



## Signs of child abuse and neglect

### Physical Abuse:

- Unexplained injuries
- Feels deserving of punishment
- Frightened of parent or caretaker
- May not cry or react when frightened
- Manipulates adults
- Reports injury by parent or caretaker
- Injures animals
- Wary of contact with adults
- Apprehensive when other children cry
- Inappropriate maturity
- Extremes in behavior, aggressive / withdrawn
- States he/she is afraid to go home
- Poor self-concept
- Aggressive play

### Physical Neglect:

- Evidence of failure to thrive
- Underweight, poor growth
- Lack of proper
- Inappropriate clothing for the weather
- Regularly complains of being hungry

## What Can One Person Do to Prevent Child Abuse

### Change Yourself:

Ask yourself how you are doing as a parent. Vow to learn one new thing about being a parent by reading or talking to other parents.

Respect your family members. Use a courteous tone of voice with them.

Learn to apologize to your children when you are wrong. Make time to play together. Praise children & teens for being good, for doing the little things that are so easy to take for granted.

Tell your children "I love you" more often.

Violence teaches violence. Forget about hitting your kids.

### Change Your Community:

Reach out to neighbors or relatives with children.

- immunizations
- Delay in seeking medical care
- Lack of supervision
- Falls asleep during the day
- Inability to concentrate
- Evidence of poor hygiene

- Child is abandoned by parent or caretaker
- Regularly arrives early or stays late
- Untreated or gross dental problems
- Chronic ailments

Offer to baby-sit to give them a much-needed break.

Don't wait for someone else to do it...take action!  
Arrange for a speaker on child abuse come to PTA or adult Sunday school class.

Volunteer time in a child crisis shelter, parenting support program, drug prevention/treatment program, or shelter for the homeless.

## Sexual Abuse:

- Masturbates during stressful times
- Inappropriate touching of adults
- Inappropriate knowledge of sexual matters
- Unusual fear of adults
- Inappropriate sexual play with other children
- Touches himself in genital area on regular basis
- Reports sexual contact with adult

- Unusual friendliness with unknown adults
- Runs away from home
- States he/she is afraid to go home
- Urinary infections
- Sexually transmitted diseases
- Fear of dark, restrooms
- Wetting accidents

## Change the World:

Write a letter to your elected representatives and let them know it is your choice that they act to support parent education and child abuse prevention.

Register to vote and use your vote to reflect your concern for children.

Child abuse prevention organizations are only as strong as their members.

Join Prevent Child Abuse Missouri... ***It shouldn't hurt to be a child.***

## Emotional Abuse:

- Low self-esteem
- Self-critical
- Critical of other children
- Over compliant
- Withdrawn
- Reports nightmares
- Fearful of parents or caretakers
- Displays symptoms of other abuse or neglect



### Who We Are

Prevent Child Abuse Missouri (PCAM) is a not-for-profit organization established in 1987 (as the Missouri Chapter to Prevent Child Abuse America) to prevent the abuse and neglect of children in our state through awareness, education, and intervention.

PCAM is a network of organizations and individuals committed to ending child abuse in Missouri. Through local and regional initiatives, we provide direct services to children and families throughout the state.

Our mission is to prevent child abuse in all its forms and to improve the quality of life for children, youth, and families through a comprehensive and collaborative statewide effort.

According to the Missouri Department of Social Services, in 2005 there were over 54,201 reports of child abuse and neglect involving 80,673 children. Of those reports, 5,427 cases were substantiated as abuse or neglect involving 7,640 children. There were 25 child fatalities recorded as a result of substantiated child abuse and neglect cases. These numbers represent a small percentage of abused children in our state, many cases are never reported. We need to stop the

maltreatment of children before the abuse starts! We must protect those who are most vulnerable in our society - our children.