

S I G N S

o f c h i l d a b u s e

Below are indicators of child abuse that can include but are not limited to these signs. Some signs that a child is experiencing violence or abuse are more obvious than others. Trust your instincts. Suspected abuse is enough of a reason to contact the authorities. You do not need proof.

- 1 Unexplained injuries.** Visible signs of physical abuse may include unexplained burns or bruises in the shape of objects. You may also hear unconvincing explanations of a child's injuries.
- 2 Changes in behavior.** Abuse can lead to many changes in a child's behavior. Abused children often appear scared, anxious, depressed, withdrawn or more aggressive.
- 3 Returning to earlier behaviors.** Abused children may display behaviors shown at earlier ages, such as thumb-sucking, bed-wetting, fear of the dark or strangers. For some children, even loss of acquired language or memory problems may be an issue.
- 4 Fear of going home.** Abused children may express apprehension or anxiety about leaving school or about going places with the person who is abusing them.
- 5 Changes in eating.** The stress, fear and anxiety caused by abuse can lead to changes in a child's eating behaviors, which may result in weight gain or weight loss.
- 6 Changes in sleeping.** Abused children may have frequent nightmares or have difficulty falling asleep, and as a result may appear tired or fatigued.
- 7 Changes in school performance and attendance.** Abused children may have difficulty concentrating in school or have excessive absences, sometimes due to adults trying to hide the children's injuries from authorities.
- 8 Lack of personal care or hygiene.** Abused and neglected children may appear uncared for. They may present as consistently dirty and have severe body odor, or they may lack sufficient clothing for the weather.
- 9 Risk-taking behaviors.** Young people who are being abused may engage in high-risk activities such as using drugs or alcohol or carrying a weapon.
- 10 Inappropriate sexual behaviors.** Children who have been sexually abused may exhibit overly sexualized behavior or use explicit sexual language.

If a child outcries:

DO:

- Remain calm.
- Believe the child.
- Allow the child to talk.
- Show interest and concern.
- Reassure and support the child.
- Take action. It could save a child's life.

DON'T:

- Panic or overreact.
- Press the child to talk.
- Promise anything you can't control.
- Confront the offender.
- Blame or minimize the child's feelings.
- Overwhelm the child with questions.

Remember, you are obligated by law to report suspected child abuse.

If you suspect a child is in immediate danger, call **911**. In Texas, call the abuse and neglect hotline at **800.252.5400**. Outside of Texas, visit www.onewithcourage.org for a list of resources.

One with Courage is Children's Advocacy **Blue Cross Blue Shield of Texas** Centers of Texas, Inc.'s statewide initiative (www.bcbstx.com)

centered around the courage it takes to talk about child sexual abuse. As the nation's leading state membership association of Children's Advocacy Centers, our goal each and every day is to change the way Texas responds to child abuse. You can help—learn the signs, share this information, and be the One with Courage to make a difference.



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