

You deserve to be safe.

No one has the right to abuse you or someone you know.

No child or teen should be:

- Physically hurt by an adult.
- Bullied or called bad names by an adult.
- Scared by violence in their home.
- Forced to go without food in their home.
- Touched by an adult in areas normally covered by underwear except for the purposes of a medical exam by a medical professional.

It's not your fault that you are being treated this way.

It is wrong that you are suffering this pain, fear or sadness.

Some people scare or threaten children so that they won't tell.

If any of these have happened to you or a friend, you do not have to handle this alone.

There are people who care about you and want to help.

When you tell someone, you can get the help you need to stop the abuse or neglect.

Sometimes, but not always, these can be signs that abuse or neglect may be happening:



Physical Abuse

- bruises, burns, cuts
- broken bones
- internal injuries, brain damage
- fear of parent/caregiver



Sexual Abuse

- difficulty sitting, walking
- bleeding or bruises near genital area
- depression, eating disorders
- decline in school performance



Bullying

- unexplained injuries
- hesitant to go to school
- lost or damaged possessions
- loss of friendships, low self-esteem



Emotional Abuse

- delays in development
- illnesses like ulcers, skin disorders
- anxiety, depression
- social isolation



Child Neglect

- low weight or height for age
- poor hygiene, inadequate clothing
- untreated medical problems
- struggling in school, often tired



Online Abuse

- reluctant to discuss online activity
- depression or low self-esteem
- unexplained messages from strangers
- explicit content on devices

If you have concerns about these things in your home or the home of a friend, contact child protective services at >Insert local DSS # here<. Information received by child protective services is kept in the strictest confidence possible to maintain everyone's safety.

In an emergency:

Call 911

To report other safety concerns:

