



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IN SAFE KEEPING

CHILD ABUSE PREVENTION TRAINING  
THE FAMILY YMCA



LAST UPDATED SEPTEMBER 2018; HHS STATISTICS LATEST DATE IN 2016

# OBJECTIVES

1. PROTECT CHILDREN
2. PROTECT YOURSELF FROM ALLEGATIONS
  - Criminal and Civil charges
3. PROTECT THE Y; UNDERSTAND PHILOSOPHY AND Y POLICIES
4. YMCA'S CAN BE MAGNETS FOR PREDATORS
  - Numerous national instances of abuse at YMCAs
5. LEARN ABUSER CHARACTERISTICS
6. RECOGNIZE SIGNS AND SYMPTOMS
7. LEARN REPORTING REQUIREMENTS
8. HOW TO RESPOND TO DISCLOSURE

# HOW PREVALENT IS CHILD ABUSE?

US Department of Health & Human Services (2016) data below, based on REPORTED incidents, says it looks like this, 9 in 1000, or about 1 in 100:

## Who Were the Child Victims?

In FFY 2016, an estimated 676,000 children were victims of abuse and neglect nationwide, which is a rate of 9.1 victims per 1,000 children in the population. The following is additional information about children confirmed as victims by CPS agencies in FFY 2016:

- Children in the age group of birth to 1 year had the highest rate of victimization at 24.8 per 1,000 children of the same age group in the national population. The youngest children are the most vulnerable to maltreatment.
- Slightly more than one-half (51.0 percent) of the child victims were girls, and 48.6 percent were boys. The gender was unknown for 0.4 percent of victims.

However, according to “For Their Sake: Recognizing, Responding to and Reporting Child Abuse,” Becca Cowan Johnson, American Camping Association, 1992, page 5 (studies by Russell and Finkelhor):

“One third of children, male and female, will experience some form of sexual abuse before their eighteen birthday.”

# OVERVIEW

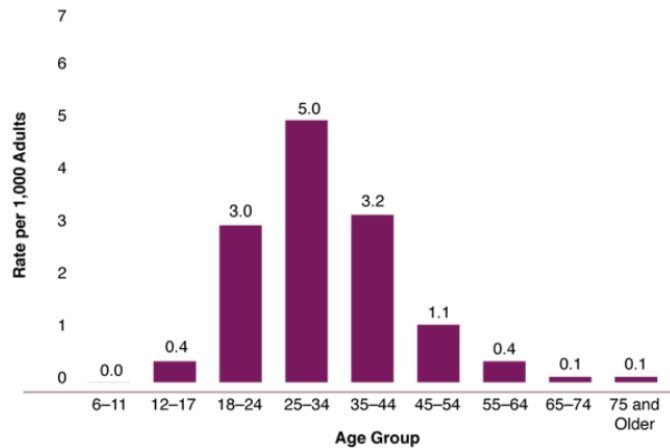
- Abuse occurs in all socio-economical instances; occurrences but nationwide statistics show abuse is greater in households under \$15K/year and single-parent homes
- Los Alamos community has higher single parent families; and high rates of domestic abuse.
- Abuse occurs between adults and children
- Abuse occurs between children
- Abusers can be strangers, family members and acquaintances, staff and volunteers
- According to 2016 HHS, National Child Abuse and Neglect Data System (NCANDS):

## Who Abused and Neglected Children?

- More than four-fifths (83.4 percent) of all perpetrators were between the ages of 18 and 44 years.
- More than one-half (53.7 percent) of perpetrators were women, 45.3 percent of perpetrators were men, and 1 percent were of unknown sex.
- The three largest categories for perpetrator race or ethnicity were White (49.8 percent), African-American (20.0 percent), and Hispanic (18.8 percent).
- The great majority of perpetrators were parents—one or both parents maltreated 91.4 percent of victims.
- Approximately 13.4 percent of victims were maltreated by a perpetrator who was not the child's parent and who sometimes acted alone and sometimes with other perpetrators. The largest categories in the nonparent group were male relatives, male partner of parent, and "other," but the category also included other options, such as daycare providers, foster parents, and unknown.

