent negative feelings. Angry, irritable, flies into rage easily.
- ◆ Isolation, loneliness, does not want you to be with your friends or extended family.
- ◆ Blaming, suspicious, lacks trust.
- ◆ Keeps weapons and seems interested in them.
- ◆ Slams doors or throws things, and has other scary behaviors
- ◆ Verbally/emotionally cruel
- ◆ Frequently in conflict with others inside and outside the family
- ◆ Enjoys violence in movies, TV, and so on
- ◆ History of fighting, including wrestling or prize fighting
- ◆ Poor self-esteem or exaggerated sense of what he/she deserves
- ◆ Was abused, harshly punished, or neglected as a Child
- ◆ Came from a family where others were abused
- ◆ Believes in harsh punishment



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- ◆ Lacks parenting information and skill
- ◆ Has had problems with the law
- ◆ Abuses alcohol or other drugs

Child Abuse Warning Signals (Red Lights: Stop!)

Any *one* of these behaviors signals *serious danger*. Get out with your child or get him/her out right away!

- Threats—*any* threat of harm to you or another family member.
- Other frightening behaviors, such as knocking a hole in the wall with his/her fist, thrusting a knife into a counter top, breaking things, jerking the phone from the wall, and so on.
- Has abused others. Find out as much as you can from people who know him/her. Don't accept "explanations" such as "they provoked it" or "they deserved it" or "I only pushed them a little bit."
- Has abused or hurt you.

Tennessee Statutes Regarding Reporting Child Abuse and Neglect

Tennessee Code 37-1-403 (a)(1) states: Any person who has knowledge of or is called upon to render aid to any child who is suffering from or has sustained any wound, injury, disability, or physical or mental condition shall report such harm immediately if the harm is of such a nature as to reasonably indicate that it has been caused by brutality, abuse or neglect or that, on the basis of available information, reasonably appears to have been caused by brutality, abuse or neglect.

Tennessee Code 37-1-403 (a) (3) states: If any such person knows or has reasonable cause to suspect that a child has been sexually abused, the person shall report such information in accordance with § 37-1-605, relative to the sexual abuse of children, regardless of whether such person knows or believes that the child has sustained any apparent injury as a result of such abuse.

Tennessee Code 37-1-410 (a) (4) (B) states: Because of the overriding public policy to encourage all persons to report the neglect of or harm or abuse to children, any person upon whom good faith immunity is conferred pursuant to this subdivision shall be presumed to have acted in good faith in making report of harm.

Persons may notify DCS in one of two ways:

Calling the statewide child abuse and neglect reporting hotline

1-877-237-0004 or 1-877-54ABUSE (1-877-542-2873)

Faxing the statewide child abuse and neglect reporting hotline

1-615-253-6588