

Washington County

Children and Youth Services

Child Abuse Prevention

Digital Toolkit



[https://washingtoncountyhumanservices.com/
agencies/children-youth-services](https://washingtoncountyhumanservices.com/agencies/children-youth-services)

Keep Kids Safe by Strengthening Families

Washington County Children and Youth Services

Contact:

Switchboard:

[724-228-6884](tel:724-228-6884)

Toll Free: [888-619-9906](tel:888-619-9906)

Vision:

Family driven, strengths based approach to keeping children safe in their own home and communities where they have the opportunity to develop to their fullest potential.

Mission:

Washington County Children and Youth Service Agency (WCCYS) is committed to the wellbeing of children and families. By empowering and engaging families and the community, safety and permanency can be achieved and all members can thrive.



**Mandated Reporters are required to report
suspected child abuse.**

To make a good faith report of suspected physical and/or sexual abuse or neglect,

call or go to:

Contact PA Childline at

[1-800-932-0313](tel:1-800-932-0313)

Strong Communities Strengthen Families !



April is Child Abuse Prevention Month

Washington County Children & Youth Services



**We know that
raising a family can
be challenging at
times.**

In 2024 our team did
A LOT to support the
families in
Washington County!

Our team successfully:

- Served over 3,000 youth/over 1,500 families.
- Provided on-going support and resources to nearly 1,400 kids/325 families.
- Distributed 414 Beverly's Birthday Boxes to youth.

Provided:

The agency assisted families with necessities to ensure the safety and well-being of children, while keeping families together. We provided: 150 beds, 25 dressers, 14 cribs, 34 pack 'n plays, 45 alarms and clothing and personal care items

Our Prevention Unit:

- Served 550 kids/300 families with meeting basic needs by accessing resources.
- Successfully prevented the need for continued agency involvement.

Efforts:

Through these efforts, nearly 90% of the children served were safely maintained in their natural home. Let us be a part of your village. Please contact us if we can assist your family!

WHAT ARE ADVERSE CHILDHOOD EXPERIENCES?

Relationship between early childhood trauma and health and well-being problems later in life.

Source: World Health Organization



According to the CDC, adverse childhood experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include things such as experiencing abuse, neglect, or violence; growing up with a parent who has a substance use disorder; or living in an unstable household due to parental separation, divorce, or incarceration. These experiences can cause toxic stress which, when left unchecked, can change brain development and affect things such as attention, decision making, learning, and our response to stress.

ACEs are incredibly common among adults in the United States—61% of adults surveyed across 25 different states reported having experienced at least one ACE. They are linked to chronic health conditions, mental illness, and adult substance abuse problems. While ACEs have a costly effect on our society, they are preventable. By taking comprehensive action we can create safe, stable, nurturing relationships and environments for children and their families to reach their full potential.

Strong Communities Strengthen Families !



We Can Create Positive Childhood Experiences



Strengthen families' financial stability

- Paid time off
- Child tax credits
- Flexible and consistent work schedules



Promote social norms that protect against violence

- Positive parenting practices
- Prevention efforts involving men and boys



Help kids have a good start

- Early learning programs
- Affordable preschool and childcare programs



Teach healthy relationship skills

- Conflict resolution
- Negative feeling management
- Pressure from peers
- Healthy non-violent dating relationships



Connect youth with activities and caring adults

- School or community mentoring programs
- After-school activities



Intervene to lessen immediate and long-term harms

- ACEs education
- Therapy
- Family-centered treatment for substance abuse

Healthy childhoods start now.

Working together, we can help create neighborhoods, communities, and a world in which every child can thrive.

Learn how you can help!

<https://vetoviolence.cdc.gov/apps/aces-training/#/>



Strong Communities Strengthen Families !





Prevent Child Abuse Pennsylvania™

PCA PA is a chartered state chapter of [Prevent Child Abuse America](#)

The mission of Prevent Child Abuse PA is to prevent the abuse and neglect of children from ever happening. We believe that raising happy, healthy kids is good for everyone – for parents, for neighborhoods, for communities. When we do all that we can to support children, we are investing in their future well-being.

Pinwheels for Prevention™

The Pinwheels for Prevention Campaign is the national platform of Prevent Child Abuse America that began in 2008 and has firmly established the pinwheel as the symbol of child abuse prevention. The pinwheel stands for the carefree childhood we want for all children and is a call to neighbors, community members and leaders to play a role in protecting and nurturing our youngest citizens. Our goal is for abuse and neglect to never occur and to share the message that **Prevention IS Possible**.



Pinwheels for
PREVENTION
Prevent Child Abuse
Pennsylvania

Everyone Has a Role to Play



Be a nurturing adult. Children need to know that they are special, loved, and capable of following their dreams.



Learn about how children grow and mature, and have realistic expectations of what children can and cannot do.



Help a friend. Being a parent isn't easy. Someone you know may be struggling with his or her parenting. Offer to take care of the children so the parent can take a break.



Help yourself. When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control, take time out. Take a deep breath. Turn on some music. Know who to call for support.



Get involved. Advocate for services to help families. Help establish parenting groups in your community.



Volunteer at a local child abuse program. Volunteers are important leaders in the field of child abuse prevention.



Promote programs in schools. Educating children and adults about prevention can help keep children safe.



Report suspected abuse or neglect. If you suspect a child is being abused or neglected, make it your responsibility to report it. Reporting or admitting abuse does not destroy a family. It gets family members the help they need and helps protect children from further harm. You could be saving a life.

To make a report in Pennsylvania, call ChildLine, toll-free, 24 hrs./day at 1-800-932-0313. Call the police if a child is at immediate risk of injury.

Protective Factors

Protective Factors are conditions in families and communities that extensive research and common sense tell us are good for the health and well-being of children and families. Here they are:

- 1 Parental resilience:** The ability of parents and caretakers to cope and bounce back from all types of challenges.
- 2 Social connections:** Having friends, family members, neighbors, and other people in a community who are there to provide emotional support.
- 3 Knowledge of parenting and child development:** True information about what is involved in raising children and what to expect at different ages.
- 4 Concrete support in times of need:** Money to cover day-to-day expenses and unexpected costs that may come up along with knowing where to get help, if needed.
- 5 Children's healthy social and emotional development:** A child feels loved, a sense of belonging, and can get along with others.



