Washington County Children and Youth Services Toolkit

April 2021

Building Community, Building Hope

New This Month

April is National Child Abuse Prevention Month

2021 Child Abuse Prevention Digital Toolkit

https://washingtoncountyhumanservices.com/agencies/children-youth-services

Strong Communities Strengthen Families!

Celebrating Child Abuse Prevention Month

April 2021

Washington County Children & Youth Services

For every day in April, this calendar contains resources, activities, and information to promote healthy, safe families and children in our Washington County community.

You'll find links to information about keeping children safe, their physical health, behavioral health and emotional well-being, and growth and development from birth through the teen years. Information on local organizations that provide support and help to families is also inside.

Blue pinwheels are the national symbol of child abuse prevention. Pinwheels represent happy, lighthearted childhoods and the vision for a world where all children grow up happy, healthy and prepared to succeed in supportive families and communities.

We have planted a pinwheel garden at the Washington County Courthouse to show that by working together we can make Washington County a great, supportive place for children and families.

Monday	Tuesday	Wednesday	Thursday	Friday
Look for the spotlight symbol to find local organizations that provide support and help for families in Washington County. Wear BLUE to show your support for strong families, healthy children and Child Abuse Prevention Month. Post a photo on social media #ChildAbusePreventionMonth	**Show your support for healthy, safe kids by making and coloring a pinwheel with your child —** MakeYourPinwheel_National.pdf (preventchildabuse.org) 	**April 1** Before you kiss your baby good night, make sure you know how to keep them as safe as possible, even when they are sleeping. Check out this Safe Infant Sleep Booklet for Parents from the National Institute of Health: Safe Sleep for Your Baby (nih.gov) and this flyer about what a safe sleep environment looks like and other tips for safe sleep - What Does A Safe Sleep Environment Look Like? (nih.gov)	**April 2** This National Institute of Mental Health website has information about when to seek mental health help for your child and links to other sources of information and help – NIMH » Children and Mental Health (nih.gov) **Center for Community Resources (CCR)** — to access mental health treatment and services for adults or children, call CCR at (724) 914-3058 or toll-free 844-360-4372 or look online at https://ccrinfo.org/ **Washington County Mental Health Crisis Line** — 1-877-225-3567	**April 3** It's important for children and teens to visit a doctor regularly, even if they are not sick. These "well-child" visits can keep them healthy, make sure they are growing and developing as they should, and address questions or concerns you or your child have. AAP Schedule of Well-Child Care Visits - HealthyChildren.org
April 5 Quality child care is important & promotes social and emotional development as well as early learning. Quality Childcare - for Families - ELRC - Early Learning Resource Center (elrc-csc.org) For local child care and early learning resources Early Learning Resource Center - Region 4 (elrc4kids.com) or call 1-800-548-2741	**April 6** Older caregivers need to know about the safest way for baby to sleep. Recommendations have changed since their children were infants. Show them this short video so they know that babies should sleep on their back with no blankets or crib bumpers: https://youtu.be/-ELZirhL0s0 	**April 7** Ever wonder if your young child's development is on track? There's an app that can help by providing personalized information for your child, tips for encouraging development, and what to do if you are concerned – CDC's Milestone Tracker App | CDC	**April 8** Tips for choosing, installing and fitting your child's car seat: The Ultimate Car Seat Guide (safekids.org) 	**April 9** The American Academy of Pediatrics has a website for parents with information on a variety of topics including child development, health, family life, home safety, and more: www.healthychildren.org
April 12 Every family member can help out around the house. Chore ideas for children from 2 years old to teens can be found at Chores and Children (aacap.org)	**April 13** Many children and teens have struggled with the ongoing stress, isolation, and fear created by the COVID-19 pandemic. Mental Health During COVID-19: Signs Your Child May Need More Support - HealthyChildren.org	**April 14** Helmets can protect children and adults from a serious brain or head injury. It's important to wear a helmet when biking, skating, or participating in other sports. Helmet use & guides for sports helmets Helmet Safety | HEADS UP | CDC Injury Center 	**April 15** With both kids and adults online more than ever, it's important for everyone to be aware of the dangers and how to stay safe while on the internet, social media and game sites. Here are some things to read, watch and talk with your kids about: Keeping Children Safe Online (justice.gov)	**April 16** Many of the signs and symptoms that a child is using substances can be typical teen or young adult behavior. Many are also symptoms of mental health issues, including depression or anxiety. Prevent Teen Drug Use - Spot the Early Warning Signs - Partnership to End Addiction (drugfree.org) **Washington Drug and Alcohol Commission (WDAC)** — for information about resources or for an assessment, contact WDAC at 724-223-1181, option 1. More info. can be found on their webpage https://wdacinc.org/ or their Facebook page.

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Washington County Children & Youth Services

April 19

Young children are curious and explore by putting things in their mouth.

Some tips for making sure all areas of your home are safe for them:
Childproofing Your Home for Poisons - HealthyChildren.org

April 20

Vaccines can protect adults and children from getting serious illnesses.

Recommended immunization schedule from the Centers for Disease Control and Prevention (CDC):
Immunization Schedule Resources for Parents | CDC

Talk with your child's doctor if you have questions, to make sure they are on track, & to make up missed vaccines.

April 21

To be the best parent you can be, you have to take care of yourself.

Find ways to improve your overall well-being at https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits

April 22

The COVID-19 pandemic has impacted many areas of life. Rent and utility assistance is available for Washington County residents who have experienced job loss or reduced hours since March 2020.

Contact **Blueprints** at 724-225-9550 x409 or Blueprints | Changing Lives and Shaping Futures in Southwest Pennsylvania and West Virginia (myblueprints.org)

April 23

Written for teens, this article can help everyone manage stress:

For Teens: Creating Your Personal Stress-Management Plan - HealthyChildren.org

April 26

People of all ages continue to grow and develop. There are important changes happening for older kids, too.

Middle Childhood (6-8 years of age) (cdc.gov)
Middle Childhood (9-11 years of age) (cdc.gov)
Young Teens (12-14 years of age) (cdc.gov)
Positive parenting tips teens 15-17 (cdc.gov)

Topics for parents of teens from tattoos, parties, independence, managing money and more:
Teen - HealthyChildren.org

April 27

Babies cry.

Sometimes nothing seems to work to stop the crying which can make anyone feel upset, frustrated and angry.

Some reasons for the crying and tips for soothing the baby and calming yourself:
Welcome to "When Your Baby Cries"

April 28

Sexual assault of children is more common than you think. Learn about the warning signs, take steps to protect your child, and learn how to talk with them about this uncomfortable topic.
How Can I Protect My Child From Sexual Assault? | RAINN

The **SPHS CARE Center STTARS** program provides trauma-informed, sexual assault counseling and advocacy services for adults and children.
724-229-5007
Hotline: 1-888-480-7283

April 29

Raising kids is rewarding and challenging.

Every parent and child is unique. Being sensitive and responsive can help build a positive, healthy relationship.

Tips for connecting with your children:
Positive Parenting | NIH News in Health

April 30

If you are concerned that a child in Pennsylvania is being abused or neglected, contact **ChildLine**, PA's child abuse reporting hotline at 1-800-932-0313.

Strong Communities Strengthen Families!

Together, we can prevent child abuse, America...

Because childhood lasts a lifetime.

74.9%
CHILD ABUSE VICTIMS ARE NEGLECTED

92%
OF CASES PARENTS ARE THE ABUSER

65000
SEXUAL ABUSE CASES REPORTED

4.4 MILLION
Child Abuse Cases

7.5 MILLION
Children Affected

5 CHILDREN DIE
Every day from child abuse

Strong Communities Strengthen Families!

CHILD ABUSE & NEGLECT IN PENNSYLVANIA

SOURCE: CHILD PROTECTIVE SERVICES 2019 ANNUAL REPORT

42,252 Reports were made in Pennsylvania specifying concerns for children as possible victims of child abuse and/or neglect in 2019

Tips for Reporting Suspected Child Abuse or Neglect to ChildLine

www.compass.state.pa.us/cwis

1-800-932-0313

Provide as much of the following information as possible:

- Child's full name, birth date, and present location (correct spelling of name is important)
- Name, address, phone number (home and business) and date of birth of the child's parent(s) or caretakers
- Names and ages of all other household members, and their relationship to the child
- County in which the abuse or neglect occurred • Account of what happened to the child, description of any injury, date the incident occurred, and what impact it has had on the child
- Child's exact statement
- Any concern about the child's immediate safety
- Any information on alleged perpetrator/abuser including statements made
- Information regarding parents/caretakers such as employment status, substance abuse, criminal record, domestic violence, cooperation with office staff, past involvement with county Children and Youth
- Actions taken by reporting source

Do:

- Report immediately to allow the county agency time to assign a caseworker and initiate an investigation

Avoid:

- Conducting your own investigation
- Asking leading questions
- Making any promises to the child which are outside of your ability to fulfill, particularly relating to placement, court involvement, and caseworker decisions.

