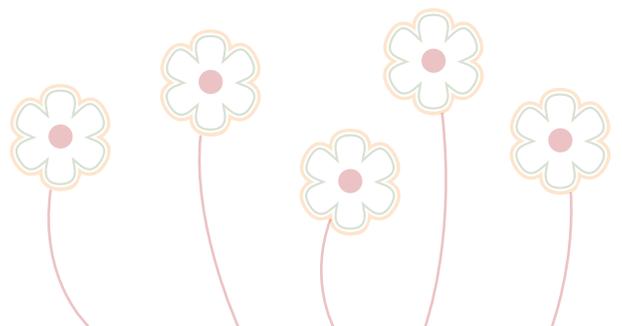
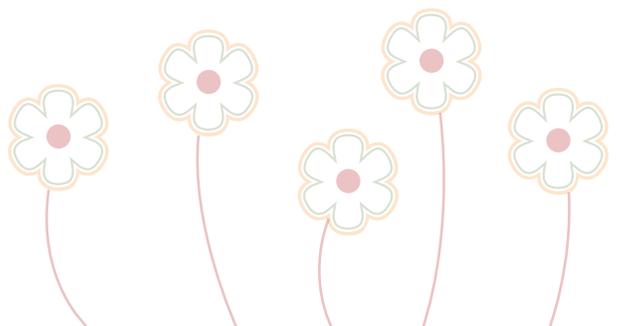


# Child Abuse and Neglect

## Lesson S1.1





### Lesson Instructions

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**Suitable For:** Special Circumstances.

**Time Frame:** Anytime the client's special circumstances apply.

**Lesson Objective:** To give information about what child abuse and neglect are during a pregnancy and with an infant or child.

**Instructions:** Give client a copy of the worksheet and show the DVD. After the DVD, discuss her answers and any other questions she may have.

**\* Questions to discuss with your client are bolded and italicized.**

**Homework:** Give your client a copy of the homework sheets provided.

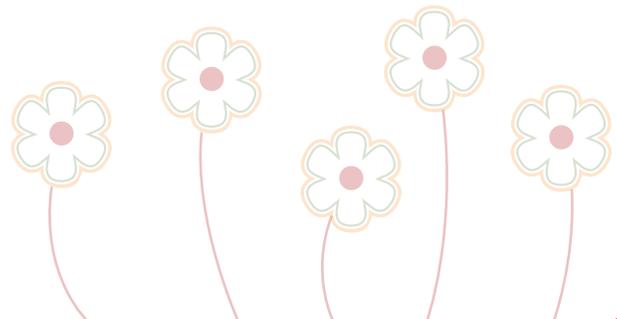
**Supplies:** DVD: *Child Abuse and Neglect*

**Length of Lesson Video:** 18 minutes

**Note:** You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.



This lesson will teach your client the seriousness of child abuse and how to spot it and what to do.



### DVD Worksheet, Page 1

#### Like Parents, Like Kids

If you or your spouse have been abused as a child, recognize there is a higher likelihood of issues of child abuse in your home. Talk about the risks, and the ways to make sure it never happens. Also, make it clear that if there is child abuse that you will call it in to the authorities immediately - whether you do it or your spouse does.

1. Regardless of your circumstances, as a parent your child deserves your \_\_\_\_\_.

2. True or False: Child abuse is against the law.

3. What is child abuse?

Physical Abuse -

Emotional Abuse -

Sexual Abuse -

Neglect -

4. Parents who are \_\_\_\_\_ as children are likely to \_\_\_\_\_ what happened to them.

5. There is a direct correlation between \_\_\_\_\_ and \_\_\_\_\_ to child abuse.

6. What should you do if you feel like you can't control yourself?



Abuse may show in bruises and broken bones. If you suspect abuse, report it and get help.