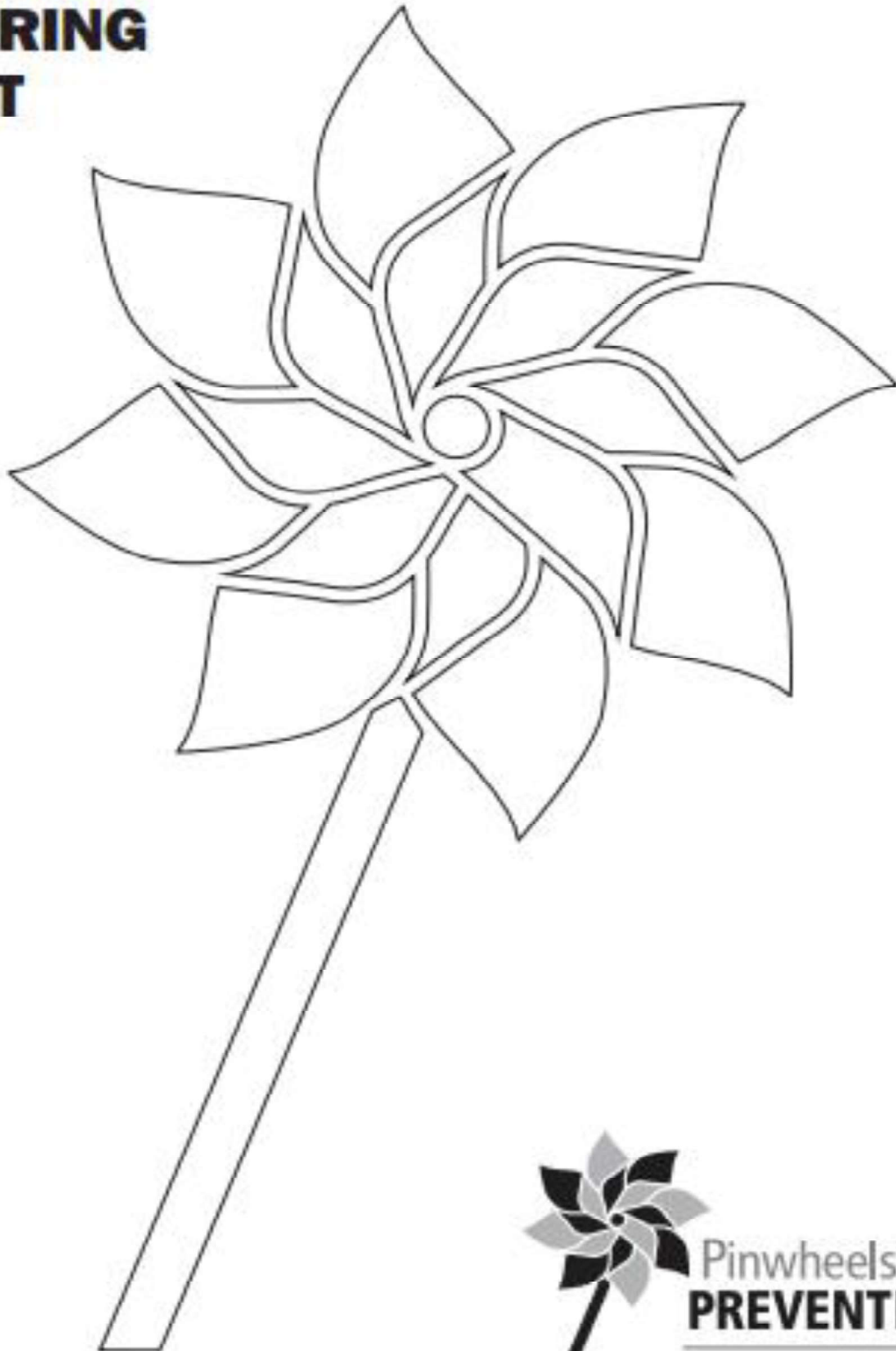
Speak Up For All Kids

If you are witnessing adults and children struggling in public, avoid a negative judgment. Instead, assess the situation and assess yourself. If you are ready to be helpful, then . . .

- Offer assurance through a smile or a positive comment.
- Show empathy – imagine yourself in the other person's shoes.
- Offer encouragement – say something positive that you see about the child or adult.
- Distract and redirect their attention away from the stressful situation.

During the month of April, community members use pinwheels as a visible show of support for keeping children in our community safe. Have a child color the pinwheels and proudly display them in your window of your house or business

PINWHEEL COLORING SHEET



preventchildabuse.org

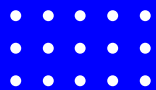


Pinwheels for
PREVENTION

Prevent Child Abuse
America



WASHINGTON COUNTY
CHILDREN & YOUTH SERVICES



5K Run/Walk



**ALL
PROCEEDS
WILL BENEFIT
BEVERLY'S
PGH.**

Join us for a 5K Run/Walk
in honor of Child Abuse
Prevention Month.

April 27, 2025 Mingo Creek Park

Registration begins at 11am

Race starts at 12pm

SCAN THE QR CODE TO REGISTER.

**QUESTIONS? CALL AMANDA GOLKOSKY AT
724-228-6962**



Signs of Child Abuse

A child who exhibits the following signs may be victims of:

SIGNS OF PHYSICAL ABUSE

- Has unexplained injuries, such as burns, bites, bruises, broken bones, or black eyes
- Has fading bruises or other noticeable marks after an absence from school
- Seems scared, anxious, depressed, withdrawn, or aggressive
- Seems frightened of his or her parents and protests or cries when it is time to go home
- Shrinks at the approach of adults
- Shows changes in eating and sleeping habits
- Reports injury by a parent or another adult caregiver
- Abuses animals or pets



SIGNS OF NEGLECT

- Is frequently absent from school
- Begs or steals food or money
- Lacks needed medical care (including immunizations), dental care, or glasses
- Is consistently dirty and has severe body odor
- Lacks sufficient clothing for the weather
- Abuses alcohol or other drugs
- States that there is no one at home to provide care



SIGNS OF SEXUAL ABUSE

- Has difficulty walking or sitting
- Experiences bleeding, bruising, or swelling in their private parts
- Suddenly refuses to go to school, activity or relative's home
- Reports nightmares or bedwetting
- Experiences a sudden change in appetite
- Demonstrates bizarre, sophisticated, or unusual sexual knowledge or behavior
- Becomes pregnant or contracts a sexually transmitted disease, particularly if under age 14
- Runs away
- Reports sexual abuse by a parent or another adult caregiver
- Attaches very quickly to strangers or new adults in their environment



EMOTIONAL MALTREATMENT

- Shows extremes in behavior, such as being overly compliant or demanding, extremely passive, or aggressive
- Is either inappropriately adult (e.g., parenting other children) or inappropriately infantile (e.g., frequently rocking or head-banging)
- Is delayed in physical or emotional development
- Shows signs of depression or suicidal thoughts
- Reports an inability to develop emotional bonds with others



Information for this infographic was obtained from the Child Welfare Information Gateway. (2019). *What is child abuse and neglect? Recognizing the signs and symptoms*. Washington, DC: U.S. Department of Health and Human Services, Children's Bureau. To read the full publication, visit [ncjtc.org/childabusesigns](https://www.ncjtc.org/childabusesigns)

Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free *Milestone Tracker* app to find fun and easy activities for each age.