**Exhibit 5–A Perpetrators by Age, 2016**

*Perpetrators in the age group 25–34 years had the highest rate*



*Based on data from 50 states. See [table 5–2](#).*

# TYPES OF ABUSE

## 1. PHYSICAL

- Bodily harm
- Bullying
- Withholding food, rest, water

## 2. EMOTIONAL ABUSE

- Verbal assault endangers mental health and emotional development
- Humiliation

## 3. NEGLECT

- Failure to provide food, clothing, supervision, medical care
- Not ensuring safety, letting a game get too rough, or go too long

## 4. SEXUAL ABUSE

- Visual
- Physical

## 5. ENTICEMENT OF A CHILD/ CYBER ABUSE

- Visual
- Physical arrangements/meetings

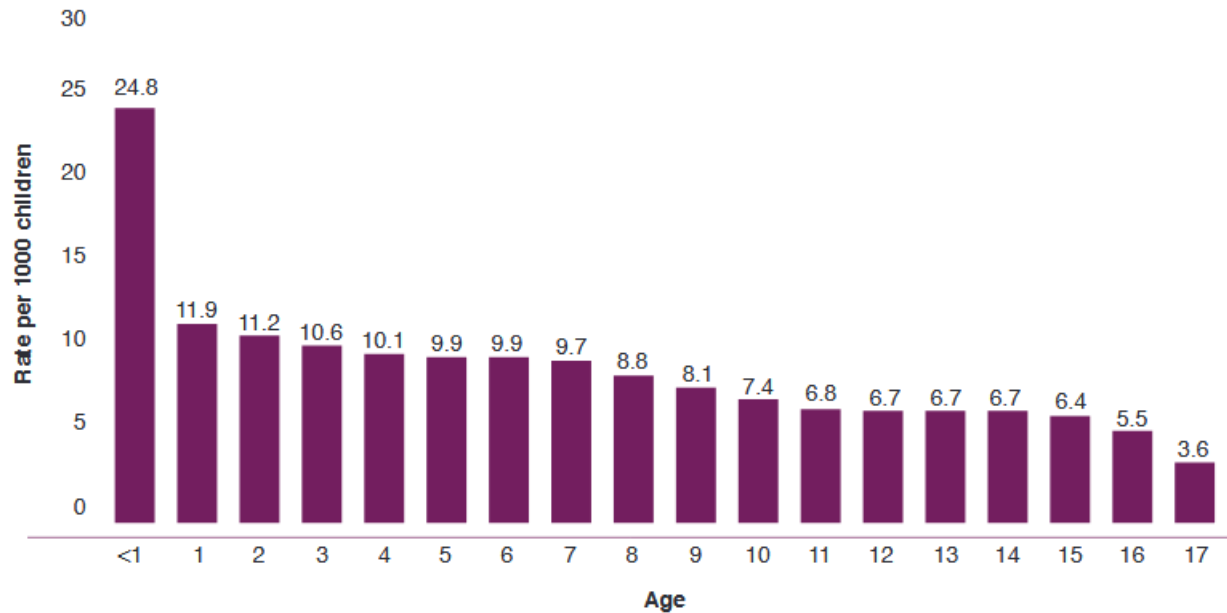
**Which is most common? What age?**

**Who are most vulnerable to each type?**

# VICTIMS BY AGE

## Exhibit 3–D Victims by Age, 2016

*The youngest children were the most vulnerable to maltreatment*



*Based on data from 51 states. See [table 3–5](#).*

# Y PHILOSOPHY AND POLICIES

- Screening before hiring; background/reference checks
- Preventative Measures
  - Training/educate staff, parents, volunteers, teach children personal safety and assertiveness and boundaries
- Control access to children
  - Sign-in and out
  - No out-of-program contact, no rides, no sleepovers, no gifts except to all
- Adherence to YMCA Code of Conduct
- Discipline
  - Positive reinforcement
  - Cut horseplay, bullying, teasing, exclusion games
  - Do not allow dangerous games to continue
- No-one-to-one contact between (children and adults)
- Always have a witness (copy supervisor on text and emails to youth/co-workers), ask last parent to stay
- No changing in front of children, stand watch over children who must change and have a witness