STATEWIDE CHILD ABUSE REPORTS

TOTAL REPORTS PER 1,000 CHILDREN

15.8 IN 2019

17.6 IN 2018

SUBSTANTIATED REPORTS PER 1,000 CHILDREN

1.8 IN 2019

1.9 IN 2018

BY SEX OF VICTIM

2,970 61.0% FEMALE

1,895 39.0% MALE

2019 FATALITIES

51

2019 NEAR FATALITIES

93

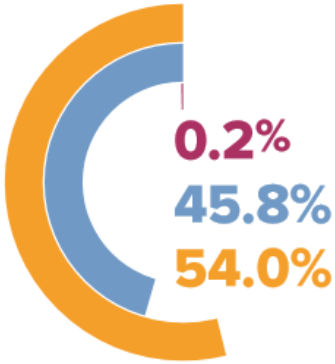
2019 CHILD ABUSE REPORTS INVESTIGATED

WITHIN 30 AND 60 DAYS

19,352 INVESTIGATIONS WITHIN 0-30 DAYS

22,830 INVESTIGATIONS WITHIN 31-60 DAYS

70 INVESTIGATIONS OVER 60 DAYS



Strong Communities Strengthen Families!

CHILD ABUSE & NEGLECT IN PENNSYLVANIA

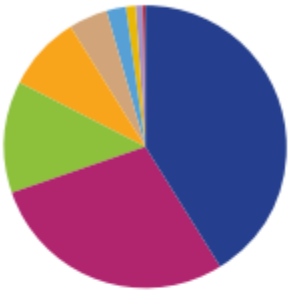
SOURCE: CHILD PROTECTIVE SERVICES 2019 ANNUAL REPORT

TYPES OF ALLEGATIONS

SUBSTANTIATED REPORTS

5,202

TOTAL ALLEGATIONS

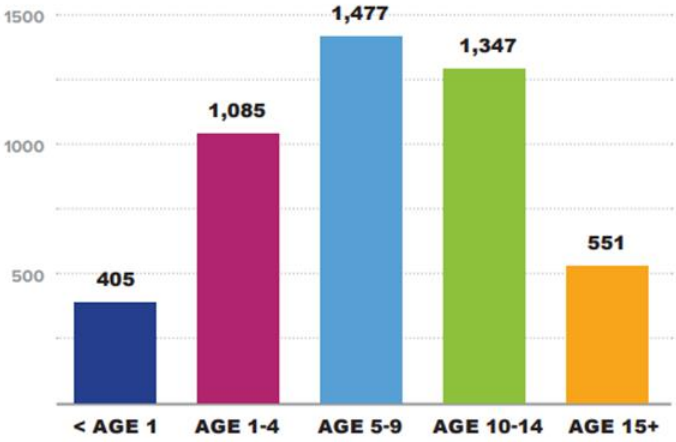


- **2,087** (40.1%) Sexual abuse
- **1,448** (27.8%) Physical abuse/bodily injury
- **649** (12.5%) Serious physical neglect
- **581** (11.2%) Reasonable likelihood of bodily injury
- **223** (4.3%) Engaging in per se acts
- **113** (2.2%) Likelihood of sexual abuse/exploitation
- **58** (1.1%) Serious mental injury
- **34** (0.7%) Severe form of trafficking in persons or sex trafficking*
- **9** (0.2%) Munchausen Syndrome by proxy/ medical abuse

*All 34 allegations are for sex trafficking.

VICTIM AGE

SUBSTANTIATED REPORTS



Strong Communities Strengthen Families!

Child Abuse Prevention Month

The theme of this year's National Child Abuse Prevention Month initiative mirrors the theme of the 21st National Conference on Child Abuse and Neglect, "Strong and Thriving Families," and focuses on helping individuals and organizations in every community strengthen families and prevent child abuse and neglect.

Washington County Children and Youth Services recognizes the importance of the community working together to help families thrive and prevent child maltreatment. We are encouraging every member of the community to help increase awareness about child and family well-being and work together to implement strategies that support families and prevent child abuse and neglect. For this reason, we designated our 2021 Child Abuse Prevention Month theme as: **Strong Communities Strengthen Families!**

JOIN US!

Child Abuse Prevention Month is all about kids: keeping them safe and making sure they all grow up in safe nurturing homes. And while many activities during Child Abuse Prevention Month are geared towards adults and the role all of us can play, kids can still take part as well. Our April Child Abuse Prevention calendar offers daily activities which adults and kids can do in support of Child Abuse Prevention Month!

Wear Blue for Child Abuse Awareness Every Friday in April!

Pinwheels for **PREVENTION**®

Shining in the sun, the pinwheels represent a bright future for our children and our community.

We want all children to live in stable, loving, and stimulating environments - at home, in school, and in the community.

Strong Communities Strengthen Families!

Child Abuse Prevention Month

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prevention is every 1's responsibility April is Strengthening Families Month!				1 Plant a Pinwheel. Or have a child color the pinwheel and hang in your home or business window	2 wear blue	3 Read through the Washington County CYS Child Abuse Prevention Toolkit
4 Prepare dinner together as a family.	5 Send an encouraging text/call/message to a parent you know.	6 I don't know who to talk to 211 Help starts here Learn about programs and services in your community that help children and families	7 **Ask a helper day!** It can be hard to ask for help, especially in times like these. Show kids it's okay to ask for help when they need it.	8 Research safety features of apps your Child uses	9 Wear Blue	10 SHOW US your BLUE Post your picture on social media #Wearblue to fight child abuse
11 Take your child to visit an elderly relative or neighbor.	12 Close your eyes and just breathe for 2 minutes	13 Thank someone who helped you during a difficult time, or reach out to someone in need THANK YOU!	14 Tell your kid **three reasons** why they are awesome!	15 Get Outside! Start a parent/child walking or biking club with your neighbors	16 Wear Blue	17 SHOW US your BLUE Post your picture on social media #Wearblue to fight child abuse
18 Make cookies with your child.	19 Write down 5 things that help you de-stress	20 **Play a board game day!** Play a board game as a family. Take a video and post to social media to let your friends know you're #HealthyAtHome.	21 Try something new - a new food, a new hobby, a new coffee shop, etc.	22 Sharing meals together as a family and showing support in your teen's interests are great ways to better connect with them!	23 Wear Blue	24 SHOW US your BLUE Post your picture on social media #Wearblue to fight child abuse
25 Demonstrate positive relationships.	26 Offer a helping hand to a parent in need.	27 **Scavenger Hunt Day!** What blue items do you have in or around the house? Better go find them! It's blue scavenger hunt day!	28 **Take flight day!** Make your best paper airplane and see whose flies the farthest! Use Blue Paper or Draw A Blue Ribbon on the Paper	29 De-clutter 10 things from your room	30 Wear Blue	

"As a parent you give your children a good start in life—you nurture, protect and guide them. Parenting is a process that prepares your child for independence. As your child grows and develops, there are many things you can do to help your child. These links will help you learn more about your child's development, positive parenting, safety, and health at each stage of your child's life."

Positive Parenting Tips

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

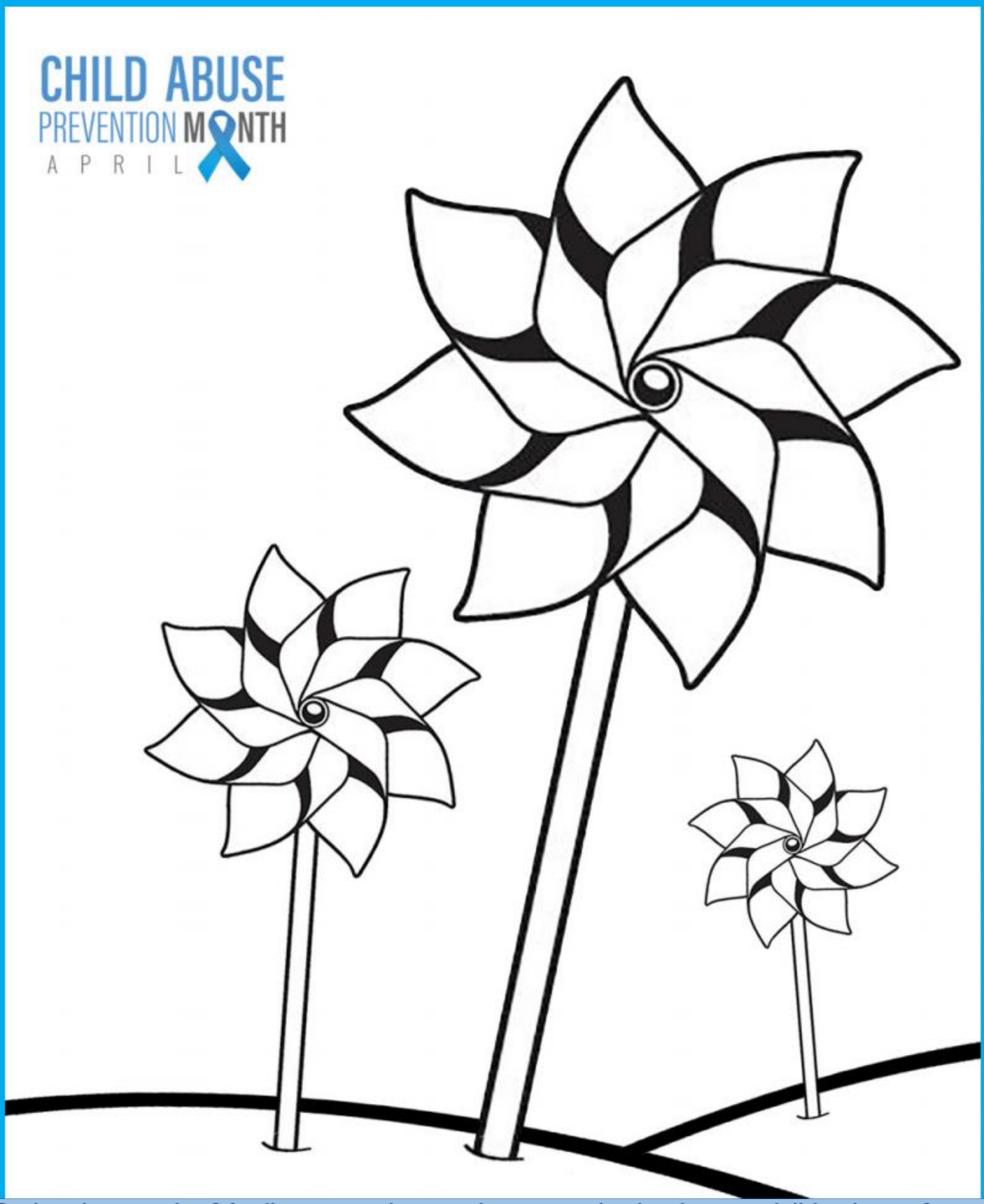
Infant and Early Childhood Mental Health