Track & Share
Milestones

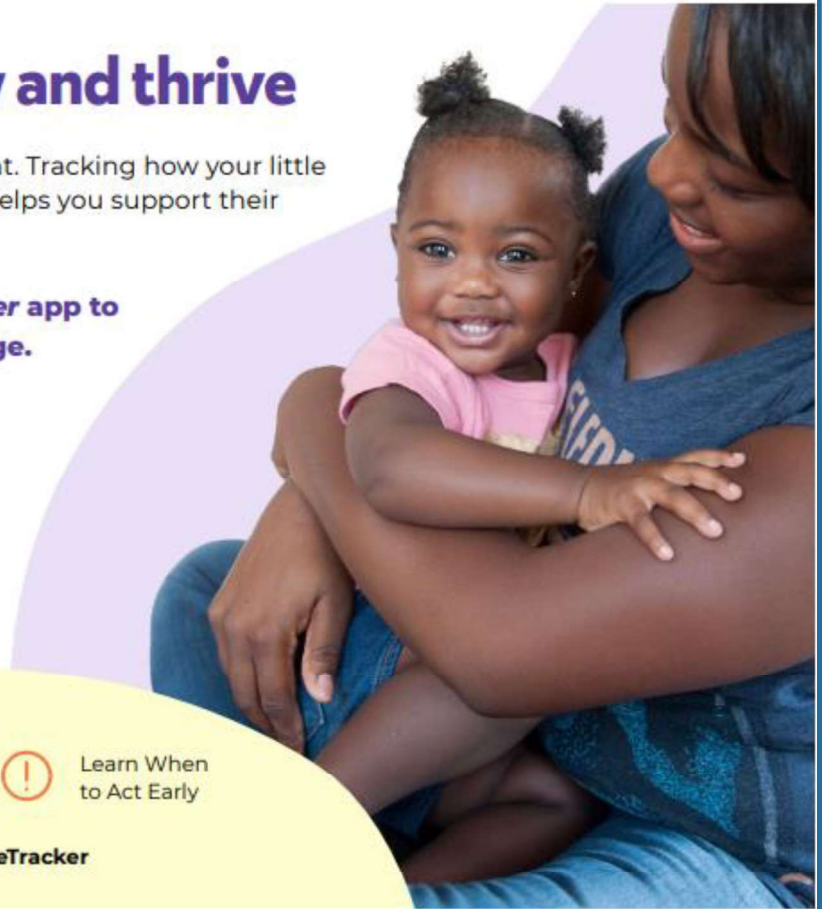


Get Tips &
Activities



Learn When
to Act Early

Learn more at cdc.gov/MilestoneTracker



CDC's Milestone Tracker App

[Español \(Spanish\)](#)

Download it free today on [iOS](#) and [Android](#) devices in English and [Spanish](#)!



Milestones matter! Track your child's milestones from age 2 months to 5 years with CDC's easy-to-use illustrated checklists; get tips from CDC for encouraging your child's development; and find out what to do if you are ever concerned about how your child is developing.

From birth to age 5, your child should reach milestones in how he or she plays, learns, speaks, acts, and moves. Photos and videos in this app illustrate each milestone and make tracking them for your child easy and fun!

Strong Communities Strengthen Families !



4 TIPS FOR PARENTS AND CAREGIVERS TO HELP BABY SLEEP SAFELY



Place your baby on his or her back for all sleep times - naps and at night.



Use a firm sleep surface, such as a mattress in a safety-approved crib.



Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of baby's sleep area.



Have baby share your room, not your bed.

Strong Communities Strengthen Families !



LEARN CPR

You Can Do It!

CPR for Infants (Age <1)

If you are alone with the infant give 2 minutes of CPR before calling 911.



1. Shout and Tap

Shout and gently tap the child on the shoulder. If there is no response and not breathing or not breathing normally, position the infant on his or her back and begin CPR.



2. Give 30 Compressions

Give 30 gentle chest compressions at the rate of 100-120/minute. Use two or three fingers in the center of the chest just below the nipples. Press down approximately one-third the depth of the chest (about 1 and a half inches).



3. Open The Airway

Open the airway using a head tilt lifting of chin. Do not tilt the head too far back.



4. Give 2 Gentle Breaths

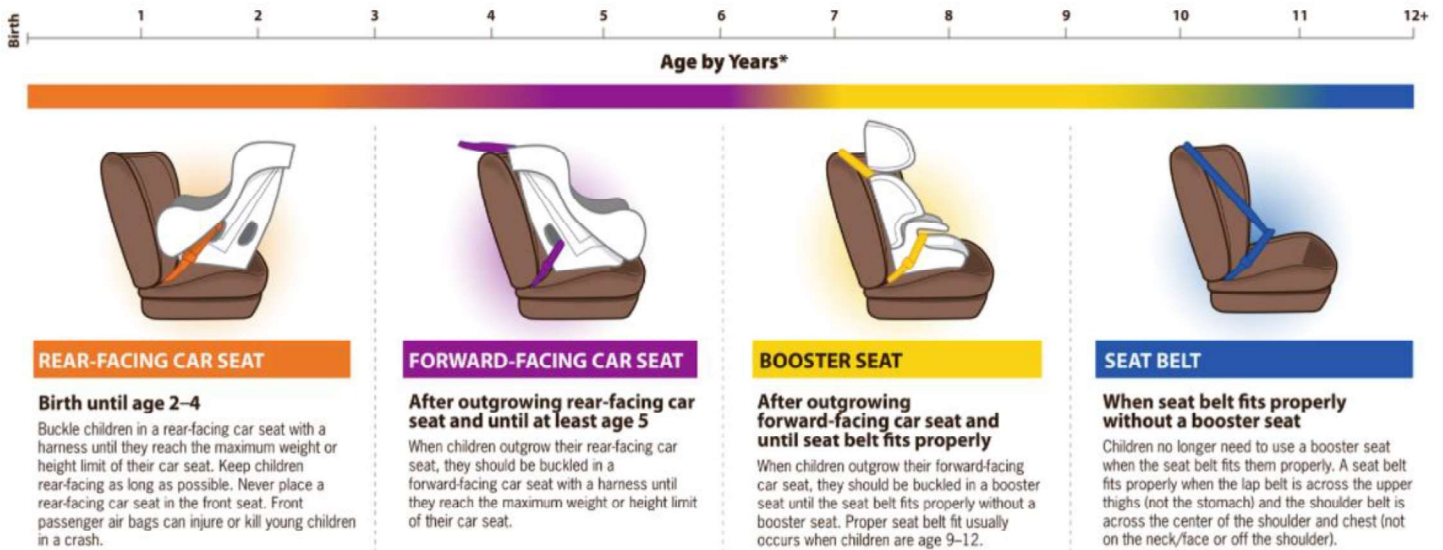
If the baby is not breathing or not breathing normally, cover the baby's mouth and nose with your mouth and give 2 gentle breaths. Each breath should be 1 second long. You should see the baby's chest rise with each breath.

CONTINUE WITH 30 PUMPS AND 2 BREATHS UNTIL HELP ARRIVES

Strong Communities Strengthen Families !



Using the correct car seat or booster seat can be a lifesaver. Make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



Keep children age 12 and younger properly buckled in the back seat.

*Recommended age ranges for each seat type vary to account for differences in child growth and weight/height limits of car seats and booster seats. Use the car seat or booster seat manual to check for important information about installation, the seat weight and height limits, and proper seat use.

Child passenger safety recommendations: American Academy of Pediatrics (AAP) 2018.

https://www.cdc.gov/transportationsafety/child_passenger_safety/strategies.html



Car seat safety: Avoid 9 common mistakes

1. Getting a used car seat without doing your homework
2. Placing the car seat in the wrong spot
3. Incorrectly installing the car seat or buckling up your child
4. Reclining your child at the incorrect angle
5. Moving to a forward-facing car seat too soon
6. Not removing your child's heavy outerwear
7. Moving to a booster seat too soon
8. Incorrectly using a booster seat
9. Transitioning to a seat belt too soon

Strong Communities Strengthen Families !



Positive Parenting Tips for Healthy Child Development

Preschoolers (3-5 years of age)

Developmental Milestones

Skills such as naming colors, showing affection, and hopping on one foot are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

As children grow into early childhood, their world will begin to open up. They will become more independent and begin to focus more on adults and children outside of the family. They will want to explore and ask about the things around them even more. Their interactions with family and those around them will help to shape their personality and their own ways of thinking and moving. During this stage, children should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress and undress themselves, play with other children, recall part of a story, and sing a song.

For more details on developmental milestones, warning signs of possible developmental delays, and information on how to help your child's development, visit the "Learn the Signs. Act Early." campaign website.