# Y PHILOSOPHY AND POLICIES, 2

## ➤ Touching policy

- Conservative adult standard: if you'd feel uncomfortable explaining to someone walking into the room, stop situation
  - Bathing-suit rule: no touching where suit would cover
  - Age appropriate: in response to need of child, not adult
  - Inappropriate: comments on child's body/physique/development, caress, tickling, full frontal hugs, massage, kiss, legs and knee touches, piggyback rides, back rubs, wrestling or roughhousing, prone position; playing mercy or "Uncle"; carrying child on hip unless 2 or under, shoulder rides, spider swing, hanging on your body/leg; playing airplane.
  - **Child or youth initiated:** 8 and under, brief warm responsive hugs ok. Side hugs okay but have boundaries.
  - Gentle limits: 8 and under, brief hand-holding. If child plops down on lap encourage child to sit next to you, or return to another activity
  - Ensure you have a witness if child needs help with restroom or soiled clothing, leave door open, ask for assistance
- All allegations are taken seriously: suspended until cleared
- Suspicious of abuse **mandates report to** supervisor and **state within 24 hours!**



# SIGNS AND SYMPTOMS

## Signs of Physical Abuse

- Unexplained burns, bites, bruises, broken bones, or black eyes
- Fading bruises or other marks noticeable after an absence from school
- Seems frightened of the parents and protests or cries when it is time to go home
- Shrinks at the approach of adults
- Reports injury by a parent or another adult caregiver

Consider the possibility of physical abuse when the parent or other adult caregiver:

- Offers conflicting, unconvincing, or no explanation for the child's injury
- Describes the child as "evil," or in some other very negative way
- Uses harsh physical discipline with the child
- Has a history of abuse as a child

## Signs of Neglect

- Frequently absent from school
- Begs or steals food or money
- Lacks needed medical or dental care, immunizations, 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

Consider the possibility of neglect when the parent or other adult caregiver:

- Appears to be indifferent to the child
- Seems apathetic or depressed
- Behaves irrationally or in a bizarre manner
- Is abusing alcohol or other drugs

# SIGNS AND SYMPTOMS, 2

## Signs of Sexual Abuse

- Difficulty walking or sitting;
- Suddenly refuses to change for gym or to participate in physical activities
- Reports nightmares or bedwetting; Experiences a sudden change in appetite
- Demonstrates bizarre, sophisticated, or unusual sexual knowledge or behavior
- Becomes pregnant or contracts a venereal disease, particularly if under age 14
- Runs away
- Reports sexual abuse by a parent or another adult caregiver

Consider the possibility of sexual abuse when the parent or other adult caregiver:

- Is unduly protective of the child or severely limits the child's contact with other children, especially of the opposite sex
- Is secretive and isolated
- Is jealous or controlling with family members

## Signs of Emotional Maltreatment

- Extremes in behavior, such as overly compliant or demanding behavior, extreme passivity, or aggression; Is either inappropriately adult (parenting other children, for example) or inappropriately infantile (frequently rocking or head-banging, for example); Is delayed in physical or emotional development
- Has attempted suicide; Reports a lack of attachment to the parent

Consider the possibility of emotional maltreatment when the parent or other adult caregiver:

- Constantly blames, belittles, or berates the child
- Is unconcerned about the child and refuses to consider offers of help for the child's problems
- Overtly rejects the child

# SIGNS AND SYMPTOMS

## DISCLOSURE

- Indirect hints; “my friend”; disclosure with strings attached
- Separate child but keep in public view; be supportive, listen, don’t ask leading questions
- For Y report, collect names/numbers of witnesses
- **Whoever receives disclosure**, or suspects child abuse with a reasonable probability that the child is in danger, **must report**
- Confidentiality is critical for ALL involved
- Intentional act or innocent accused, mandatory “Incident” report to Y supervisor
- If child/youth is threatening self-harm and suicide ideation/ endangering self in behavior, must also be reported to State

# SIGNS AND SYMPTOMS

## REPORTING

- Intentional act or innocent accused, mandatory “Incident” report to Y supervisor (Y staff will let families know about report, reporter is anonymous), and
- **State law (NMSA 32A-4-3) mandates you report within 24 hours; can be anonymous** (Y supervisor will also report to State as an “additional” report).
- Suspected adult-child abuse in family is reported to state agency: **NM 1-855-333-7233**
- Adult-child out of family, and child-child is investigated by local police: **(505) 662-8222**.
  - To maintain confidentiality for victim do not share details at this recorded number. Say: “I’d like to report an issue concerning a juvenile, I need to speak to a police officer.”
- Adult-adult abuse is investigated by police/victim advocate: **(505) 662-8222**.
- Call 911 immediately if there is a safety concern of imminent danger (drunkenness, violence); it is not up to you to distinguish, it is the law.



**THANK YOU**

**The Family YMCA**  
**505 662 3100**  
**[www.laymca.org](http://www.laymca.org)**