Infant mental heal refers to how well a child develops socially and emotionally from birth to three.

https://www.zerotothree.org/early-development/infant-and-early-childhood-mental-health

Help your teenager feel more confident

https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-self-confidence/help-your-teenager-feel-more-confident



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

PREVENTING CHILD ABUSE & NEGLECT

Unhealthy relationships and environments can lead to child abuse and neglect.

Maltreatment in founded cases of abuse included physical neglect, physical and sexual abuse and mental abuse/neglect. The Centers for Disease Control cites several strategies to prevent child abuse. They include the following:

- Early child home visitation
- Early education with family engagement
- Improving parenting skills and family relationship approaches
- Behavioral parent training programs
- Treatment to lessen the harms of abuse and neglect exposure
- Treatment to prevent problem behavior and later involvement in violence

Strong Communities Strengthen Families!

WHAT PARENTS CAN SAY TO PREVENT SEXUAL ABUSE

To keep your child safe from sexual abuse, it's important that you feel comfortable with your son or daughter talking about body safety. By the time your child is a toddler, you can help your child understand that his or her body is not to be touched by anyone without permission. Talking to your child about the need to keep his or her body safe is essential.

FOLLOW THESE AGE-APPROPRIATE TIPS FROM THE AMERICAN ACADEMY OF PEDIATRICS:

18 MONTHS

Teach your child the proper name for body parts.

AGES 3 TO 5

Teach your child about "private parts" of the body and how to say "NO!" to any type of touching that seems wrong or makes the child uncomfortable.

AGES 5 TO 8

Discuss safety away from home and the difference between being touched in private parts of the body, which are areas covered by a bathing suit, and never touching someone else's private parts. Encourage your child to talk about scary experiences.

AGES 8 TO 12

Stress personal safety and give examples of possible dangerous areas, such as locker rooms, malls, social media sites and isolated places. Discuss the rules of sexual conduct expected by the family.

AGES 13 TO 18

Continue to stress personal safety and potentially higher risk locations. Discuss such issues as sexual assault and abuse as well as your family's standards of sexual conduct.

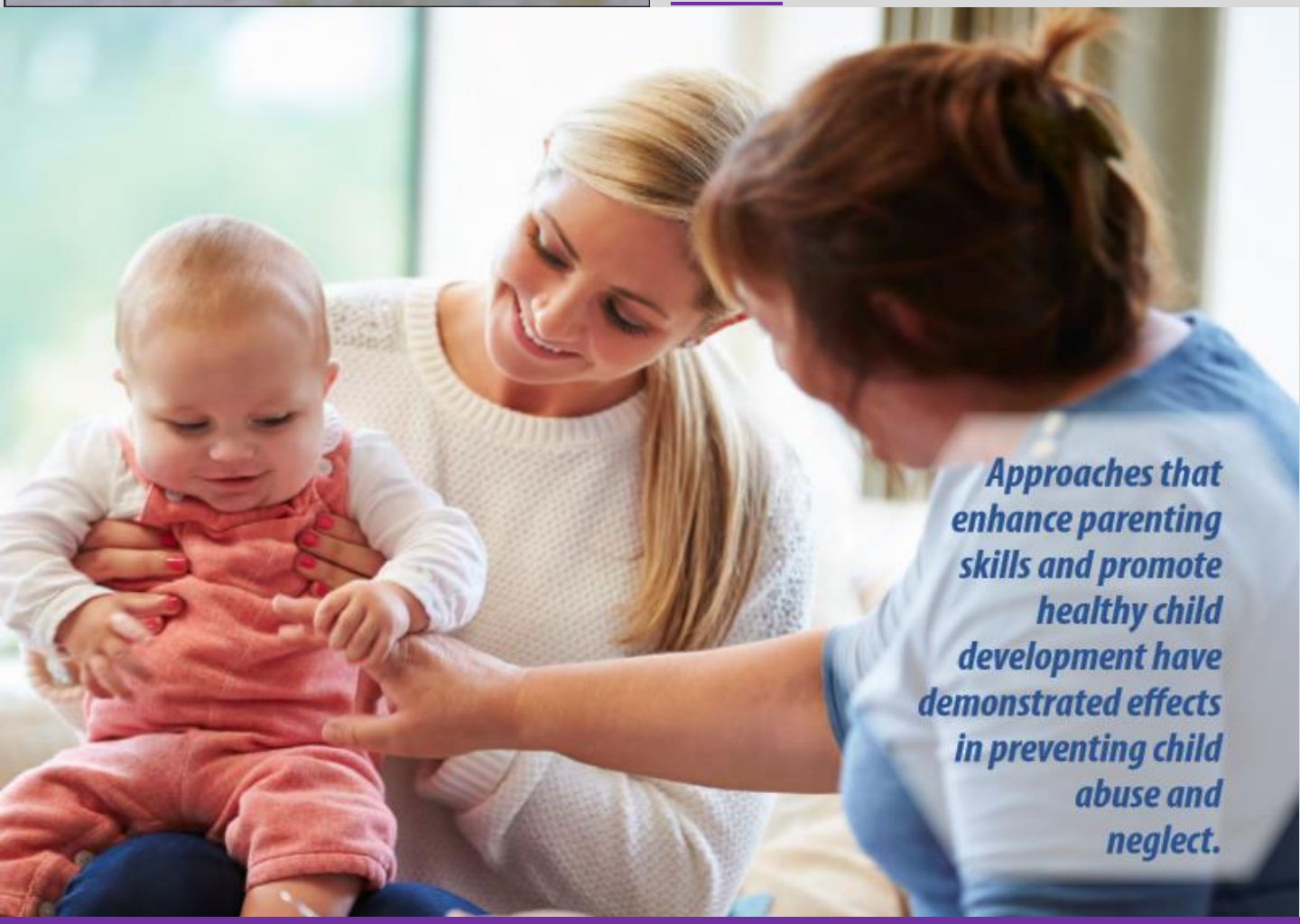
Teach your child that saying "NO" is OK when it involves his or her body. Encourage your child to always share secrets with you about his or her private areas being touched.

Strong Communities Strengthen Families!

POPULAR PARENT TOPICS

Browse a list of common topics that parents are looking for.

https://www.cdc.gov/parents/index.html



Strong Communities Strengthen Families!

Milestones Matter

Track your child's developmental milestones and try brain building tips to add learning to everyday moments!

Track Your Child's Development

Track how your child plays, learns, speaks, acts, and moves with CDC's *Milestone Tracker* app—and share all progress and any concerns with their doctor during well-child visits. www.cdc.gov/MilestoneTracker

BY 2 MONTHS:
Smiles at you

BY 6 MONTHS:
Laughs with you

BY 12 MONTHS:
Plays games with you, like "peek-a-boo"

BY 18 MONTHS:
Points to show you something interesting

Brain Building Tip:

Powered by vroom

Suggested Age: 0–2 years

We're surrounded by words that are ready for reading. Try reading signs aloud to your child and talk to them about what they mean.

It doesn't matter if it's a book, magazine, or billboard – it all counts! Reading to your child, anywhere and everywhere, helps them develop a rich, diverse vocabulary. Find more tips at vroom.org.

Learn the Signs. Act Early.

Centers for Disease Control and Prevention
www.cdc.gov/ActEarly
1-800-CDC-INFO

Do you have concerns about how your child plays, learns, speaks, acts or moves? Visit www.cdc.gov/concerned and talk with your child's doctor.

CDC does not endorse private products, services, or enterprises. Vroom Tips are not a diagnostic tool.