<https://www.cdc.gov/ncbddd/actearly/index.html>

Positive Parenting Tips

Following are some things you, as a parent, can do to help your preschooler during this time:

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.
- Help your child develop good language skills by speaking to him in complete sentences and using "grown up" words. Help him to use the correct words and phrases.
- Help your child through the steps to solve problems when she is upset.
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).



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Positive Parenting Tips for Healthy Child Development



Middle Childhood (6-8 years of age)

Developmental Milestones

Middle childhood brings many changes in a child's life. By this time, children can dress themselves, catch a ball more easily using only their hands, and tie their shoes. Having independence from family becomes more important now. Events such as starting school bring children this age into regular contact with the larger world. Friendships become more and more important. Physical, social, and mental skills develop quickly at this time. This is a critical time for children to develop confidence in all areas of life, such as through friends, schoolwork, and sports.

Middle Childhood (9-11 years of age)

Developmental Milestones

Your child's growing independence from the family and interest in friends might be obvious by now. Healthy friendships are very important to your child's development, but peer pressure can become strong during this time. Children who feel good about themselves are more able to resist negative peer pressure and make better choices for themselves. This is an important time for children to gain a sense of responsibility along with their growing independence. Also, physical changes of puberty might be showing by now, especially for girls. Another big change children need to prepare for during this time is starting middle or junior high school.

Positive Parenting Tips

Following are some things you, as a parent, can do to help your child during this time:

Following are some things you, as a parent, can do to help your child during this time:

- Show affection for your child. Recognize her accomplishments.
- Help your child develop a sense of responsibility—ask him to help with household tasks, such as setting the table.
- Talk with your child about school, friends, and things she looks forward to in the future.
- Talk with your child about respecting others. Encourage him to help people in need.
- Help your child set her own achievable goals—she'll learn to take pride in herself and rely less on approval or reward from others.
- Help your child learn patience by letting others go first or by finishing a task before going out to play. Encourage him to think about possible consequences before acting.
- Make clear rules and stick to them, such as how long your child can watch TV or when she has to go to bed. Be clear about what behavior is okay and what is not okay.
- Do fun things together as a family, such as playing games, reading, and going to events in your community.

National Center on Birth Defects and Developmental Disabilities, Division of Human Development and Disability



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Positive Parenting Tips for Healthy Child Development



Young Teens (12-14 years of age)

Developmental Milestones

This is a time of many physical, mental, emotional, and social changes. Hormones change as puberty begins. Most boys grow facial and pubic hair and their voices deepen. Most girls grow pubic hair and breasts, and start their period. They might be worried about these changes and how they are looked at by others. This also will be a time when your teen might face peer pressure to use alcohol, tobacco products, and drugs, and to have sex. Other challenges can be eating disorders, depression, and family problems. At this age, teens make more of their own choices about friends, sports, studying, and school. They become more independent, with their own personality and interests, although parents are still very important.

Teenagers (15-17 years of age)

Developmental Milestones

This is a time of changes for how teenagers think, feel, and interact with others, and how their bodies grow. Most girls will be physically mature by now, and most will have completed puberty. Boys might still be maturing physically during this time. Your teen might have concerns about her body size, shape, or weight. Eating disorders also can be common, especially among girls. During this time, your teen is developing his unique personality and opinions. Relationships with friends are still important, yet your teen will have other interests as he develops a more clear sense of who he is. This is also an important time to prepare for more independence and responsibility; many teenagers start working, and many will be leaving home soon after high school.

Positive Parenting Tips

Following are some things you, as a parent, can do to help your child during this time:

- Be honest and direct with your teen when talking about sensitive subjects such as drugs, drinking, smoking, and sex.
- Meet and get to know your teen's friends.
- Show an interest in your teen's school life.
- Help your teen make healthy choices while encouraging him to make his own decisions.
- Respect your teen's opinions and take into account her thoughts and feelings. It is important that she knows you are listening to her.
- When there is a conflict, be clear about goals and expectations (like getting good grades, keeping things clean, and showing respect), but allow your teen input on how to reach those goals (like when and how to study or clean).

National Center on Birth Defects and Developmental Disabilities, Division of Human Development and Disability



Strong Communities Strengthen Families !



Kids and Social Media



Over 5 million Facebook users
are under the age of 13

And 78% of parents helped by
creating them the accounts

Access to Smartphones made 42% of
twens post "risky" pics on Instagram



Only 18% have posted pics
that they later regretted sharing



Nearly 80% of Pinterest
users are female

Out of which, 24% are aged
between 8-14 years



20% of tweens have an
account and use Vine



Only 11% of Vine users are
aged between 18-30 years



35% of tweens use Snapchat
on a mobile phone

On Snapchat, 6 out of 10 tweens have
been cyberbullying or sexting victims

16% of tweens consider Twitter
as their favorite social network



75% of their tweets are
either derogatory or self-centered

Sources

THE
HUFFINGTON
POST

Forbes

Mashable



Uknowkids

PEW
RESEARCH
CENTER

KEEPING CHILDREN SAFE ONLINE

Immediately report
suspected online
enticement or sexual
exploitation of a child



National Center for Missing & Exploited
Children (NCMEC) at **1-800-843-5678** or
<https://report.cybertip.org>

Call:



FBI at: <https://tips.fbi.gov>

Parents should stay involved in their children's digital world, know the apps they use, use parental controls where possible, and block and report people who make them feel uncomfortable.

Kids should talk with a trusted adult so they understand online risks, only chat with people they know, ensure their online accounts are private, block people they don't know or trust, and trust their instinct—if something makes them feel uncomfortable, tell a trusted adult about it.

Kids and parents should stay alert—people aren't always who they seem in online environments where identity is easy to fake.

Stay safe at home. Stay safe online.

To report an online child sexual exploitation offense, call 911 or go to report.cybertip.org.

TIPS TO HELP PROTECT CHILDREN

Due to school closings, stay-at-home orders, and hybrid learning because of the COVID-19 pandemic, children's increased online presence may put them at greater risk of child exploitation. Parents, guardians, caregivers, and teachers can take the following measures to help protect children from becoming victims of online child predators.

- **Discuss internet safety and develop an online safety plan** with children before they engage in online activity. Establish clear guidelines, teach children to spot red flags, and encourage children to have open communication with you.
- **Supervise young children's use of the internet**, including periodically checking their profiles and posts. Keep electronic devices in open, common areas of the home and consider setting time limits for their use.
- **Review games, apps, and social media sites** before they are downloaded or used by children. Pay particular attention to apps and sites that feature end-to-end encryption, direct messaging, video chats, file uploads, and user anonymity, which are frequently relied upon by online child predators.
- **Adjust privacy settings and use parental controls** for online games, apps, social media sites, and electronic devices.
- **Tell children to avoid sharing personal information, photos, and videos online** in public forums or with people they do not know in real life. Explain to your children that images posted online will be permanently on the internet.
- **Teach children about body safety and boundaries**, including the importance of saying 'no' to inappropriate requests both in the physical world and the virtual world.
- **Be alert to potential signs of abuse**, including changes in children's use of electronic devices, attempts to conceal online activity, withdrawn behavior, angry outbursts, anxiety, and depression.
- **Encourage children to tell a parent, guardian, or other trusted adult** if anyone asks them to engage in sexual activity or other inappropriate behavior.

Strong Communities Strengthen Families !



CYBER SAFETY

PROTECTING OUR CHILDREN ONLINE

Call: 1-800-385-1044

Email: cpu@attorneygeneral.gov



Josh Shapiro
Pennsylvania Attorney General

COMMUNICATION: THE FIRST STEP

Children begin using electronic devices at a very young age. Their technological knowledge and skills are extensive, which makes it important to set clear rules and expectations for online activity. Remember, once something goes viral it is always accessible.

