



# Child Sexual Abuse Prevention 101

## *Staff Training*

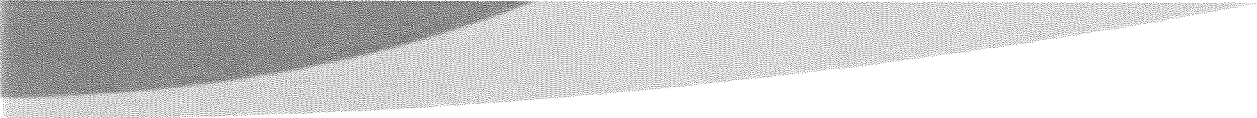




**Why are  
we here today?**

# Goals

- **Learn** about the problem of child abuse and neglect in MA - specifically child sexual abuse
- **Understand** signs and symptoms of child sexual abuse
- **Be prepared** to respond to a child's disclosure
- **Learn** how to create a safe environment for children
- **Identify, understand** and begin to **use** your school's/organization's protocol structure



PAUSE  
BREATHE  
RESET



It's not the job of children  
to stop abuse

It's the job of adults to  
keep children safe.

# What is Child Abuse and Neglect?

# What do we mean by child abuse and neglect?

- Physical abuse
- Emotional abuse
- Neglect
- **Child Sexual abuse**



## **Number of reports made in Massachusetts**

**In Massachusetts, a child is  
neglected or abused every  
11-12 minutes**

## So what can WE do to keep children safe from child sexual abuse?

- Know about the problem
- Learn about the signs and symptoms
- Understand the long-term impact of abuse
- Learn who commits it and where and why children don't tell
- Learn what can be done to protect children
- **Become part of the solution**

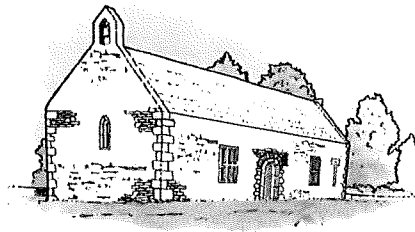




# Understanding the signs and symptoms of child sexual abuse

## who commits abuse?

- people we think are trustworthy
- people we know
- people who rely on having power over children to control them

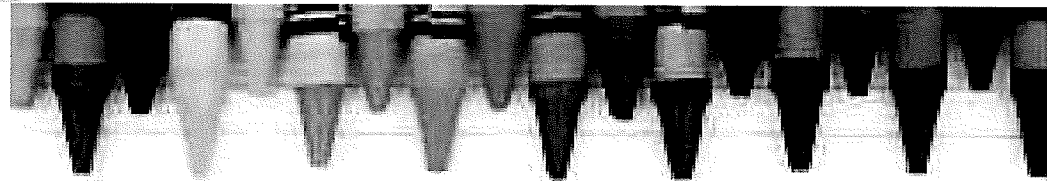


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## where is abuse committed?

- in day care centers, schools, homes, churches, youth centers
- in every racial, ethnic, economic, and religious group





## Signs and Symptoms

- Withdrawal from friends or usual activities
- Changes in behavior
- Depression, anxiety or unusual fears or a sudden loss of self-confidence
- An apparent lack of supervision
- Frequent absences from school
- Reluctance to leave school activities
- Attempts at running away
- Rebellious or defiant behavior
- Attempts at suicide

# Possible effects of sexual abuse on children

- children lose trust in adults that they will provide them protection
- **children feel responsible and helpless**
- they feel shame and guilt. They think they allowed the abuse to happen in the first place
- **children may develop long-term problems such as alcohol or drug abuse**
- sexual assault survivors may experience low self-esteem, depression, and difficulties with trust and intimacy of a partner

# Why don't children tell?

- too young
- don't have the language
- bribed
- fearful
- threatened
- want affection
- told that abuse is normal
- want to please adults
- feel guilty





# Responding to a child

# If you are involved in a disclosure...

1. Stay calm
2. Listen
3. Report
  - As a mandated reporter make sure that you follow your school's reporting procedures!

# If you are involved in a disclosure...



[Dashboard](#) [Training](#) [Profile](#) [Register](#) [Login](#)

## 51A Online Mandated Reporter Training: Recognizing & Reporting Child Abuse, Neglect, and Exploitation

**WELCOME**

While anyone who suspects a child is being maltreated *can* and *should* file a 51A Report with the Massachusetts Department of Children and Families ("DCF"), professionals who have been designated by the Legislature as mandated reporters are *required by law* to do so.

Because they often are the first adults to see signs of or be told about abuse, neglect, and/or exploitation, mandated reporters play an integral part in the protection of our children.