Birth–2 months

- Recognizes caregiver's voice
- Starts to smile
- Calms down when rocked, cradled or sung to
- Begins to follow things with eyes
- Coos, makes gurgling sounds

4 months

- Babbles with expression
- Likes to play with people
- Reaches for toy with one hand
- Brings hands to mouth
- Responds to affection
- When lying on stomach, pushes up to elbows

6 months

- Knows familiar faces
- Responds to own name
- Responds to other people's emotions and often seems happy
- Brings more to mouth
- Rolls over in both directions
- Strings vowel sounds together when babbling ("ah", "eh", "oh")

12 months

- Cries when mom or dad leaves
- Says "mama" and "dada"
- Copies gestures (for example, waves "bye bye")
- Repeats sounds or actions to get attention
- May stand alone

15 months

- Imitates what you are doing
- Drinks from a cup
- Scribbles on his own
- Walks well
- May be afraid of strangers

18 months

- Points to show others something interesting
- Says several single words
- Points to one body part
- May walk up steps and run
- Shows affection to familiar people
- Eats with a spoon

Strong Communities Strengthen Families!

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.

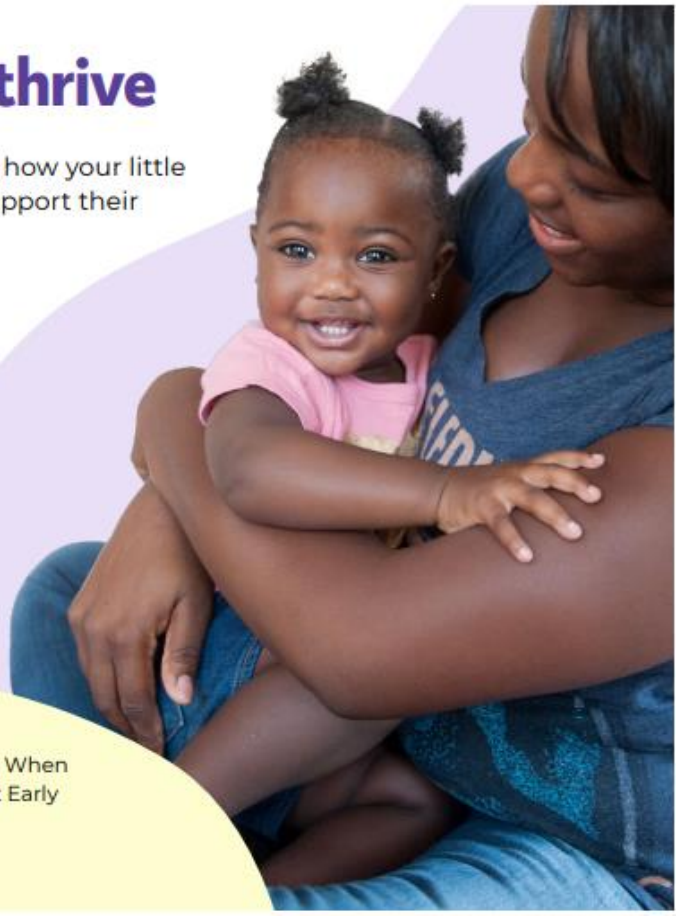
Download CDC's free *Milestone Tracker* app to find fun and easy activities for each age.

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!

Download on the App Store ANDROID APP ON Google play

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!

Infants (0-1 year of age)

When a baby becomes part of your family, it is time to make sure that your home is a safe place. Look around your home for things that could be dangerous to your baby. As a parent or caregiver, it is your job to ensure that you create a safe home for your baby. It also is important that you take the necessary steps to make sure that you are mentally and emotionally ready for your new baby. Here are a few tips to keep your baby safe:

- Do not shake your baby—ever! Babies have very weak neck muscles that are not yet able to support their heads. If you shake your baby, you can damage his brain or even cause death.
- Make sure you always put your baby to sleep on her back to prevent sudden infant death syndrome (known as SIDS)
- Protect your baby and family from secondhand smoke. Do not allow anyone to smoke in your home.
- Place your baby in a rear-facing car seat in the back seat while riding in a car. This is recommended by the National Highway Traffic Safety Administration.
- Prevent your baby from choking by cutting her food into small bites. Also, don't let her play with small toys and other things that might be easy for her to swallow.
- Never carry hot liquids or foods near your baby or while holding him.
- Vaccines (shots) are important to protect your child's health and safety. Because children can get serious diseases, it is important that your child get the right shots at the right time. Talk with your child's doctor to make sure that your child is up-to-date on her vaccinations.

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

Toddler Safety

Toddlers (1-2 years of age)

Toddlers (2-3 years of age)

Because your child is moving around more, he will come across more dangers as well. Dangerous situations can happen quickly, so keep a close eye on your child. Here are a few tips to help keep your growing toddler safe:

- DO NOT leave your toddler near or around water (for example, bathtubs, pools, ponds, lakes, whirlpools, or the ocean) without someone watcher her. Fence off backyard pools. Drowning is the leading cause of injury and death among this age group.
- Block off stairs with a small gate or fence. Lock doors to dangerous places such as the garage or basement.
- Ensure that your home is toddler proof by placing plug covers on all unused electrical outlets.
- Keep kitchen appliances, irons, and heaters out of reach of your toddler. Turn pot handles toward the back of the stove.
- Keep sharp objects such as scissors knives, and pens in a safe place.
- Lock up medicines, household cleaners, and poisons.
- DO NOT leave your toddler alone in any vehicle (that means a car, truck, or van) even for a few moments.
- Store any guns in a safe place out of his reach.
- Keep your child's car seat rear-facing as long as possible. According to the National Highway Traffic Safety Administration, it's the best way to keep her safe. Your child should remain in a rear-facing car seat until she reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the rear-facing car seat, she is ready to travel in a forward-facing car seat with a harness.
- Encourage your toddler to sit when eating and to chew his food thoroughly to prevent choking.
- Check toys often for loose or broken parts.
- Encourage your toddler to not put pencils or crayons in her mouth when coloring or drawing.

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

Preschoolers (3-5 years of age)

As your child becomes more independent and spends more time in the outside world, it is important that you and your child are aware of ways to stay safe. Here are a few tips to protect your child:

- Tell your child why it is important to stay out of traffic. Tell him not to play in the street or run after stray balls.
- Be cautious when letting your child ride her tricycle. Keep her on the sidewalk and away from the street and always have her wear a helmet.
- Check outdoor playground equipment. Make sure there are no loose parts or sharp edges.
- Watch your child at all times, especially when he is playing outside.
- Be safe in the water. Teach your child to swim, but watch her at all times when she is in or around any body of water (this includes kiddie pools).
- Teach your child how to be safe around strangers.
- Keep your child in a forward-facing car seat with a harness until he reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it will be time for him to ravel in a booster seat, but still in the back seat of the vehicle.

Middle Childhood (6-8 years of age)

More physical ability and more independence can put children at risk for injuries from falls and other accidents.

- Protect your child properly in the car. For detailed information, see the American Academy of Pediatrics' Car Safety Seats: A Guide for Families.
- Teach your child to watch out for traffic and how to be safe when walking to school, riding a bike, and playing outside.
- Make sure your child understands water safety, and always supervise her when she's swimming or playing near water.
- Supervise your child when he's engaging in risky activities, such as climbing.
- Talk with your child about how to ask for help when she needs it.
- Keep potentially harmful household products, tools, equipment, and firearms out of your child's reach.

Middle Childhood (9-11 years of age)

More independence and less adult supervision can put children at risk for injuries from falls and other accidents.

- Protect your child in the car. Remember: your child should still ride in the back seat until he or she is 12 years of age. Motor vehicle crashes are the most common cause of death from unintentional injury among children of this age.
- Know where your child is and whether a responsible adult is present. Make plans with your child for when he will call you, where you can find him, and what time you expect him home.
- Make sure your child wears a helmet when riding a bike or a skateboard or using inline skates; riding on a motorcycle, snowmobile, or all-terrain vehicle; or playing contact sports.
- Many children get home from school before their parents get home from work. It is important to have clear rules and plans for your child when she is home alone.

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

Young Teens (12-14 years of age)

You can play an important role in keeping your child safe-no matter how old he or she is. Here are a few tips to help protect your child:

- Make sure your teen knows about the importance of wearing seatbelts.
- Encourage your teen to wear a helmet when riding a bike or a skateboard or using inline skates; riding on a motorcycle, snowmobile, or all-terrain vehicle; or playing contact sports.
- Talk with your teen about the dangers of drugs, drinking, smoking, and risky sexual activity. Ask him what he knows and thinks about these issues, and share your thoughts and feelings with him. Listen to what she says and answer her questions honestly and directly.
- Talk with your team about online safety
- Talk with your teen about the importance of having friends who are interested in positive activities. Encourage her to avoid peers who pressure her to make unhealthy choices.
- Know where your teen is and whether a responsible adult is present. Make plans with her for when she will call you, where you can find her, and what time you expect her home.
- Set clear rules for your teen when she is home alone. Talk about such issues as having friends at the house, how to handle situations that can be dangerous (emergencies, fire, drugs, sex, etc.) and completing homework or household tasks.