Talk to your children about the potential dangers of the Internet such as *exposure to inappropriate material, sexual solicitation, harassment, and bullying*. Encourage your children to confide in you if anything has made them feel uncomfortable.



Website: www.attorneygeneral.gov

Or PA OAG app

Anonymous
text: PAKIDS
Followed by
your tip, to
847411 (TIP411)



ONLINE SAFETY: PREPARE A PLAN

- Establish age-appropriate rules for Internet use, ensure everyone understands them.
- Know your child's passwords
- Advise your child to NEVER:
 - Agree to meet face to face with someone they've met online.
 - Provide their name, phone number, address, school name, parent's name, or any other personal information.
 - Transmit a compromising picture of themselves or others.
 - Engage in cyber bullying by forwarding mean or inappropriate comments or photos.
- Teach your child age-appropriate use of online profiles on social networking sites and blogging, as the person at the other end is not always who they claim to be.



KNOW THE WARNING SIGNS

Your child might be at risk if he or she:

- Spends large amounts of time online, especially late at night.
- Turns off the computer quickly when you come into the room or becomes upset when you ask to see what they are doing online.
- Receives phone calls from adults you don't know or is making long distance calls.
- Receives mail or gifts from people you don't know.
- Uses an online account belonging to someone else.

FIFTEEN APPS

PARENTS SHOULD KNOW ABOUT

Courtesy of the
Washington County
Sheriff's Office



- **MeetMe** is a dating app that allows users to connect with people based on geographic proximity. Users encouraged to meet in person.
- **Grindr** is a dating app geared towards the LGBT community. The app gives users options to chat, share photos, and meet up based on a phone's GPS location.
- **Skout** is a location-based dating app. While users under 17 are unable to share private photos, they can easily create an account using a different age.
- **WhatsApp** is a messaging app used to send texts, photos, make calls and video chats worldwide.
- **TikTok** is an app used to create and share videos with "very limited privacy controls," per law enforcement and users vulnerable "to bullying and explicit content."
- **Bumble** is a dating app that requires women to make the first content. Law enforcement says "kids have been known to use Bumble to create fake accounts and falsify their age."
- **Snapchat** is one of the most popular social media apps in the world, Snapchat lets users take and share photos and videos. The app also lets people see your location.
- **Kik** is an app that allows anyone to contact and direct message your child and kids can bypass traditional text messaging features, giving users unlimited access.
- **Live.Me** is a live-streaming video app that uses geolocation to share videos. Deputies say users can find out a broadcaster's location and earn coins as a way to pay minors for photos.
- **Holla** is a self-proclaimed "addicting" video chat app that allows users to meet worldwide in seconds, according to deputies. Viewers say they have been confronted with racial slurs, explicit content and more.
- **Whisper** is an anonymous social network that promotes sharing secrets with strangers and reveals a user's location so people can meet up.
- **Ask.fm** is known for cyberbullying and encourages users to allow anonymous people to ask them questions, according to deputies.
- **Calculator%** is only one of several secret apps used to hide photos, videos, files, and browser history.
- **Hot or Not** encourages users to rate your children, check out people in their area and chat with strangers.

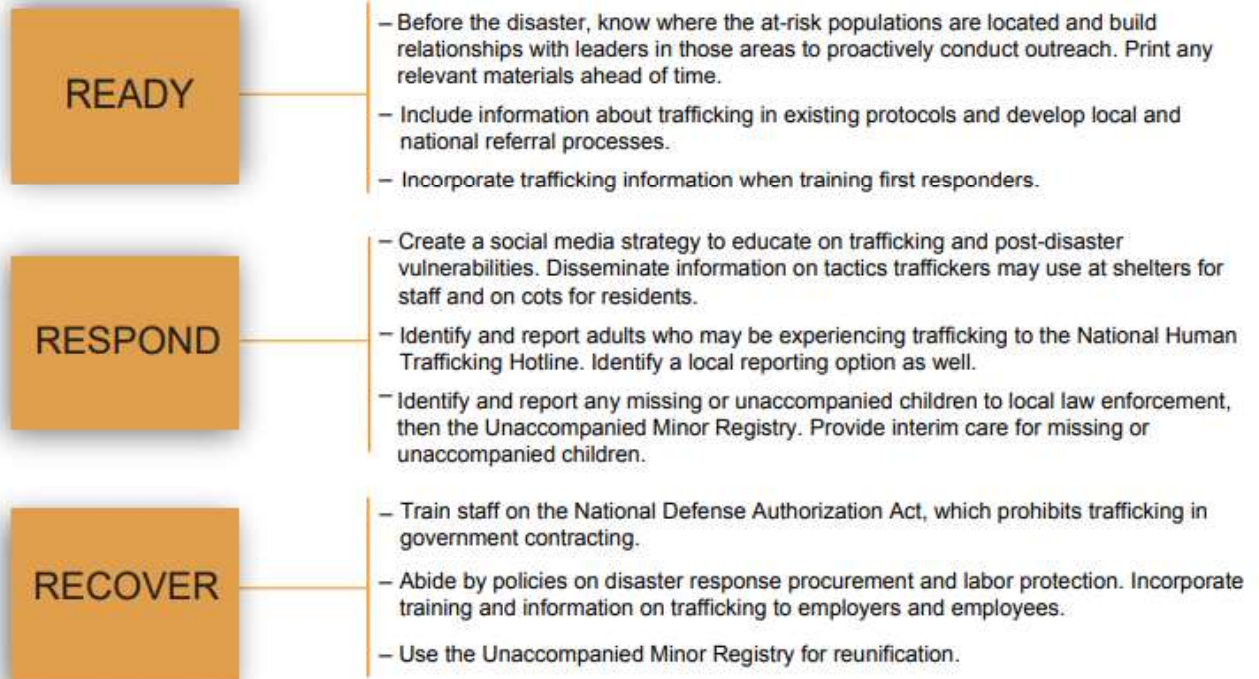
We have Social Media Programs available for parents, students and educators.
For more information, contact Deputy Elizabeth Davidson at 724-228-6888

PREVENTING HUMAN TRAFFICKING

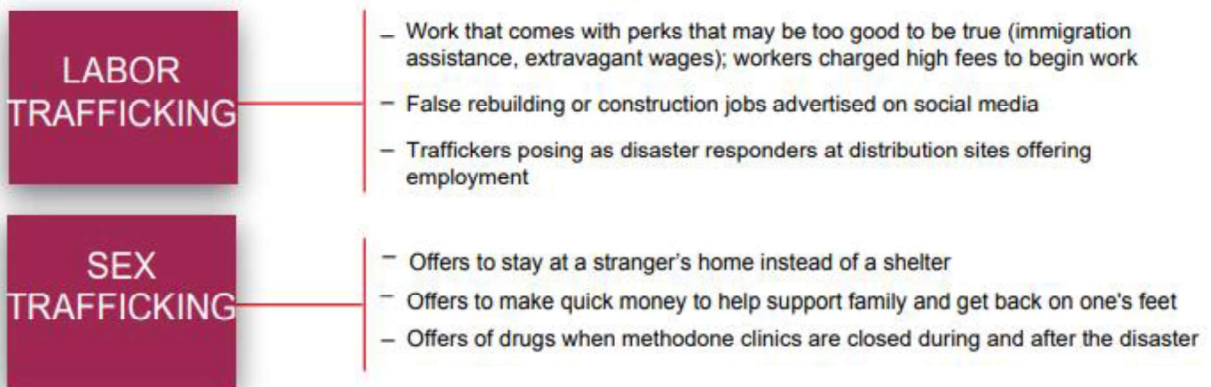
What Disaster Responders Need to Do

Disasters increase the risk of trafficking. As a disaster responder and/or health care provider, you are likely to come in contact with a trafficked individual.