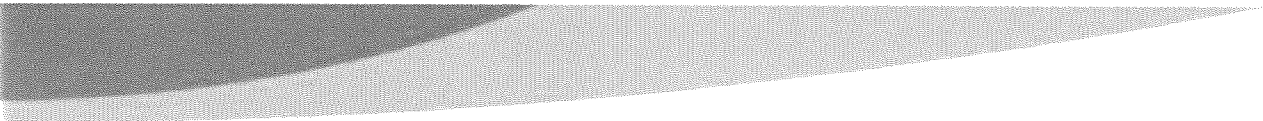
This online training was designed by the [Middlesex Children's Advocacy Center](#) in collaboration with the [Middlesex District Attorney's Office](#) to help mandated reporters:

- Understand their legal obligations as mandated reporters
- Recognize possible signs and symptoms of maltreatment
- Know how to respond to a child who discloses abuse
- Know how to file a 51A Report
- Understand what happens after a 51A Report is filed

[CONTINUE](#)

The logo for the Middlesex Children's Advocacy Center, featuring a silhouette of a child and the text "MIDDLESEX CHILDREN'S ADVOCACY CENTER".The logo for the Middlesex District Attorney's Office, featuring a star and the text "MIDDLESEX DISTRICT ATTORNEY'S OFFICE".

As a mandated reporter  
make sure that you  
follow your school's  
reporting procedures!



PAUSE  
BREATHE  
RESET



# Creating a safe environment for children



# Creating a Safe Environment

## CHILD SAFE RESOURCES

If you have any questions or concerns regarding a YMCA staff person or program, please make a confidential call to the Child Safe Hotline at 1-877-652-7873:

- If you think a child is physically injured, please seek out appropriate medical attention.
- If you observe signs of distress, withdrawal, or acting out, please consider counseling for your child.
- Talk to your YMCA Program Director for assistance.
- Call Child Protective Services (CPS) or the Police to report any abuse.

## COMMUNITY RESOURCES

Family Helpline: 1-800-THE-KIDS (243-5437)  
24 hours a day - 7 days a week

Child Behavioral Health Services: 1-877-652-7634  
24 hours a day - 7 days a week



## SUMMIT AREA YMCA LOCATIONS

**BERKELEY HEIGHTS YMCA**  
590 Springfield Avenue, Berkeley Heights, NJ 07002  
Contact: Tiffany Escott, Executive Director  
(P) 908-464-8373 x3012 (E) [tiffanyescott@theSAY.org](mailto:tiffanyescott@theSAY.org)

**SUMMIT YMCA**  
67 Maple Street, Summit, NJ 07901  
Contact: Sarah Clinton, Executive Director  
(P) 908-373-3330 x1124 (E) [sarah.clinton@theSAY.org](mailto:sarah.clinton@theSAY.org)

**SUMMIT YMCA YOUTH CENTER**  
2 Walnut Street, Summit, NJ 07901  
Contact: Tia Sargent, Community Development Director  
(P) 908-273-3330 x1140 (E) [tia.sargent@theSAY.org](mailto:tia.sargent@theSAY.org)

**THE LEARNING CIRCLE YMCA**  
35 Morris Avenue, Summit, NJ 07901  
Contact: Joyce Kimashi, Executive Director  
(P) 908-273-2040 x1275 (E) [joyce.kimashi@theSAY.org](mailto:joyce.kimashi@theSAY.org)



The Summit Area YMCA is one of the area's leading charitable 501(c)(3) organizations. Our programs and services are open to all through our financial assistance programs made possible through the generosity of our members, donors and partners. To help us help others, make your tax-deductible donation today at [www.theSAY.org](http://www.theSAY.org)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CREATING A CHILD SAFE ENVIRONMENT



# Understanding and using your school's protocol

# What is a protocol?

- Code of Conduct
- Responding and Reporting
- Safe Physical Environments and Technology
- Screening and Hiring
- Ongoing Training
- Communicating with Parents

# Using your school/organization's protocol



- Where is your school's protocol located?
- How many have a copy to use it?
- How often are staff trained to use the protocol?
- Does your protocol change from year to year? Why?

# Action steps to think about

- Find out if your school has a child abuse prevention team
- Can you join that team?
- What are team member responsibilities?
- What is your school's policy regarding talking to parents?



# Keeping Kids Safe Parent Training Program

Multilingual, multicultural  
training for parents

Parents learn how and  
when to talk with children  
to keep them safe from child  
sexual abuse.

Parents learn appropriate ways and  
words to use with children to talk  
about child sexual abuse safety.

Parents learn what to do if a  
child tells them something has  
happened.



# Useful Resources

**Children's Trust** [www.childrenstrustma.org](http://www.childrenstrustma.org)

**Steps Toward Child Abuse Prevention & Creating Safe School Environments A How-To Manual For Massachusetts Educators**  
[http://childrenstrustma.org/uploads/files/PDFs/child\\_abuse\\_prevention\\_manual.pdf](http://childrenstrustma.org/uploads/files/PDFs/child_abuse_prevention_manual.pdf)

**Committee for Children** <http://www.cfchildren.org/>

**51A Online Mandated Reporter Training: Recognizing & Reporting Child Abuse, Neglect, and Exploitation** <http://51a.middlesexcac.org/>

**Massachusetts Children's Alliance**  
<http://www.machildrensalliance.org/index.html>

**Office of the Child Advocate** <http://www.mass.gov/childadvocate/>



**Why are  
we here today?**

# Thank you for participating!

*"We owe our children – the most vulnerable citizens in any society – a life free from violence and fear."*

*Nelson Mandela*