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Teenagers (15-17 years of age)

- Talk with your teen about the dangers driving and how to be safe on the road.
- Remind your teen to wear a helmet when riding a bike, motorcycle, or all-terrain vehicle.
- Talk with your teen about suicide and pay attention to warning signs. Suicide is the third leading cause of death among youth 15 through 24 years of age.
- Talk with your teen about the dangers of drugs, drinking, smoking, and risky sexual activity. Ask him what he knows and thinks about these issues, and share your feeling with him. Listen to what he says and answer his questions honestly and directly.
- Discuss with your teen the importance of choosing friends who do not act in dangerous or unhealthy ways.
- Know where your teen is and whether a responsible adult is present. Make plans with her for when she will call you, where you can find her, and what time you expect her home.

7 WAYS A CHILD BUILDS SELF-ESTEEM

7 WAYS A CHILD BUILDS SELF-ESTEEM

1. TAKE HEALTHY RISKS
2. DEVELOP COMPETENCE
3. SET REALISTIC GOALS
4. EARN PRAISE
5. HELP AT HOME
6. MAKE CHOICES
7. KNOW YOUR LOVE IS UNCONDITIONAL

7 WAYS A CHILD BUILDS SELF-ESTEEM

Helping your child build self-esteem is a balancing act. Sometimes you want to step back and other times you want to fight his or her battles.

The best way to help your child grow up to be confident is by encouraging your son or daughter to pursue experiences that make him or her feel capable, effective and accepted. That means sometimes your child will tackle challenges and win and other times he or she will fail. But struggles and failures can build self-esteem too.

Help your child build confidence by encouraging your son or daughter to:

1. Take healthy risks. Risks help your child stretch and grow. Allow your child to figure out problems, make choices and experience the results.
2. Develop competence. Encourage your child to explore and develop interests and talents. To progress, your child should stick with what he or she started.
3. Set realistic goals. It's OK for your child to go big with his or her dreams, but the goal must be within reach. A short person will probably not make the NBA, regardless of how many hours he or she has practiced.
4. Earn praise. When praise is appropriate it can make your child feel like a million dollars. Too often children are overpraised, which lowers the bar. Praise your child's effort or achievement and not his or her worth. For example, don't tell your son he is awesome; tell him you loved how he achieved his goal of all As.
5. Help at home. Asking your child to help out at home can build a sense of responsibility. Make him or her feel valued and channel energy into desirable behavior. Whether a toddler or a teen, every child can help set the table, collect dirty clothes for the washer and pick up around the house.
6. Make choices. Allow your child to make age-appropriate choices and live with his or her consequences.
7. Know your love is unconditional. Your child will make mistakes. But when your child fails to meet your expectations, your son or daughter needs to know you will continue to support and love him or her.

Remember, you can't give your child self-esteem. But you can provide the guidance and tools to help your son or daughter build confidence.

PUTTING AN END TO BULLYING

1 IN 3
STUDENTS SAY THEY HAVE BEEN BULLIED AT SCHOOL.

A form of youth violence, bullying can hurt a child both physically and emotionally. It can include everything from name calling to spreading rumors. Children who are being bullied may become depressed or anxious. They may have trouble sleeping or begin to have difficulties at school.

Most bullying happens in middle school. The most common types are verbal and social bullying.

There is no reason for anyone to be mean to others. Children and teens can take an active stance by doing the following:

- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.

**Information from Stopbullying.gov*

FACTS ABOUT THE LGBTQ COMMUNITY

Lesbian, gay, bisexual, transgender and questioning (LGBTQ)

youth need to feel socially, emotionally and physically safe and supported. Negative attitudes toward them can sometimes lead to violent behaviors such as bullying, teasing, harassment and physical assault.

Parents should be supportive and have honest and open talks with their teens. Parental rejection has been linked to depression, drug and alcohol use and risky sexual behavior among teens.

According to data from the 2015 national Youth Risk Behavior Survey of lesbian, gay and bisexual students:

10% were threatened or injured with a weapon on school property

34% were bullied on school property

28% were bullied electronically

The following are research-based steps parents can take to support the health and wellbeing of their LGBTQ teen:

- Talk and listen. Parents who talk with and listen to their teen in a way that invites an open discussion about sexual orientation can help their teen feel loved and supported. Parents should have honest conversations with their teens about sex and how to avoid risky behaviors and unsafe situations.
- Provide support. Parents who take time to come to terms with how they feel about their teen's sexual orientation will be more able to respond calmly and use respectful language. Parents should develop common goals with their teen, including being healthy and doing well in school.
- Stay involved. Parents who make an effort to know their teen's friends and know what their teen is doing can help their teen stay safe and feel cared about.
- Be proactive. Parents can access many organizations and online information resources to learn more about how they can support their LGBTQ teen, other family members and their teen's friends.

**Information from the Centers for Disease Control and Prevention*

Online Safety Tips Every Parent Should know

It can be a full-time job for parents to know everything their child is doing online. Kids typically communicate through some form of social media. They chat with their friends through instant messaging, texting, social network apps such as *Instagram* or *Snapchat*. Social Networking apps can have many positive effects on children; however, they also pose many risks. Sexual predators, hackers, catfishers, scammers, cyberbullying are just a few of the risks. In addition, personal information and whereabouts can possibly be seen by strangers.

Social Media Dangers

Catfishing: Someone uses a fake account or pretends to be someone they are not. They could be lying about their age, sex, and everything else they are telling you. They will likely pretend to be someone that is their age.

Scammers: Target children with intent to obtain their personal information such as their name, where they live, social security number etc... Scammers disguise their cyber-attacks through direct messages and fake websites.

Cyberbullies: Use the internet as a way to harm, intimidate, or harass another person. Cyberbullies attack their victim by posting or commenting negatively about their victims.

Online Predators: Predators target children on social media, chat rooms, forums, and more. Predators usually pretend to be the same age or a younger person than their victim. Once the predators have established a relationship with their victim, they will ask for personal information, inappropriate photos, and possibly to meet in-person.

1. **Set Rules:** Create social media ground rules your child must follow. Enforce consequences for breaking rules.
2. **Have Limits:** Set age limits for social media sites and time limits for usage on them.
3. **Know Passwords:** Get passwords for your child's phone and all email and social media accounts.
4. **Monitor Use:** "Friend" or "follow" your child on social media and check in often. Also, look into software that tracks and limits your child's usage.
5. **Talk Dangers:** Remind your child that everyone is a stranger online, and no one can be trusted.
6. **Reputation Matters:** Explain that once something is posted or shared online or via text, your child cannot get it back. Future college administrators and employers may see or find it.
7. **Social Media Central:** Keep smart devices in central locations and not in the privacy of a bedroom.
8. **Protect Private Info:** Teach your child never to give out personal information, even for free samples or contests. Review photos your child wants to post to ensure they're harmless with no identifiable locations.
9. **Lead by Example:** Limit your time on social media and keep your tone respectful, and your child will follow your example.

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Internet Safety

As adults and children alike have turned to digital tools for school, work, and socialization, **online safety matters now more than ever.**

Kids have the ability to "go online" from multiple places and multiple electronic devices. School computers, friends' computers, laptops and tablets, cell phones, e-readers like the Nook and Kindle, game consoles such as Playstation and Xbox as well as handheld gaming devices. Technology changes all the time, and kids are constantly finding the newest websites, apps and gadgets. Teaching kids the basic rules of internet safety will help them to use it responsibly.

Some of the biggest threats children face online are: viewing inappropriate content, online privacy, sexting, sextortion, online enticement, and cyberbullying. Online enticement involves an adult communicating with a child via the internet with the intent to commit a sexual offense or abduction. This is a broad category of online sexual exploitation, that includes sextortion. Sextortion is where a child is being groomed to take sexually explicit images, meet face-to-face with someone for sexual purpose, or in some instances, to sell/trade the child's sexual images.

The most important thing you can do is communicate with your children about what they are doing online. Ask simple questions such as: "What's your favorite app?", "Who do you talk to when you play games?", "What kinds of pictures do you like to post?". Children need to know that you won't *freak out* and stop them from going online if something is happening. You may not be able to protect them from every online threat, but you can teach your child how to make a responsible choice if they encounter a problem.

Tip 1: Keep the Ground Rules

Consider:

- Distance learning tasks **before** social media or gaming
- **No devices** during meals
- At least ___ **minutes** of non-electronic activities per day
- **"Digital curfew":** no devices after a certain hour

Tip 2: Modify How You Monitor

Consider: Setting up **workstations** for children and teens that provide **quick visual access** to the screens for **easy check-ins** from parents/caretakers as they telework or complete household tasks.

Tip 3: Engage with the Platforms

Consider: If you're teleworking, **take a short break** to join your child on a round on the **game console,** or forward a funny **meme or video** you saw on one of the social media channels they use. It's a quick way to show you're willing and able to be **involved** in your child's online life.

Tip 4: Chat IRL

Consider: Showing that you're willing to **listen and respond calmly,** even if what you hear is uncomfortable or troubling.

Tip 5: Don't Take the Tech

Consider: If you must, **limit access** (shorter window for digital socializing, gaming, restricted use to certain public areas of the house, etc.) **rather than** removing it entirely.

NetSmartz®

For more resources visit MissingKids.org/NetSmartz

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A program of the NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

PROTECT YOURSELF FROM CYBERBULLYING

Bullying does not always happen in person.