Disasters Increase the Risk of Trafficking



Be Aware of Potential Trafficking Schemes



If you think someone may be experiencing trafficking, call and/or encourage them to call the [National Human Trafficking Hotline: 888-373-7888](https://www.humantraffickinghotline.org) to receive help, resources, and information.



ADMINISTRATION FOR
CHILDREN & FAMILIES
Office on Trafficking in Persons

ASPR
ASSISTANT SECRETARY FOR
PREPAREDNESS AND RESPONSE

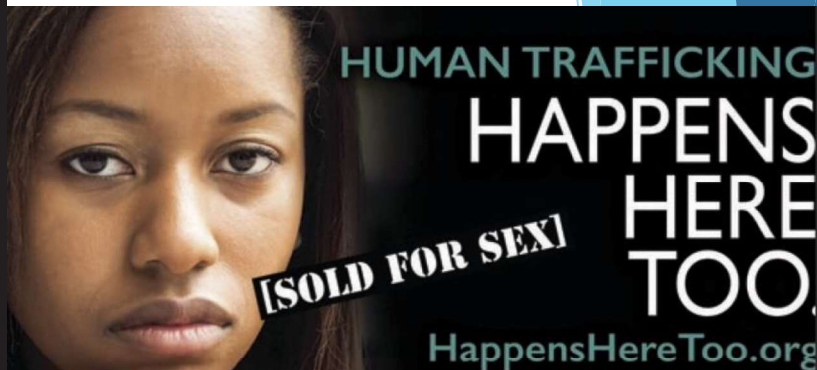
Strong Communities Strengthen Families !



**HUMAN
TRAFFICKING**

**Be Alert
Be Strong
Be Free**

#EndTrafficking



1-888-373-7888

CONFIDENTIAL | TOLL-FREE | 24/7

<https://humantraffickinghotline.org/>

Interpreters available

Get help if someone:

- ☐ Takes away your ID or documents
- ☐ Forces you to work against your will
- ☐ Doesn't pay you what you were promised
- ☐ Threatens or hurts you
- ☐ Offers you money or something of value for sex

CALL THE HOTLINE TO:

- ① Get help.
- ② Report a tip.
- ③ Find services.
- ④ Learn about your options.

Victims of trafficking can be found in:

- Brothels, massage parlors, strip clubs
- Street prostitution, truck stops, online
- Domestic service, nannies, elder care
- Construction, landscaping
- Farms ranches, fisheries
- Manufacturing, factories
- Hotels, hospitality industry
- Restaurants, other food services
- Bars, spas, salons
- Sales crews, peddling, begging rings

Strong Communities Strengthen Families !



My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



National Institute
of Mental Health

NIH Publication No. 20-MH-8134

<https://www.nimh.nih.gov/>

Follow NIMH on
Social Media @NIMHgov



We Can All Prevent Suicide

We Believe

Hope Can Happen

Suicide is not inevitable for anyone. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives.

We Can All Take Action

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

Crisis Centers are Critical

By offering immediate counseling to everyone that may need it, local crisis centers provide invaluable support at critical times and connect individuals to local services.



Washington County
24-Hour Crisis Line
1-877-225-3567

National Suicide
Prevention Lifeline
1-800-273-8255



Know the Risk Factors

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

Strong Communities Strengthen Families !



CHILDREN AND GUN SAFETY

By: Judy Schaechter, MD,
MBA, FAAP

Did you know that roughly a third of U.S. homes with children have guns? In fact, an estimated 4.6 million kids live with unlocked, loaded guns. That's a scary statistic when you think about the fact that even young toddlers are capable of finding unlocked guns in the home, and they are strong enough to pull the trigger.

As a parent, you may not realize what a serious risk a gun in the home is, especially for children. The reality is that having firearms in the home increases the risk of unintentional shootings, suicide, and homicide.

Firearm Safety for Families



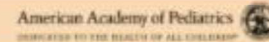
Studies show children are naturally curious, even about a firearm they've been warned not to touch.



Kids are safer when:
Firearms are in a lockbox or safe, unloaded. Ammunition is locked away separately.



Kids are safest when:
firearms are stored outside the home.



GUN SAFETY and children



About 1/3 of the homes with children in the United States have a gun. Many are stored loaded and/or unlocked.

Just as you'd ask about pets, allergies, supervision and other safety issues before your child visits another home, add one more important question:
"Is there an unlocked gun in your house?"

Keep the "safe" in firearm safety

Hiding a gun is not enough! Kids are curious, and studies show they usually know where a family keeps a gun.

Gun safes can lower the risk a curious child will be hurt:



Safe or lockbox for handguns



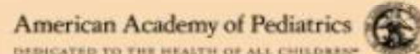
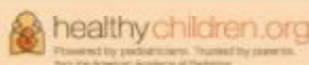
Locked gun safe for rifles



Gun trigger locks—
inexpensive and effective



Lock box for ammo





Pennsylvania's Children's
Health Insurance Program
We Cover All Kids.

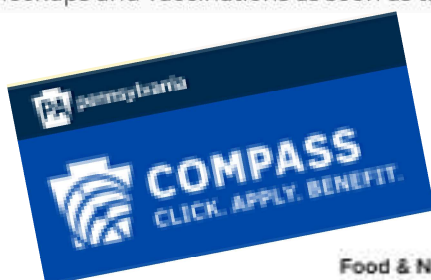
CHIP Keeps PA Kids Strong

HEALTH COVERAGE FOR KIDS & TEENS

CHIP is short for the Children's Health Insurance Program, Pennsylvania's program to provide health insurance to uninsured children and teens who are not eligible for or enrolled in Medical Assistance.

There are a lot of reasons kids might not have health insurance — maybe their parents lost a job, don't have health insurance at work, or maybe other options just cost too much. Whatever the reason, CHIP may be able to help.

Nine out of 10 CHIP parents report satisfaction with their child's health plan, and 96 percent received an appointment for checkups and vaccinations as soon as they wanted.



HELPLINE at 1-800-692-7462

Health Care

HealthChoices, Pennsylvania's Medical Assistance program, provides you and your family with many health care options.

[Learn More about Pennsylvania's Medical Assistance expansion plan](#)

Medical Assistance

[Medicaid For Former Foster Care Youth](#)

[CHIP](#)

[Pennsylvania's Health Insurance Marketplace \(Pennie\)](#)

Food & Nutrition

The Supplemental Nutrition Assistance Program (SNAP) and the School Meals program help you and your family buy food and receive nutritious free or reduced-price school meals.

[SNAP](#)

[School Meals](#)

[Employment and Training Service](#)

Home and Community Based Service Referrals

Home and Community Based Services provide services beyond those covered by Medical Assistance that enable an individual to remain in a community setting. The following services are not available to be applied for on COMPASS, but you can submit a referral to express your interest in the service. Go to [Do I Qualify?](#) to submit your referral today.