### DVD Worksheet, Page 2

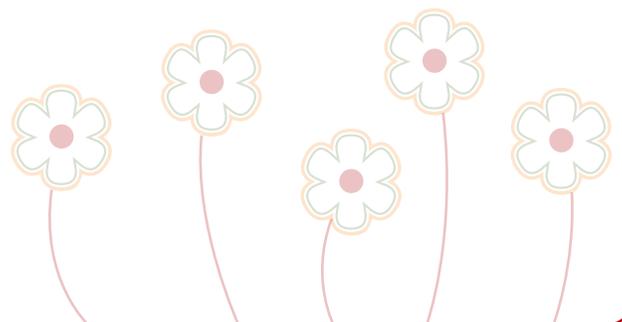
#### Emotional Abuse

Emotional abuse is much harder to show is occurring, but it can cause just as much if not more damage to the child. Look out for people who get pleasure out of a child's discomfort and who are not secure in themselves. Don't let anyone degrade your son or daughter - it is your job to stick up for them.

7. How do you know if someone is abusing your child?
8. How do you know if your child is subject to abuse at the sitter or the day care?
9. What do you do if your child has been abused?
10. How can you help your abused child?



Abusive men who abuse women will also likely abuse children. If you have to, leave.



### DVD Worksheet Key

#### Like Parents, Like Kids

If you or your spouse have been abused as a child, recognize there is a higher likelihood of issues of child abuse in your home. Talk about the risks, and the ways to make sure it never happens. Also, make it clear that if there is child abuse that you will call it in to the authorities immediately - whether you do it or your spouse does.



Abuse may show in bruises and broken bones. If you suspect abuse, report it and get help.



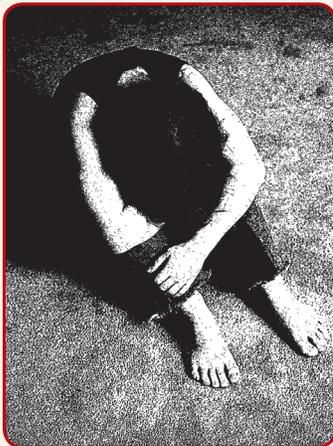
1. Regardless of your circumstances, as a parent your child deserves your **love**.
2. True or False: Child abuse is against the law. **True.**
3. What is child abuse?  
Physical Abuse - ***When a child is hurt from being struck or spanked.***  
Emotional Abuse - ***When a child is yelled or cursed at.***  
Sexual Abuse - ***When a child is purposely exposed to adult sexuality.***  
Neglect - ***When a child is not properly fed or clothed or looked after.***
4. Parents who are **abused** as children are likely to **follow** what happened to them.
5. There is a direct correlation between **poverty** and **stress** to child abuse.
6. What should you do if you feel like you can't control yourself?  
***Attend parenting classes, try time-outs, take privileges away, seek help, or call Child Protective Services.***
7. How do you know if someone is abusing your child?  
***Listen to your child, look for signs; kids are more likely to be sexually abused by someone they know; evaluate the adults in your child's life.***
8. How do you know if your child is subject to abuse at the sitter or the day care?  
***Be alert of the setting that your child is in. Visit the day care, observe the setting.***
9. What do you do if your child has been abused?  
***Go to an agency, provide immediate protection, call the Child Abuse Hotline.***
10. How can you help your abused child?  
***Talk to your child, let them know that it is not their fault, assure them that they were right to tell you, defuse anxiety.***



### Homework, Page 1

#### What to Do If It Happens

If you find yourself in a situation where you or someone you know abused your children, you need to ask for help and protection for you and your child. Recognize that a mistake was made, that there will be consequences, and that changing is not easy. Make up your mind to stop the abuse and take the consequences for yourself for the abuse or for turning in the person who is abusing.



Abuse can lead a child to be reclusive and quiet. Look for signs of a child who is very withdrawn.

Child abuse is reported to Child Protective Services on an average of once every 10 seconds. Approximately 2,400 of those reports are substantiated (found to be true) every day. Nearly **four children die every day** as a result of child abuse.