Cyberbullying is a type of bullying that happens online or through text messages or emails. There are things you can do to protect yourself.

- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.
- Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
- Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.
- Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.

**Information from Stopbullying.gov*

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21 APPS

PARENTS SHOULD KNOW ABOUT

BUMBLE

BUMBLE is similar to the popular dating app "Tinder" however, it requires women to make the first contact. Kids have been known to use BUMBLE to create fake accounts and falsify their age.

SNAPCHAT

SNAPCHAT is one of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear, new features including "stories" allows users to view content for up to 24 hours. Snapchat also allows users to see your location.

KIK

KIK allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. KIK gives users unlimited access to anyone, anywhere, anytime.

LIVEME

LIVE.ME is a live-streaming video app that uses geolocation to share videos so users can find out a broadcaster's exact location. Users can earn "coins" as a way to "pay" minors for photos.

HOLLA

HOLLA is a self-proclaimed "addicting" video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content, and more.

WHISPER

WHISPER is an anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.

ASK.FM

ASK.FM is known for cyber bullying. The app encourages users to allow anonymous people to ask them questions.

CALCULATOR%

CALCULATOR% is only one of SEVERAL secret apps used to hide photos, videos, files, and browser history.

HOT OR NOT

HOT OR NOT encourages users to rate your profile, check out people in their area, and chat with strangers. The goal of this app is to hook up.

WHATSAPP

WHATSAPP is a popular messaging app that allows users to send texts, photos, voicemails, make calls and video chats worldwide. WHATSAPP uses an internet connection on smart phones and computers.

TIKTOK

TIKTOK is a new mobile device app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to cyber bullying and explicit content.

BADOO

BADOO is a dating and social networking app where users can chat, share photos and videos and connect based on location. While the app is intended for adults only, teens are known to create profiles.

PLENTY OF FISH

PLENTY OF FISH is a popular free dating app and website that encourages chatting with strangers. It allows users to browse profiles based on location.

HILY

HILY is a dating app where users can browse photos, engage in chats, send private videos and more. Based on the GPS location of a mobile device, strangers can arrange to meet up locally.

ZOOSK

ZOOSK is a location-based dating app and website similar to many others. The app is available in 80 countries and utilizes a "carousel" feature which matches users with random strangers.

MOCOSPACE

MOCOSPACE is a free social networking and dating app geared towards African American and Latino communities. Users can connect with strangers worldwide via text messages or voice calls.

BEST SECRET FOLDER

BEST SECRET FOLDER is specifically meant to "hide photos and videos," according to app store descriptions. It features password protection, decoy videos and alarm settings.

MONKEY

MONKEY is a live video chat app that connects users to random strangers worldwide, offering group chat and private message options. It claims to be rated for ages 12 and up but has "mild sexual content and nudity."

MEETME

MEETME is a dating social media app that allows users to connect with people based on geographic proximity. As the app's name suggests, users are encouraged to meet each other in person.

GRINDR

GRINDR is a dating app geared towards gay, bi and transgender people. The app gives users options to chat, share photos and meet up based on a smart phone's GPS location.

SKOUT

SKOUT is a location-based dating app and website. While users under 17 years old are unable to share private photos, kids can easily create an account using a different age.

Courtesy of the Newport Oregon Police Department

SOCIAL MEDIA SAFETY FOR TEENS

NetSmartz.org/TipSheets

THE FOLLOWING CHECKLIST CAN HELP YOU TAKE STEPS TO KEEP YOURSELF SAFER ONLINE.

- **CHECK YOUR COMMENTS AND IMAGES.**
  Have you posted anything inappropriate or illegal, like threats, nudity, alcohol, or drugs?

- **TALK TO YOUR FRIENDS ABOUT WHAT'S OK TO POST.**
  Agree that you won't post embarrassing or hurtful comments or images of each other. Be clear that you'll delete – or if needed, report – any posts that are inappropriate, illegal, or threatening or could get you in trouble.

- **REVIEW YOUR ACCOUNT SETTINGS.**
  Go through each option slowly. Always ask yourself – what is on my profile and who can see it?

- **KNOW YOUR FRIENDS, CONTACTS, AND FOLLOWERS.**
  These are the people who can see, share, and comment on what you post so you want to be sure you can trust them. Block and report anyone who makes harassing, threatening, or inappropriate comments.

- **KEEP AN EYE ON 3RD PARTY APPS.**
  Some of these apps will give companies access to your personal information. Always read the fine print before deciding to add one.

- **DON'T FORGET MOBILE.**
  When you use mobile devices like smartphones and tablets to post something or check in, you could also be sharing your location. Check your settings to make sure you're only sharing what you want to.

- **REPORT.**
  You have the right to be safe online. If anyone cyberbullies you, make a report to the website or app. If anyone shares or asks you to share sexual messages or images, make a report to **www.CyberTipline.com.**

A program of the NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

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NetSmartz Workshop

For more resources visit NSTEENS.ORG

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Understanding the Impact of COVID-19 on Individuals, Children, & Families

The COVID-19 pandemic has caused economic devastation, disconnected families from community resources and support systems, and created uncertainty and stress. Increased stress, school closures, loss of income, and social isolation have increased the risk for child abuse and neglect. In addition, individuals experiencing social isolation, financial or emotional stress, lack of time alone or lack of physical space, depression, and reduced access to mental health or substance use services and supports have an increased risk for suicide, drug overdose, and domestic violence (a.k.a. Intimate Partner Violence or IPV).

Access to direct support professionals has been changed or disrupted

Access to employment has been changed or disrupted

Access to basic needs such as food has been changed or disrupted

Access to therapy or treatment for behavioral health needs has been changed or disrupted

Access to school, special education services or child cares have been changed or disrupted

Access to Health Care has been changed or disrupted

Strong Communities Strengthen Families!

Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

CDC.gov/mentalhealth

Parental Mental Health

Many parents with mental health are able to provide their children a safe home environment without their family being impacted in any way. However, sometimes, parents with mental health need the support from family, friends, neighbors, and professionals to help them care for their children. The term "parental mental health" means that a parent has a diagnosable mental health condition such as depression, anxiety disorders, schizophrenia, bipolar disorder, or a personality disorder.

Parental mental health varies in severity and impacts children and families differently, depending on the parents' circumstances and the support they receive. Life's challenges can negatively affect mental health. For example, if a parent is experiencing financial difficulties, loss of employment, disconnection from support systems or other stressful situations, this could impact their mental health. Having to cope with multiple life challenges at once can make it difficult for parents to provide their children with the care they need to thrive. Parents with untreated mental health may need support with daily routines, such as, taking children to school, housework, and ensuring their child's proper hygiene and that medical needs are being met. They may also find it challenging to control their emotions around their children, respond to their children's needs, engage with their children, and set appropriate structure.

If parents with untreated and unsupported mental health do not receive the treatment and support they need, children may experience child abuse and/or neglect.

If you are experiencing a mental health emergency requiring immediate assistance call 911

Protective Factors: "Prevention of Child Abuse and/or Neglect when parents experience mental health"

- Develop a support system of family, friends, and neighbors who can help
- Seek help from a mental health professional and/or support group
- Increase a child's protective factors which will promote resiliency
  - Having a supportive relationship with their parent(s)
  - Positive self-esteem
  - Good coping skills
  - Positive peer relationships
  - Having healthy engagement with adults outside the home
  - Ability to express their feelings

For Additional Mental Health Tools and Resources visit:

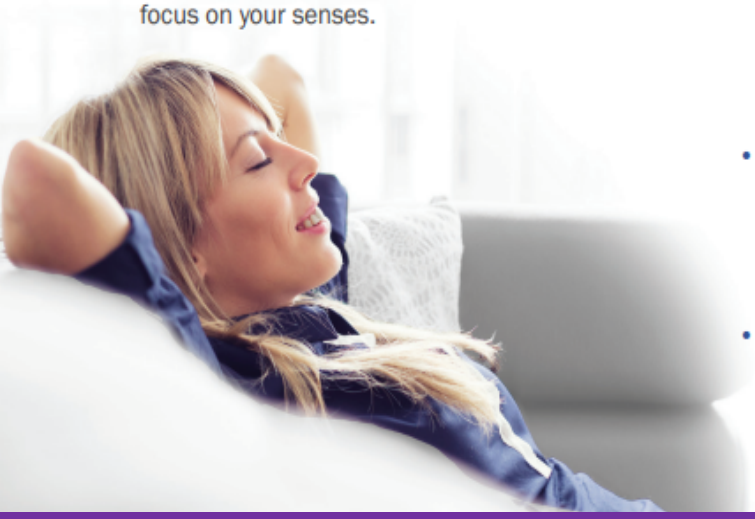
https://www.cdc.gov/mentalhealth/tools-resources/index.htm

To locate Mental Health Services in your area, utilize the "Treatment Locator" found on the CDC website above

MANAGING STRESS

Stress is a fact of life, but it's how you manage it that counts. You'll find it more beneficial to respond positively to stress than to react in a kneejerk way. You need to be in control of your thoughts, emotions and actions. You can't take care of others unless you first take care of yourself. When you are stressed it's important to practice self-care.

