Mission: To prevent the abuse and neglect of Kentucky’s children through advocacy, awareness, education and trainings.

Prevent Child Abuse Kentucky
www.pcaky.org
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859.225.8879
Serving Kentucky

- Trainings and Education
- Information and Data Center
- Parent Empowerment/Parent Education
- Advocacy
- 1-800-CHILDREN
- No HIT Zone
- Lean on Me KY
**What is Primary Prevention?**
Preventing child abuse or neglect before it occurs.

**Primary Prevention**
Strategies that prevent a problem from occurring.

**Secondary Prevention**
Strategies that target at-risk populations.

**Tertiary Prevention**
Strategies that address the problem after it occurs.

**Long-term responses:**
- Foster care
- Family Preservation Services (FPP)

**Targeted responses:**
- Early Head Start
- Home visiting (HANDS)

**Stopping abuse before it occurs:**
- Family strengthening & parents supports
- Economic supports
Prevention happens in partnerships! Maintaining the state’s longest standing statewide partner network devoted to maltreatment prevention-250 strong!
Why does maltreatment occur?

- Most parents that hurt their children are doing their best in tough circumstances.
- Maltreatment crosses all economic, racial, ethnic and religious boundaries. It is a myth that abuse is more likely to occur within any particular race or ethnic group.
American Legion Child Welfare Foundation Project

How it started...
• Use data to identify the needs of Kentuckians
• Use subject matter experts/evidence-based practices to strengthen families
• Identify gaps in services/audiences served
• Surveying partners who serve military families to identify needs
• Address needs
• Evaluate needs
Specific Issues

Child Sexual Abuse
• Survey data/outcomes
• Needs among service providers and caregivers
• Child Maltreatment data

Unintentional Injuries in the Home
• Data from the Child Fatality/Near Fatality External Review Panel
• Kentucky Injury Prevention Resource Center
Am I sure the adults I bring into my home:

- Do not have a criminal history?
- Are not impaired by drugs or alcohol?
- Will not touch my child without my permission?

If you are not sure, you may want to reconsider your decision, as this person may not be good for you or your kid.

Call 1-800-CHILDREN to find out about support groups and other parent resources in your area.

The Kentucky State Police maintains a registry of sex offenders: kspsof.state.ky.us.

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Some things you can do to keep your child safe...

Listen to your child.

Observe your child’s behavior and reactions to other people.

Make sure you know friends and love interests well before you let them be alone with your children.

Ask for help and talk openly with a friend, family, spiritual leader, health care provider, family support worker or another person you trust.

Does your friend, partner or love interest...

- Make your child feel safe and secure?
- Enjoy spending time with you and your child?
- Talk to your child in a positive and respectful way?
- Listen to your child and respect his/her feelings?
- Provide attention to your child through positive words and actions?
- Say nice things about your child?
- Know your child’s daily activities?
- Understand what children can do at different ages?
- Use positive discipline like redirection?
- Follow boundaries you have set for interaction with your child?

These are the actions and qualities children need from all adults in their lives, not only from you, but also those you bring into your home. If you see the opposite reactions or have questions, you can talk with someone at: 1-800-CHILDREN (244-5375).

You don’t have to give your name - you can get information and support to keep your child(ren) and family safe and healthy.
ARE THEY GOOD FOR YOUR KIDS?
...Because childhood lasts a lifetime

Use your camera phone to scan the QR code to learn more:
www.pcaky.org

1.800.CHILDREN
A free, confidential information and support helpline
How to Talk to Children About Body Safety?

Talking about child sexual abuse with children and peers can be difficult and feel embarrassing.

Teaching children the correct terms for their anatomy can be uncomfortable. These conversations are necessary to have with kids, at every age, to keep them safe!

Starting at birth...
- Use the correct names for body parts: penis, vagina, breast and buttocks when bathing or diapering your infant. Ask permission even though the baby cannot understand or respond. An example, “I am going to wash your buttocks with soap, is this ok?”