[Early Intervention Services](#)

[Intellectual Disability Services](#)

[Adult Autism Services](#)

Other Benefits

[Cash Assistance](#)

[Low Income Home Energy Assistance Program \(LIHEAP\)](#)

[Low Income Household Water Assistance Program \(LIHWAP\)](#)

[Child Care Works](#)

[Long Term Living Services - Home and Community Based](#)

[Long Term Living Services - Nursing Home and Related Facilities](#)

[Emergency Rental Assistance Program](#)

[2021-2022 Pandemic Electronic Benefit Transfer](#)

Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program (SNAP) helps Pennsylvanians buy food. People in eligible low-income households can obtain more nutritious diets with SNAP increasing their food purchasing power at grocery stores and supermarkets. Those who are eligible receive an Electronic Benefits Transfer (EBT) ACCESS Card to make food purchases. Experiencing a food emergency and need food right away? Help is available.

THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

SNAP *Facts*

NUMBER OF PEOPLE ON SNAP IN PA: **1.8 MILLION**



646,055 are children



326,597 are older adults



476,751 have disabilities



Questions?

Call the Department of Human Services Helpline, toll-free, at 1-800-692-7462 (1-800-451-5886 for individuals with hearing impairments) or your county assistance office.

Domestic Violence

Different types can include:

- Physical abuse - hitting, kicking, choking, shoving, not allowing someone to leave the house, or using objects like knives and guns to cause injury
- Emotional abuse - threats, name-calling, or put downs
- Sexual abuse - rape or forces unwanted sex acts
- Theft of money or other items
- Hurting pets
- Threatening children
- Not allow someone to work
- Not allowing someone see friends and family

If any of these things are happening to you, or you are afraid of your partner, you may be in an abusive relationship.

Domestic violence is a crime and there are legal protections available for you. You can get help. Leaving a violent relationship isn't easy. Victims stay because of money, family pressure, concern for kids or fear of their partner.

IMPORTANT!

If you feel unsafe and need help for yourself, your family, or someone else in a domestic crisis, contact:

- **911 for emergency police assistance**
- National Domestic Violence Hotline 1-800-799-SAFE (7233)
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- Teen Dating Violence Hotline: 1-866-331-9474 or text "loveis" to 22522
- www.domesticshelters.org to locate a domestic violence shelter near you
- PA 2-1-1 Southwest is a free, 24/7, 3-digit phone number that connects people with community, health and disaster services. A searchable database of services is available at pa211sw.org. Dialing 2-1-1 connects you with an information and referral specialist who can help
- Domestic Violence Services of Southwestern PA: www.peacefromdv.org (724) 223-9190 or (800) 791-4900
- Washington County Children and Youth Services (724) 228-6884 has resources for you if your children are in danger



<http://www.domesticshelters.org>

www.peacefromdv.org

Drug Prevention Tips for Every Age

As a parent, you are the biggest influence in your child's life and having open, honest conversations is one of the most powerful ways to connect with your kids and help them develop into healthy adults. When addressing some more challenging topics – like nicotine, alcohol or drugs – it's not about having a one-time "drug talk," but rather tackling the subject through more frequent, organic conversations that evolve as your child gets older. Some things to keep in mind:

Preschool (2-4 years old)

- Explain the importance of taking good care of our bodies
- Celebrate your child's decision-making skills
- Help your child avoid dangerous substances that exist in their immediate world
- Keep all substances out of sight and out of reach of kids
- Help your child to understand the difference between make-believe and real life
- Turn frustration into a learning opportunity

Early elementary (5-8 years old)

- Talk to your kids about substance-related message they see on TV or the Movies or overhear at School
- Keep your discussions about substances focused on the present
- Discuss the differences between medicinal and illegal uses of drugs
- Set clear rules and expectations
- Work on problem solving together
- Get to know your child's friends

Preteen (9-12 years old)

- Make sure your child knows your rules - and that you'll enforce the consequences if rules are broken
- Feeling of insecurity, doubt and pressure may creep in during puberty
- Get to know your child's friends - and their friends' parents
- Help children separate reality from fantasy.

Teenager (13-18 years old)

- Make sure your teen knows the rules and consequences for breaking those rules
- Make it clear that you disapprove of all alcohol, vaping, nicotine and drug use
- Let your teen in on all the things you find wonderful about them
- Show interest in and discuss your child's daily ups and downs

Young adult (19-25 years old)

- Keep an open line of communication with your child as they leave home
- Your child needs to know that if any problems or difficult situations arise, they can turn to you for help
- Stay alert to possible mental health issues
- While the most popular drugs on college campuses are alcohol, vaping and marijuana, non-medical use of prescription stimulants, pain relievers and tranquilizers is also common and can be very dangerous



RESOURCES AND LINKS

Washington County Children and Youth would like to thank a variety of individuals, organizations, agencies, and groups, all which share a common interest in children's safety and well-being, in assisting in the development of this toolkit. Our working partnerships strengthens prevention work and provides the greatest opportunity to impact efforts in stopping child abuse and neglect.

Below is a list of resources utilized in the development of this toolkit. In addition, national and state resources are provided. You are encouraged to utilize the resources to help support you through one of the most difficult jobs, being a parent.

Washington County Department of Human Services

[Washington County Department of Human Services \(washingtoncountyhumannservices.com\)](http://www.washingtoncountyhumannservices.com)

Agencies:

- Aging Services
- Children & Youth Services
- Housing & Homeless Services
- Behavioral Health & Developmental Services
- Drug and Alcohol Services (partnership)
- Veterans Affairs

A Special Thank You to:

Behavioral Health & Developmental Services Mental Health, Intellectual and Developmental Disabilities, Early Intervention, Child and Adolescent Services

Washington County Human Services, BHDS
(724) 228-6832

<https://www.washingtoncountyhumannservices.com/agencies/behavioral-health-developmental-services>

Child Protection

Washington County Children and Youth Services
(724) 228-6884

<https://www.washingtoncountyhumannservices.com/agencies/children-youth-services>

Childcare:

Early Learning Resource Center
Office of Child Development and Early Learning
(800) 548-2741 or (724) 836-4580

<https://www.elcrkids.com>

Child Protection

Washington County Children and Youth Services
(724) 228-6884

<https://www.washingtoncountyhumannservices.com/agencies/children-youth-services>

Crisis Support: Domestic Violence

Domestic Violence Services of Southwestern PA
(800) 791-4000

<https://www.eacefromdv.org>

Domestic Violence and Sexual Assault Hotline
SPHS C.A.R.E Center Crisis Hotline
(724) 225-6940

Drug and Alcohol

Washington Drug and Alcohol Commission, Inc.
(724) 223-1881 #1

<https://wdacinc.org>

Parenting Teens

The Academy for Adolescent Health
(Teen Outreach)
(724) 222-2311

<https://www.healthyteems.com>



RESOURCES AND LINKS

Car Seat Safety

[21_326166_A_Hull_Restraints_2001x1126.png \(2001x1126\) \(cdc.gov\)](#)

[Car seat safety: Avoid 9 common mistakes - Mayo Clinic](#)

[Safe Sleep for Babies | VitalSigns | CDC](#)
[national child abuse statistics.pdf](#)

Preschoolers (3-5 years of age)

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/pdfs/preschoolers-3-5-w-npa.pdf>

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle.html>
<https://www.preventchildabusepa.org/national-child-abuse-statistics.pdf>

2020 Child Protective Services Report_FINAL (1).pdf

<https://cblcc.acf.hhs.gov/news/22nd-national-conference-on-child-abuse-and-neglect/>

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

[HTTPS://WWW.PREVENTCHILDABUSEPA.ORG/](https://www.preventchildabusepa.org/)
[PCA BROCHURE 2020 COLOR \(1\).PDF](#)