Parenting is the toughest, but most rewarding experience most of us will ever face. It is hard work. Sometimes the stress of daily living can take its toll on the way you feel about and treat your children. Your choices and unforeseen circumstances may place you under extraordinary stress. **Poverty, illness, divorce, single parenting, drug or alcohol abuse, or lack of parenting skills may cause family stress** and lead to child neglect or maltreatment.

There are no perfect parents. We all make mistakes, but **you never have the right to injure your child** or neglect and abuse them.

Many child abusers were themselves victims of child abuse. You may find yourself repeating the same mistakes that were made by the people who harmed you. There is no shame in discovering that you may not know how to properly treat a child. Asking for help is a sign of strength. You know that what happened to you as a child was not right and that no child deserves that kind of treatment. You also know that the cycle stops with you.

If you find yourself unable to deal with your children, **the most loving thing you can do for them is to ask for help**. Call the Childhelp National Child Abuse Hotline at **1-800-4-A-CHILD**. The call is free and anonymous.

#### Things to Do Instead of Hurting Your Child

1. Take a DEEP breath. Exhale. Take a few more. You are the adult.
2. Press your lips together for twenty seconds.
3. Close your eyes and imagine you are the child receiving the punishment.
4. Put the child in time-out, **one minute for every year of age**.
5. Give yourself a time-out. Give yourself some time to calm down.
6. Call a friend to watch the children while you take a walk.
7. Splash cold water on your face.
8. Take a hot bath.
9. Turn on some music.
10. Call the hotline, 1-800-4-A-CHILD.



### Homework, Page 2

#### Time YOURSELF Out

Every parent can tell you that, at times, raising children can be frustrating. During those times that are really bad, make the choice to put yourself in time-out. Do this by making sure your kids are in a safe place and then going into your room and taking some time to unwind. It is much better to unwind by yourself than take your anger out on your child.

Answer the following questions based on what you just read.

1. How many children die from child abuse every day?
2. What are some circumstances that might cause family stress?
3. Do you have the right to hurt your child?
4. What is the most loving thing you can do for your children if you find yourself unable to deal with them?
5. What is the telephone number for the Childhelp National Child Abuse Hotline?
6. What is an appropriate length of a time out for a four-year-old child?
7. Can you think of something else you can do instead of hurting your child?



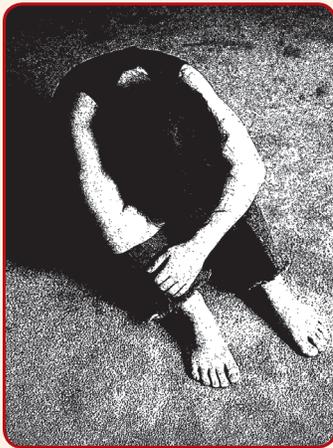
Abuse can also lead to uncontrollable anger as the child gets older. Get help if you suspect abuse.



### Homework Key

#### What to Do If It Happens

If you find yourself in a situation where you or someone you know abused your children, you need to ask for help and protection for you and your child. Recognize that a mistake was made, that there will be consequences, and that changing is not easy. Make up your mind to stop the abuse and take the consequences for yourself for the abuse or for turning in the person who is abusing.



Abuse can lead a child to be reclusive and quiet. Look for signs of a child who is very withdrawn.

Answer the following questions based on what you just read.

1. How many children die from child abuse every day?

**Nearly four children die every day as a result of child abuse.**

2. What are some circumstances that might cause family stress?

**Poverty, illness, divorce, single parenting, drug or alcohol abuse, or lack of parenting skills may cause family stress.**

3. Do you have the right to hurt your child?

**No, you never have the right to injure your child.**

4. What is the most loving thing you can do for your children if you find yourself unable to deal with them?

**Ask for help.**

5. What is the telephone number for the Childhelp National Child Abuse Hotline?

**1-800-4-A-CHILD**

6. What is an appropriate length of a time out for a four-year-old child?

**One minute for every year of age, four minutes.**

7. Can you think of something else you can do instead of hurting your child?

**Answers may vary.**

