

Key Information When Suspecting Sexual Abuse with Your Child

How Do Kids Feel When They've

The emotions children have when they are abused can be very hard to understand. Sometimes, the abuse can feel good, and the child may even like or love the person who did this to them. It's ok for children to have different feelings about the abuse. Some kids feel really mad at the person or afraid of them. Some kids even feel guilty about what happened. Sometimes these feelings can affect how kids behave. They might feel scared about the abuse, they might not want to sleep alone, or they might not like to be alone. Some kids feel mad a lot and they get into lots of fights. Some kids feel very sad and want to cry all the time. There are also a variety of reasons that kids may not disclose the abuse.

Ways to Respond to My Child

- Believe and support your child
- Talk about boundaries in an age appropriate way
 - Do not pry
 - Treat the child as usual
 - Let them be a kid
- Increase positive self-messages
 - Be ready to listen
- Do not blame or punish yourself or your child
 - Utilize open ended questions
- Encouraging use of coping and relaxation skills (deep breathing, grounding, etc.)

Risk and Protective Factors

Fortunately, even when children experience a traumatic event, they don't always develop traumatic stress.

Some factors to consider include:

- Severity of the event
- Proximity to the event
- Caregiver's reaction
- Prior history of trauma
- Family and community factors.

Signs to Look For

- Increase in nightmares
 - Difficulty sleeping
 - Angry outbursts
 - Anxiety
 - Depression
- Increased sexual knowledge and behaviors inappropriate for age
 - Difficulty concentrating
 - Disruptive
- Regression (bed wetting, etc.)
- Changes in school performance
 - Unusual fears
 - Lowered self esteem
 - Withdrawn behaviors

* These signs can be broad and do not definitively indicate that abuse has occurred.

***For more information about child abuse please visit www.nctsn.org**

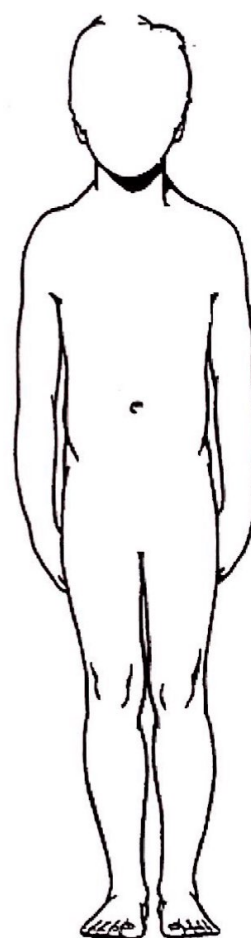
320 E. Silver St. Lebanon, OH, 45036
513-695-3100 cacwarrencounty.org



My Safety Network



My body is my body and it belongs to me!



 Child Advocacy
Center of Warren County
www.cacwarrencounty.org

When A Child Discloses Inappropriate Touching or Abuse:

If a child tells you someone has made them uncomfortable, below is a guide to help you support your child:

Try to remain calm do not express shock, panic or disbelief.

Find a private place to talk.

Be a listener not an investigator - encourage the child to talk in his/her language and ask just enough questions to act protectively. Say, "Can you tell me more about that?" Do not conduct any form of interview with the child.

Reassure the child that he/she has done the right thing by telling you. Stress that what has happened is not his/her fault. Say, "You are not in trouble" and, "If I look or sound upset it is because adults want children to feel safe"

Check your tone of voice and help the child make sense of what you are feeling. Say, "I am feeling concerned for you. What can we do right now is talk about ways to help you feel safer."

Act protectively. Say, "You know some people do wrong things. It is up to grown-ups to protect children. Every child has a right to be safe; we have laws to help protect children."

Do not make promises you can't keep. (For example, promising you will not tell anyone, as you need to tell someone in order to get help for the child.)

Contact Warren County Children Services at 513-695-1580 and/or the Springboro Police and state that you need to report child abuse. You may remain anonymous.

Do not contact the abuser, regardless of who that person is, leave this to Children Services and/or the Police.

Children whose parents or caregivers are supportive heal more quickly from the abuse.

Need Further Support?

If you have just discovered that your child or a child you care about has been abused, it may feel as if your world is falling apart. It is normal to need additional support as your family moves through the healing process. Parents may want to contact a mental health professional who has expertise in child trauma, or, alternatively, a pediatrician. Talking to a professional can help assist in overcoming the distress associated with discovering that something has happened to your child .

Below is a list of recommended resources to consider.

Agape Counseling Center

Centerville Office

175 S. Main Street

Centerville, Ohio 45458

(937) 434-0540

Recommended Therapist

Ruth Kauffold PHD (Clinical Psychologist)

* works well with educators (former teacher)

Ziza Psychotherapy and Consulting

Nick Ziza, LPCC

3131 S. Dixie Drive

Suite 400

Dayton, Ohio 45439

(937) 296-0607

* children / adults / families

Springboro Counseling Therapy and Associates

65 S Main St.

Springboro, OH 45066

937-748-8201

Recommended therapist

Mary Miller, MSW

The Highview Center

10 S. Highview Road

Middletown, Ohio 45044

(513) 423-6621

South Dayton Counseling Center

925 Congress Park Drive, Suite D

Dayton, Ohio

937-242-3298

Recommended therapist

Peggy Volters, MS

Anchoring Hope

325 S. N. Main St Ste 200
Springboro, OH 45066

ACCESS COUNSELING SERVICES

4464 South Dixie Hwy.
Middletown, OH 45005
513-649-8008

Trauma specialist, 7 challenges AOD treatment for Adolescents, DBT Skills for Adolescents, Spanish speaking therapist.

Compass Point Counseling

10861 Yankee St.
Dayton, OH 45458
513-939-0300

Bruce Kline

529 E. Stroop Road
Kettering, Ohio 45429
(937) 294-6004

Solutions Counseling

50 Greenwood Ln,
Springboro, OH 45066
937-746-1154

*They come into the school and conduct therapy during the school day if desired

Warren County Children Services

513-695-1580
500 Justice Drive
Lebanon, Oh 45036
www.co.warren.oh.us

Springboro Police Department

937-748-0611
320 W Central Ave
Springboro, Oh 45066