[HTTPS://PARENTS.AU.REACHOUT.COM/COMMON-CONCERNS/EVERYDAY-ISSUES/THINGS-TO-TRY-SELF-ESTEEM/HELP-YOUR-TEENAGER-FEEL-MORE-CONFIDENT](https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-self-esteem/help-your-teenager-feel-more-confident)

[PINWHEEL COLORING SHEET.PDF](#)

[SIGNS OF CHILD ABUSE.PDF](#)

[HTTPS://WWW.CDC.GOV/NCBDDD/ACTEARLY/MILESTONES-APP.HTML](https://www.cdc.gov/ncbddd/actearly/milestones-app.html)

[WHAT IS CPR | AMERICAN HEART ASSOCIATION CPR & FIRST AID](#)

[CPR INSTRUCTIONS FOR INFANTS AND SMALL CHILDREN \(WASHINGTON.EDU\)](#)

[HOTLINE STATISTICS | NATIONAL HUMAN TRAFFICKING HOTLINE](#)

[MILESTONE TRACKER APP MARKETING KIT - "LEARN THE SIGNS. ACT EARLY." PROGRAM \(CDC.GOV\)](#)

[HTTPS://WWW.CDC.GOV/NCBDDD/CHILDDVELOPMENT/POSITIVEPARENTING/TODDLERS2.HTML](https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/toddler2.html)

[IS THERE AN UNLOCKED GUN WHERE YOUR CHILD PLAYS? - HEALTHYCHILDREN.ORG](#)

WWW.ATTORNEYGENERAL.GOV



RESOURCES AND LINKS

[GUNS IN THE HOME -
HEALTHYCHILDREN.ORG](http://www.healthychildren.org)

[ADAPTED-POSTVENTION-CONSIDERATIONS-
FOR-SCHOOLS.PDF
\(PREVENTSUICIDEPA.ORG\)](http://www.preventsuicidepa.org)

[NATIONAL HUMAN TRAFFICKING HOTLINE](http://www.nationalhumantraffickinghotline.org)

[HTTPS://SUICIDEPREVENTIONLIFELINE.ORG/
HOW-WE-CAN-ALL-PREVENT-SUICIDE/](http://www.suicidepreventionlifeline.org)

[Mental Health Awareness: The Ultimate
Guide \[2022\] - Mental Health Foundation](http://www.mentalhealthfoundation.org)

[https://www.pa.gov/guides/mental-
health/#ResourcesforEveryone](https://www.pa.gov/guides/mental-health/#ResourcesforEveryone)

[MENTAL HEALTH AWARENESS: THE ULTIMATE
GUIDE \[2022\] - MENTAL HEALTH
FOUNDATION](http://www.mentalhealthfoundation.org)

[HTTPS://WWW.DHS.PA.GOV/SERVICES/ASSIS-
TANCE/PAGES/DOMESTIC-
VIOLENCE.ASPX#:~:TEXT=1-800-932-
4632%20%28IN%20PENNSYLVANIA%29%201-
800-537-
2238%20%28NATIONAL%29%20AMONG%20THE
%20SERVICES,EMERGENCY%20SHELTER%20FO-
R%20VICTIMS%20AND%20THEIR%20DEPENDEN-
T%20CHILDREN.](https://www.dhs.pa.gov/services/assistance/pages/domestic-violence.aspx#:~:text=1-800-932-4632%20%28IN%20PENNSYLVANIA%29%201-800-537-2238%20%28NATIONAL%29%20AMONG%20THE%20SERVICES,EMERGENCY%20SHELTER%20FOR%20VICTIMS%20AND%20THEIR%20DEPENDENT%20CHILDREN.)

[HTTPS://CBLCC.ACF.HHS.GOV/NEWS/22ND-
NATIONAL-CONFERENCE-ON-CHILD-ABUSE-
AND-NEGLECT/](https://www.cblcc.acf.hhs.gov/news/22nd-national-conference-on-child-abuse-and-neglect/)

[https://www.pa.gov/guides/mental-
health/#ResourcesforEveryone](https://www.pa.gov/guides/mental-health/#ResourcesforEveryone)

www.findhelp.org

[https://drugfree.org/article/prevention-
-tips-for-every-age/](https://drugfree.org/article/prevention-tips-for-every-age/)

[HTTPS://WWW.COMPASS.STATE.PA.US/COM-
PASS.WEB/PUBLIC/CMPHONE](https://www.compass.state.pa.us/compass.web/public/cmphone)

[HTTPS://WWW.DHS.PA.GOV/SERVICES/OTH-
ER-SERVICES/PAGES/HOMELESS-
ASSISTANCE.ASPX](https://www.dhs.pa.gov/services/other-services/pages/homeless-assistance.aspx)

[SNAP \(pa.gov\)](https://www.pa.gov)

[Keeping Children Safe Online \(justice.gov\)](https://www.justice.gov)

[National Coalition for the Homeless
Homelessness in America - National
Coalition for the Homeless
\(nationalhomeless.org\)](http://www.nationalhomeless.org)

[https://www.usich.gov/homelessness-
statistics/pa/#:~:text=%20Homelessness%20
Statistics%20for%20Pennsylvania%20%201%20
Total,7%20Total%20Number%20of%20Unacco-
mpanied%20Homeless...%20More%20](https://www.usich.gov/homelessness-statistics/pa/#:~:text=%20Homelessness%20Statistics%20for%20Pennsylvania%20%201%20Total,7%20Total%20Number%20of%20Unaccompanied%20Homeless...%20More%20)

[https://www.bing.com/images/search?view-
=detailv2&ccid=29bwdM%2Ff&id=486DAA38E
3C0412FAC36C8537F506D380D7956E7&thid=
OIP.29bwdM_fnihpqMWm1lp9WAHaSh&medi-
aurl=https%3A%2F%2Frethinkinggender.com%
2Fwp-
content%2Fuploads%2F2018%2F04%2FGLBTQI
A-MENTAL-HEALTH-Anna-
768x1920.png&exph=1920&expw=768&q=Me-
ntal+Health+Pictures&simid=6080220835418
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BA501F6CE284DC85D&selectedindex=132&qf
t=+filterui%3Alicense-
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ng.com%2Fth%2Fid%2FR.dbd6f074cfd9e2869
a8c5a6d65a7d58%3Frik%3D51Z5DThtUH9TyA
%26pid%3DimgRaw%26r%3D0](https://www.bing.com/images/search?view=detailv2&ccid=29bwdM%2Ff&id=486DAA38E3C0412FAC36C8537F506D380D7956E7&thid=OIP.29bwdM_fnihpqMWm1lp9WAHaSh&mediaurl=https%3A%2F%2Frethinkinggender.com%2Fwp-content%2Fuploads%2F2018%2F04%2FGLBTQIA-MENTAL-HEALTH-Anna-768x1920.png&exph=1920&expw=768&q=Mental+Health+Pictures&simid=608022083541808954&form=IRPRST&ck=D50D9AD04FC2C86BA501F6CE284DC85D&selectedindex=132&qf_t=+filterui%3Alicense-L2_L3_L4_L5_L6_L7&ajaxhist=0&ajaxserp=0&vt=0&sim=11&cdnurl=https%3A%2F%2Fth.bing.com%2Fth%2Fid%2FR.dbd6f074cfd9e2869a8c5a6d65a7d58%3Frik%3D51Z5DThtUH9TyA%26pid%3DimgRaw%26r%3D0)