- Use your breaks at work to breathe and relax. Get out and take a short walk, change the scenery. If you have a door to your office, close it and do a quick meditation exercise.
- Take at least three to five minutes every hour to become aware of your breathing. Let your mind settle and relax. Use this time to focus just on the present, rather than recent or expected stressors.
- At the end of the day congratulate yourself for your accomplishments. Acknowledge the work you've done and be proud.
- Take time out to focus on the positive and relax. Smile, whistle a tune, spend time with your pet, walk, hike, dance, sing. Keep a gratitude journal and write in it every day.
- A simple smile can turn a bad day upside down. Take time to give someone a compliment. And, do something for yourself -- eat some chocolate, practice kindness, laugh out loud, watch a sunset, focus on your senses.



- Avoid drugs and alcohol. You may look at this as a temporary fix to feel better, but in the long run drugs and alcohol can create more problems and add to your stress—instead of taking it away.
- Find support. Don't be afraid to ask for support. Seek help and support from positive people in your life, a family member or friend for example. Having someone with a sympathetic, listening ear and sharing your stress really can lighten the burden.
- Connect socially. After a stressful event, it is easy to isolate yourself. Make sure you are spending time with loved ones. Consider planning fun activities with your partner, children or friends.
- Take care of yourself.
  - Eat a healthy, well-balanced diet.
  - Exercise regularly.
  - Get plenty of sleep – six to eight hours a night.
  - Give yourself a break if you feel stressed out for example, treat yourself to a therapeutic massage.
  - Maintain a normal routine and a sense of humor.
  - Be optimistic. Engage in positive thinking.
- Stay active. You can take your mind off your problems with activities like helping a neighbor, volunteering in the community and taking the dog on a long walk. These can be positive ways to cope with stressful feelings.
- Find ways to relax. Become proficient in meditation or mindfulness or take a yoga class.

SUICIDE PREVENTION

Know the signs

Know the 12 Suicide WARNING SIGNS

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

With help comes hope

NATIONAL SUICIDE PREVENTION LIFELINE™

1-800-273-TALK

www.suicidepreventionlifeline.org

Help is available for you or someone you care about, 24-7

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

Some Important RISK FACTORS for suicide

1.) Victim of Abuse (child abuse, sex abuse, rape)
2.) Having Relationship Problems
3.) History of Substance Abuse
4.) Recent Death of a Family Member or Close Friend
5.) Untreated Mental Health Condition
6.) Physical Disability or Illness
7.) Access to Harmful Means (drugs, guns)
8.) Ongoing Exposure to Bullying

PROTECTIVE FACTORS

1.) Parent connectedness
2.) Academic Achievement
3.) Awareness of and Access to local Health services
4.) Neighborhood Safety
5.) Overall Resilience
6.) Closeness to Caring Friends
7.) School Safety
8.) Connections to other Non-Parental Adults

Many factors can increase the risk for suicide or protect against it. Suicide is connected to other forms of injury and violence. For example, people who have experienced violence, including child abuse, bullying, or sexual violence have a higher suicide risk.

According to the Center for Disease Control (CDC), suicide is the second leading cause of death for youth ages 10-24. Youth who are bullied are more than twice as likely to consider suicide. Young people who are lesbian, gay, or bisexual, or transgender have a higher rate of suicidal ideation compared to their peers who identify as straight.

Preventing suicide involves everyone in the community being aware of the risk factors, understanding the warning signs, and helping someone who is at risk of suicide before it is too late.

Who are Drug Endangered Children?

NATIONAL ALLIANCE FOR DRUG ENDANGERED CHILDREN

Rescue. Defend. Shelter. Support.

National DEC defines drug endangered children as children who are at risk of suffering physical or emotional harm as a result of illegal drug use, possession, manufacturing, cultivation, or distribution.
They may also be children whose caretaker's substance misuse interferes with the caretaker's ability to parent and provide a safe and nurturing environment.

1 in 8 children live in households with at least one parent who has a substance use disorder

1 in 10 children live in households with at least one parent who has an alcohol use disorder.

1 in 35 children live in households with at least one parent who has an illicit drug use disorder.

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Medication Safety Tips

Keep all alcohol and drug substances out of sight and out of reach. All medicines should be stored up and away and out of sight of young children. Following a few simple things can decrease the chance of young children finding and ingesting medicines on their own.

- Store medicines in a safe location that is too high for young children to reach or see
- Never leave vitamins, medicines, prescription and non-prescription drugs, alcohol or illegal substances out on a kitchen counter or within reach of a child. Utilize lock boxes or a locked storage cabinet
- Communicate with your child about what the medicine or drug is and the dangers of taking the drug without a doctor or responsible parent/caretaker providing it to them
- Never tell your child that medicine is candy so they'll take it, even if your child does not like to take their medicine

Each year more than 60,000 young children visit emergency departments because they got into medicines while their parent or caregiver was not looking.

Educating your children on the correct usage and potential dangers of medicine is an important step in protecting children from unsupervised ingestion.

The Effects of Parental Substance Abuse on Children

Older children are sometimes forced to care for younger siblings when an addicted parent cannot

Parental exposure to alcohol and drugs can cause birth defects, premature birth, health related concerns, and infant mortality

Children of substance abusing parents are more likely to experience physical and/or sexual abuse and neglect

High stress levels experienced by children of addicts can cause physical and behavioral health concerns

Individuals with a substance abuse disorder are more likely to become unemployed creating economic hardship for children

Children of substance abusing parents are three times as likely to become substance abusers themselves

Children of substance abusing parents are more likely to repeat grades at school, be truant from school, or drop out of school

Strong Communities Strengthen Families!

FACTS ON OPIOID OVERDOSES

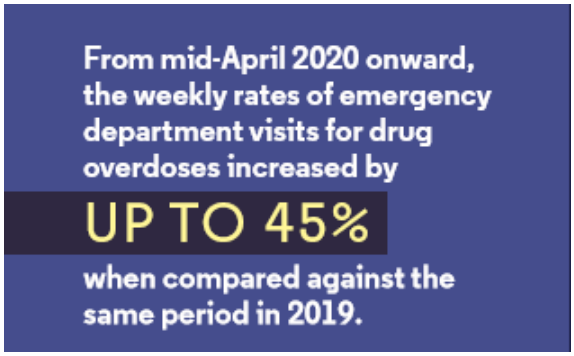
So what does an overdose look like?

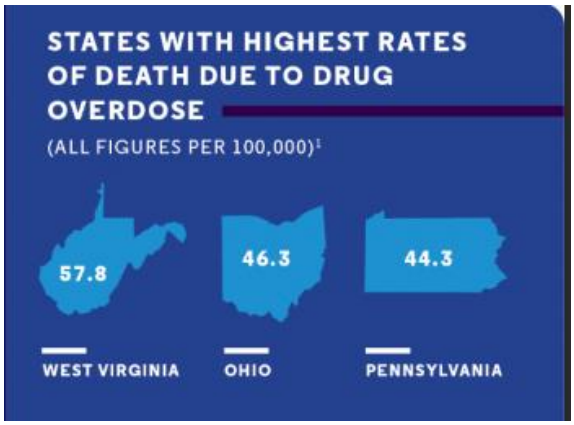
These signs are very important to look for, if not treated the result can mean death.

- Face is extremely pale and/or clammy to touch
- Body is limp
- Fingernails or lips have a blue or purple cast
- The person is vomiting or making gurgling noises
- You cannot get the person to respond when talking to them
- The person is unable to wake up
- The person is unable to speak
- Breathing is very slow or stopped
- Heartbeat is very slow or stopped

What to do in event of an overdose:

Call 911: You can save a life!





What can you do?

New laws have passed to make a drug to help save someone from overdose available to any family member that would like to have it available in case of an overdose of a loved one. To learn more about this drug and how to administer it please go to Get Naloxone Now and take the bystander training online.

Where to get Naloxone/Narcan

You can get naloxone through the Washington Drug & Alcohol Commission, Inc. (WDAC) 1-800-247-8379 your local pharmacy.

Strong Communities Strengthen Families!

TREATING OPIOID USE DISORDER

Drug and Alcohol Crisis
(Substance Use Disorder)
1-800-GET-HELP

Washington Drug and Alcohol Commission, Inc.

GET STARTED TODAY:

If you are in need of help, or know someone that needs help, take the first step by calling us today at 724-223-1181 and choose option #1

Behavioral Treatment of Opioid Use

Evaluation

Determine the reasons for substance abuse and identify triggers

Counseling

Individual and group counseling held by professional staff

Medicinal Treatment of Opioid Use

Medicines

Drugs like methadone and Suboxone curb cravings and experiencing negative withdrawal symptoms

Physicians

Proper medicinal treatment requires doctor supervision

Treatment Services Locator

You can use the Substance Abuse and Mental Health Service (SAMHSA) Behavioral Health Treatment Services Locator (a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories) to find resources in your area.

SAMHSA Behavioral Health Treatment Services Locator

The Locator is an online source of information for persons seeking substance use and/or mental health treatment facilities in the United States or U.S. Territories.

Enter a starting location:

address, city, state, or zip code

Go

https://takebackday.dea.gov/

Domestic Violence

What is Domestic Violence (Intimate Partner Violence (IPV))?

