

## Teaching Personal Safety

**H**ere are some tips for teaching a child personal safety.

- Avoid scare tactics. Explain that most adults are dedicated to the protection and welfare of children.
- Teach the child age-appropriate basic sex education.
- Emphasize the child's basic right to body privacy and ownership.
- Let the child know that sexual advances from adults are against the law. It will give him/her confidence to assert themselves with adults who seek to abuse them.
- Instill the child with a sense of self-worth and dignity at every opportunity.
- Develop strong communication skills with the child. Let them know they can tell you anything and that you will believe them. Let them also know that anytime they feel nervous, scared or uncomfortable as a result of words, gestures or touch, they should tell you or another trusted adult. Most importantly, let them know that it would not be their fault, and that they would not be in trouble for telling.
- Encourage the child to follow his or her instincts. Listen and trust your own instincts. If a situation or a person makes you feel uncomfortable, act on your instincts. For younger children you can tell them to listen to the "uh oh" feeling.
- Get to know the child's friends and their families. Know where the child is, who he/she is with and what he/she is doing.
- Using different scenarios, engage the child in practicing what he/she would do if they were approached by a stranger.



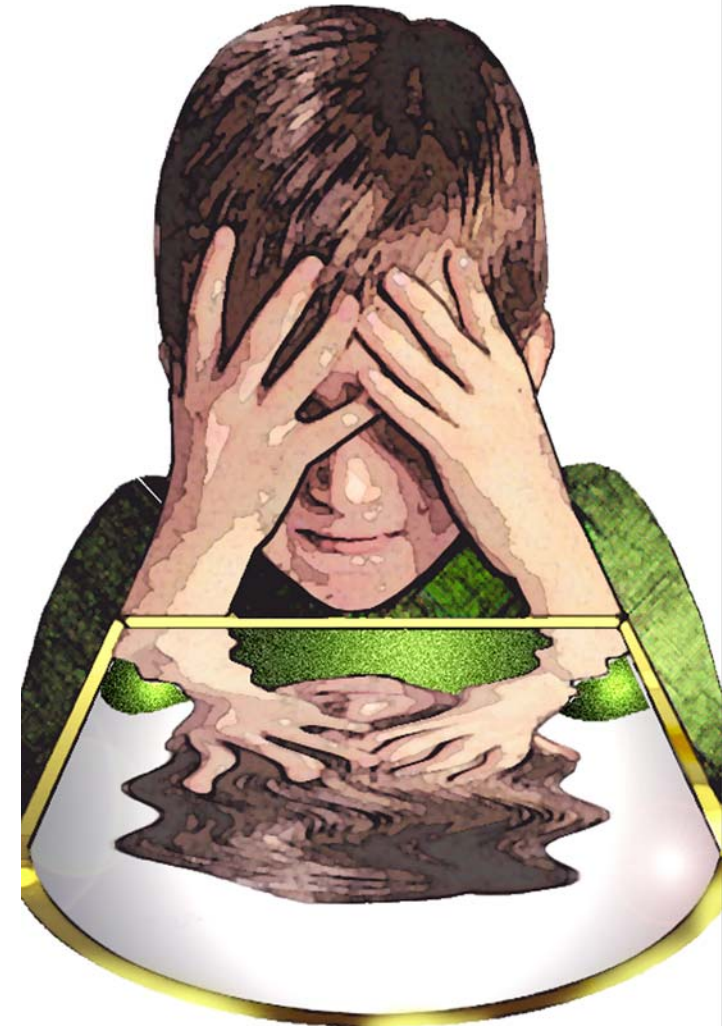
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# Reporting Child Abuse

A Guide for the General Public



## Reporting Child Abuse

### Utah Child Abuse Reporting Law

The law requires:

- any person who has reason to believe a child has been subjected to abuse or neglect to immediately notify the nearest Utah Division of Child and Family Services or law enforcement agency.
- any person who observes a child being subjected to conditions that would result in abuse or neglect to immediately notify the nearest Utah Division of Child and Family Services or law enforcement agency.

Failure to obey this law constitutes a class "B" misdemeanor and is punishable by up to six-months in jail and/or a \$1,000 fine.

*Utah Code Ann. 62A-4a-411 (1994)*

### Making A Report

The best way to help stop child abuse is to report it. All reports to the Utah Division of Child and Family Services remain strictly confidential.

Any person making a report in good faith, is immune from any liability.

Once a report is received, the case is assigned a priority depending on the seriousness of the abuse and the danger to the child. However, not all reported cases are investigated.

## Indicators of Child Abuse

**If a child talks about being abused, take him or her seriously. Some possible indicators of abuse may include:**

### Physical Abuse

*Physical Indicators*

- unexplained bruises
- unexplained burns
- confinement
- unexplained welts

### Sexual Abuse

*Physical Indicators:*

- bed-wetting
- soiling
- chronic constipation

### Emotional Abuse

*Physical Indicators*

- delayed physically
- ulcers
- developmental lags
- habit disorders

### Neglect

*Physical Indicators*

- abandonment
- thin, starvation
- lack of supervision
- lack of medical care
- frequent absent or tardy
- poor hygiene

### *Behavioral Indicators*

- easily frightened
- wary of physical contact
- afraid to go home
- destructive to others or self

### *Behavioral Indicators*

- withdrawal or depression
- passive behavior
- aggressive behavior
- poor self esteem
- lack of eye contact with adults
- knowledge of sexual acts beyond their years

### *Behavioral Indicators*

- poor self esteem
- difficulty expressing feelings
- problems with relationships

### *Behavioral Indicators*

- steals, begs
- self destructive
- failure to thrive

## It Happens Too Often

### 2002 Child Abuse Statistics

- Four to five children die every day in the U.S. because of child abuse.
- 18,517 child abuse cases were reported to Utah DCFS.
- 6,810 of those referrals were substantiated.
- Sexual abuse had a higher reporting rate than any other type of abuse.