Ages 2 to 7
- Do not force children to hug others or have unwanted physical contact.
- Continually encourage kindness toward peers so they learn how to behave towards others.
- It is normal for children to start touching themselves around ages two to five. Let them know this may feel good, and is normal, but should be done alone and in private. Try not to shame your children or make them feel as if they did something bad.
- Teach privacy and say, “these are private parts and are off limits to others.”
- As children grow and learn, have this conversation several times a year:
  - No one should ever look at or touch your private parts. This includes the penis, vagina, breast, and buttocks.
  - You should not look at (even pictures or videos) or touch other people’s private parts.
  - There may be times when a doctor needs to look at your privates when at the Dr’s office. A parent should always be in the room if this occurs.
  - If something or someone makes you uncomfortable, you should tell an adult. If you do not feel comfortable telling me, who is another trusted adult you could tell?
  - Please note, you may have to define what a trusted adult is, one way to do this is to ask who they think would keep them safe no matter what.
  - Should something like this ever happen to you, know you did nothing wrong. Telling is a brave thing.
  - There are times when touching is ok. This includes giving a high-five or a fist bump. These types of touches are ok if you are comfortable with it. For example, if you do not want to hug someone you do not have to. Someone should ask your permission before hugging you.
Do you have vitamins or medications in the home?

All medications, including vitamins, over-the-counter medicine, and prescription medications, should be stored up and away from the sight and reach of children.

☐ Survey your home for secure places out of the sight and reach of children.

☐ Put medications and vitamins away, with the cap secure, immediately after use.

☐ Children may be able to manipulate and open containers with safety caps and features; another reason to ensure your medicine is “up and away.”

☐ Teach children what medicine is and why you must be the one to give it to them. NEVER tell a child medicine is candy as a way to get them to take it.

☐ Ask family members and visitors to keep purses, bags or coats with medicine up and out of sight when they are in your home.
Do you have guns or firearms in the home?

The most effective way to prevent accidental gun injuries, homicide and gun injuries is by not having guns and firearms in the home. If you do keep firearms in the home, please consider the following:

☐ Storage. All firearms should be locked and unloaded with ammunition stored and locked separately. Children and teens should not possess keys or combinations to gain access.

☐ When using firearms for hunting or other legal practices, keep the safety catch in place. Before setting the gun down, always unload it.

☐ When children go to other houses for play-dates, sleep overs, family visits or child care, ensure those households abide by the same gun safety standards as your home does.

Do you have water toys, swimming pools or bodies of water nearby?

☐ Watch children without distractions, such as cell phones, when they are in or around any body of water. Keep young children within arm’s reach.

☐ Ensure tubs, buckets, water toys, and kiddie pools are emptied immediately after use and stored upside down so they cannot collect water from rain or sprinklers.

☐ Teach children how to swim or enroll them in swim lessons consistent with age and development.

☐ Teach children the difference between swimming in a pool vs. open bodies of water such as a river, creek, lake or beach. It is safest to swim in areas that utilize designated swimming areas with Lifeguards present (adults still need to monitor safety with lifeguards present.)
HOW TO TALK TO CHILDREN ABOUT Home Safety

It is not only important for adults to understand home safety, but children as well. Please review the Home Safety Check List and consider the many opportunities in which you can empower the children in your life to be safety minded. Here are a few tips on how to talk to children under your supervision.

Empower the Children in Your Life:

- Children model the behaviors of adults they see in their lives. Make sure you’re being safe so they will too.
- As you go through the Home Safety Check List accompanying this tip sheet, or found at www.pcaky.org, survey your environment so you can give examples your child(ren) can see.
- Review the Home Safety Check List with your kids. As you do, discuss each topic with your child as it relates to your home.
- Be mindful of the developmental stage of your child.

- Encourage interactive learning through discussion and answer questions to ensure understanding.
- Celebrate your family’s commitment to home safety and injury prevention by signing the included Prevention Pal Commitment Certificate. Let your child choose somewhere meaningful to display the certificate.
- Reward your child with the PCAK Prevention Pal sticker!

www.pcaky.org 1.800.CHILDREN
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How it’s going...

• 500 of each tool was distributed to partners serving military families across Kentucky

• Ensure education alongside delivery

• Survey partners to determine usage/satisfaction
THANK YOU-American Legion Child Welfare Foundation

Why this gift matters?
• Met an identified need in our state!

• Child maltreatment is 100% preventable!

• For every $1 we invest in prevention, we later save $4 in services that would be provided after maltreatment occurred.
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- Survey analysis is ongoing due to extended impact... beyond the distribution of 3,000 materials. **Currently, an estimated 1,000 families will be impacted by these materials.**

Quotes from providers:
- “*Families were interested to learn more.*”

- “*We distributed one-on-one to families. This allowed for in-depth discussion and allowed families to express other needs they have as caregivers.*”

- “*I needed this information myself!*”
Questions

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