Domestic violence is abuse or aggression that occurs in a relationship. Domestic violence can vary in how often it happens and how severe it is. It can range from one episode of violence that could have lasting impact to chronic and severe episodes over multiple years. Domestic violence can include any of the following:

Physical Abuse/Violence: is when a person hurts or tries to hurt a partner by hitting, kicking, choking, or using another type of physical force.

Sexual Abuse/Violence: is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g. sexting) when the partner does not or cannot consent.

Psychological Aggression/Emotional Abuse: is the use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally and/or to exert control over another person.

Stalking: is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.

Every year, more than 3 million children witness domestic violence in their homes.

Domestic Violence Statistics

- 20,000 phone calls placed to domestic violence hotlines daily
- 20 people per minute are physically abused by an intimate partner
- Intimate partner violence accounts for 15% of all violent crime
- 1 in 3 women & 1 in 4 men have been victims
- Women between the ages of 18-24 are most commonly abused
- 19% of domestic violence involves a weapon

Statistics from NCADV.org

Effects

Of Domestic Violence On Children

Womb-one year old

- Risk of in-utero harm
-Miscarriage
-Premature Birth
-Harmed while in the victim parents arms
-Frequent Crying
-Fright/Trauma
-Failure to Thrive

2-4 years old

-Risk of becoming abused
-Speech Delays
-Act Out Violently
-Withdrawal
-Delayed Toilet Training
-Sleeping Difficulties
-Fear/Trauma

5-12 Years Old

--Risk of bing harmed/abused
-Insecurity
-Low self-esteem
-Bed wetting
-Parentified Child
- School Problems
-Runs away
-Substance use/abuse
-Sexual activity
-Fear/Trauma

13-19 years old

-Risk of being harmed/abused
-Experience Violence in their own relationships either as a victim or perpetrator
-Assault their mother, father, siblings
-Teen Pregnancy
-Juvenile Delinquency/criminal activity
-Fear/Trauma

Strong Communities Strengthen Families!

Domestic Violence Help!

No one deserves to be abused and no child should have to witness domestic violence against a parent. If you are being abused, finding a way to protect yourself and your child is imperative. It will be hard for your child to feel safe if the family is still in crisis. If you feel unsafe, contact Domestic Violence Services, the police, or another trusted person who can advise you about plans for safety. If you believe your child has been injured or abused by the other parent, get medical help if needed and contact your local police or child welfare agency. The tips offered below are meant to provide assistance in planning for your child's physical and emotional health if they are exposed to domestic violence.

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**

Plan for Safety: Tips for planning for your child's physical and emotional health if they are exposed to Domestic violence

- **Know the warning signs that your partner is about to become violent and try to remove yourself and your child from the situation before the violence begins.**
- **If you are holding your infant or toddler child when violence begins, try to place your child in a safe area.**
- **Make sure your child knows their first priority is to stay safe, not to physically protect you. Explain that you appreciate their wanting to protect you but they may get hurt if they do so.**
- **Explain to your child that violence is wrong, even when the person being violent is someone they love and care about.**
- **Make sure your child knows that the violence is not their fault. Check with your child to see what they are worried about and what you can do to help.**
- **If you believe your child would be able to leave the house safely on their own to get help, discuss with them possible places where they could go and make a plan for what they would say/do when they get there.**
- **Decide on a "code word" that you can say to your child that would let them know to leave the house and get help.**
- **If your child is unable to leave the home (due to age, location of the house, developmental abilities, or for any other reason), identify a safe place for them to go within the house. Talk to your child about what they should do when they go to the "safe place".**
- **Provide ways for your child to reduce stress and build positive coping skills such as joining activities or hanging with friends.**
- **Encourage your child to talk to a trusted adult- a teacher, a school counselor, a church leader-if they need someone else to talk to other than you.**

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.

A Special Thank You to:

Childcare:
Early Learning Resource Center
Office of Child Development and Early Learning
(800) 548-2741 or (724) 836-4580
https://www.elrc4kids.com/

Crisis Support: Domestic Violence
Domestic Violence Services of Southwestern PA
(800) 791-4000
https://www.peacefromdv.org/

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

Parenting Teens
The Academy for Adolescent Health (Teen Outreach)
(724) 222-2311
https://www.healthyteens.com/

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.washingtoncountyhumanservices.com/agencies/behavioral-health-developmental-services

Drug and Alcohol
Washington Drug and Alcohol Commission, Inc.
(724) 223-1181 option #1
https://wdacinc.org/

Child Protection
Washington County Children and Youth Services
(724) 228-6884
https://www.washingtoncountyhumanservices.com/agencies/children-youth-services

RESOURCES AND LINKS

Calendar Links

Cover Page
https://www.washingtoncountyhumanservices.com/agencies/children-youth-services

Page 2-3 (Calendar Links)
Make your pinwheel
https://preventchildabuse.org/wp-content/uploads/2016/02/MakeYourPinwheel_National.pdf

April 1- Safe Sleep
https://www.nichd.nih.gov/sites/default/files/2019-04/Safe_to_Sleep_brochure.pdf

https://www.nichd.nih.gov/sites/default/files/2019-02/Safe_Sleep_Environ_update.pdf

April 2- Mental Health
https://www.nimh.nih.gov/health/publications/children-and-mental-health/index.shtml

https://ccrinfo.org/

April 3- Physical Health/Well-child care
https://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx

April 5 – Childcare/Child Development
https://elrc-csc.org/quality-childcare-for-families/

https://www.elrc4kids.com/

April 6 – Older Caregivers Support
https://www.youtube.com/watch?v=-ELZirhL0s0

April 7 – Child Development
https://www.cdc.gov/ncbddd/actearly/milestones-app.html

April 8 – Car Seat Safety
https://www.safekids.org/ultimate-car-seat-guide/

April 9 – Healthy Children
https://www.healthychildren.org/English/Pages/default.aspx

April 12 – Chores and Children
https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Chores_and_Children-125.aspx

April 13- Impact of Covid-19 on MH
https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx

April 14 – Helmet Safety
https://www.cdc.gov/headsup/helmets/index.html#:~:text=Worn%20consistently%20and%20correctly%20Appropriately%20certified%20for%20use,or%20teen%20to%20avoid%20hits%20to%20the%20head.

April 15 – Online Safety
https://www.justice.gov/coronavirus/keeping-children-safe-online

April 16 – Prevent Teen Drug Use
https://drugfree.org/article/spotting-drug-use/

April 19 – Childproofing your home
https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Childproofing-Your-Home.aspx

RESOURCES AND LINKS

Calendar Links

April 20 – Immunizations
https://www.cdc.gov/vaccines/schedules/parents-adults/resources-parents.html

April 21 – Self-Care
https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits

April 22 – Housing, Rent, Utility Assistance
https://myblueprints.org/

April 23 – Stress Management for Teens
https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/For-Teens-Creating-Your-Personal-Stress-Management-Plan.aspx

April 26 – Child Development
https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html

April 27 – Babies Cry
http://www.babycries.org/index.html

April 28 – Protect child from Sexual Assault
https://www.rainn.org/articles/how-can-i-protect-my-child-sexual-assault

April 29 – Positive Parenting
https://newsinhealth.nih.gov/special-issues/parenting/positive-parenting

April 30- Keep Kids Safe – Report Child Abuse
https://www.dhs.pa.gov/KeepKidsSafe/Pages/default.aspx

RESOURCES AND LINKS

Additional Resources utilized in the creation of our toolkit

Infant and Early Childhood Mental Health
https://www.zerotothree.org/early-development/infant-and-early-childhood-mental-health

Help your Teen Feel More Confident
https://parents.au.reachout.com/skills-to-build/wellbeing

Age Appropriate Discussions about Sexual Abuse
https://www.aap.org/en-us/Pages/Default.aspx

Center for Disease Control and Prevention
https://www.cdc.gov/parents/index.html

Virginia Department of Social Services
Families Forward Virginia
https://www.familiesforwardva.org

Stop Bullying
https://www.stopbullying.gov/

NetSmartzKids
Be Safer Online
https://www.netsmartzkids.org/AboutUs/

Online Safety for Youth
https://www.ojp.gov/feature/internet-safety/online-safety-youth

Resources for Parents, Educators, and Communities-Online Safety
https://www.missingkids.org/netsmartz/resources

Mental Health Tools and Resources
https://www.cdc.gov/mentalhealth/tools-resources/index.htm

National Suicide Prevention Lifeline
https://suicidepreventionlifeline.org/

National Alliance for Drug Endangered Children
https://www.nationaldec.org

Emergency Preparedness and Response
https://emergency.cdc.gov/

SAMHSA Substance Abuse and Mental Health Services Administration
https://findtreatment.samhsa.gov/locator

National Coalition Against Domestic Violence (NCADV)
https://ncadv.org/

Get Naloxone Now
https://www.getnaloxonenow.org/#home

Keep Kids Safe by Strengthening Families

WASHINGTON COUNTY

CHILDREN & YOUTH SERVICES

Contact:
Switchboard:
724-228-6884
Toll Free: 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

Strong Communities Strengthen Families!