

Child Abuse Resource Library and Tool Kit

Created by Risk Management of YMCA of
Metro Chicago

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What Is CAP?

CAP is a way that we teach the youth in our program that they are empowered to advocate for themselves, that they have a right to protect their body and that ultimately their body is their own.

WE teach them that if something happens they can talk to about it and they do not have to be ashamed or scared of telling someone they trust.

Why do we teach CAP?

The youngest children were most vulnerable. Children in the first year of their life are 15% of all victims, and more than a quarter (28%) of child maltreatment victims are no more than 2 years old.¹

Breaking down child abuse by demographics, girls had a victimization rate of 8.7 per 1,000 girls in the population, higher than boys at 7.5 per 1,000 boys.⁴ American Indian or Alaska Native children have the highest rate of victimization at 15.2 per 1,000 children in the population of the same race or ethnicity, while African American children have the second-highest rate at 13.1 per 1,000 children of the same race or ethnicity.¹

Child abuse is deadly. In 2021, an estimated 1,820 children died from abuse and neglect in the United States. Boys have a higher child fatality rate at 3.01 per 100,000 compared to girls at 2.15.⁴ African-American child fatalities (5.6 per 100,000) is 2.9 times greater than that of white children (1.94), and 3.9 times greater than Hispanic children (1.44).¹

Nationally, neglect is the most common form of abuse. Three-fourths (76%) of victims are neglected, 16% are physically abused, and 10% are sexually abused, and 0.2% are sex trafficked.





Creating a Safe Space

These topics can be hard to discuss and need to be done so diligently. The space we create should help build the confidence of our youth.

1. Make sure that you are in an open space around others but also have some privacy.
2. Never force anyone to share or to participate instead always check in with the child why they may not want to engage.
3. Always check the temperature of the room and stay on topic if you notice youth becoming uncomfortable or nervous transitioning the conversation. Be sure to check in with the student and the family.
4. Make sure you document your conversation and inform your supervisor if something happens or a youth discloses any form of abuse and reports any allegation to DCFS.

Notes on Online Content.

Parents have the right to know what their children are watching and the topics they cover. Before sharing a video, please include the link and a way for parents to opt out of their child watching.

Make sure that you are “watching the room” This means keep an eye on if a child in our care is upset or becomes nervous.

Make a safe space and time for reflection answers and questions after viewing a video.



Who, What, Why and How

When setting up a conversation, topic or activity ask yourself..

Who: Who is my audience? If speaking to a preschooler you need to make sure that conversation is age-appropriate, likewise make sure that your conversation is culturally and socially appropriate for your program and group of participants.

What: Do I want my audience to get out of this topic, activity, or discussion?

Why: Why does this topic matter, why is important for my audience to know?

How: How am I going to teach this topic to have the biggest impact?

Let's get thinking...

There are a host of topics and messages we can provide our youth.

When delivering the message it can be as simple as asking a few, who, what, why and how questions to them as well.

Who can you tell if someone tells you a secret that makes you feel bad?

Why is knowing who is a trusted adult important?

How can you tell someone to stop touching you?



We want the youth to know how to start to think critically about these topics and ask questions to help them grow.

CAP Activity Resources and Links

Topic Secrets

3-6

What is a Secret? A secret can be good or bad. A good secret can be a surprise for someone you know. A good secret will always make you feel good and not bad. A good secret does not hurt us or our friends and family. A Bad Secret makes us feel sad and icky. Whenever someone tells you a bad secret tell someone you trust.

5-12

Someone might tell you a “secret” and not tell anyone else. Sometimes secrets must be told to keep children safe. What is a secret that you should tell?

Anytime an older child or an adult asks you to keep a secret, tell them “I don’t keep secrets from mom and dad.” You are strong, smart and have the right to be safe.

Why, what, When, and How: Talking questions.

How can you tell if something is a good or bad secret?

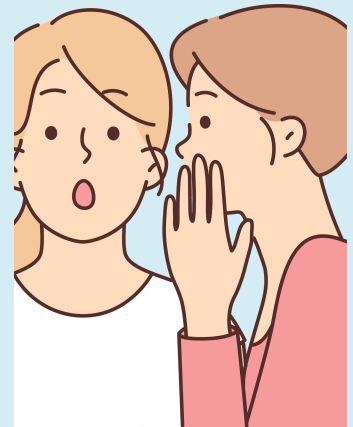
How can you tell someone that you aren’t comfortable?

When should you tell a trusted adult about a bad secret?

What makes a secret good or bad?

Why should you always tell someone about a bad secret?

Why is knowing the difference between good and bad important?



Activity For Topic

Secrets game write out or print from the drive activity sheet a group of secrets. Place secrets in an envelope or baggie have students pull secrets out and have them tell you if it is a bad or good secret and tell you why. Advance has students tell who they think they should share that type of secret with. This game can be played for all age groups. The secrets in the box should be age-appropriate.

Secret Topics per age grouping

3-5

Dad or Mom gets a present for your sister or brother

There is going to be a surprise party

5-8

9-12

Video Links for Topic :NA

Topic Trusted Adults

3-12

Tell a trusted adult if anything makes you feel scared, sad or angry. (3)

Sometimes someone may seem like a trusted adult, but they can turn out not to be. If someone ever makes you feel uncomfortable or makes you feel angry or unsafe. No matter what, always tell an adult you can trust how you feel. (5-12)

Tell Someone “NO” if they try to hurt you (3)

Trusted Adults tell a trusted Adult if.. (5-12)

if you are not being provided with your daily needs such as clothes, food and water.

if someone is using bad or hurtful words towards you.

if someone shows you photos or videos of bad or unwanted pictures.

if you see people hurting each other.

if you see bruises, scars, rashes or other marks on your body.

if someone tries to give you drugs

if someone is hitting, kicking, shaking or hurting you in any manner

Activities and Videos

Worksheets

I can Trust you (3-6)

Trusted Adult Bingo (3-7)

Circle of Trust

Safety Network

My Trusted Adult

Videos

https://youtu.be/YSZ22sx--_4 Trusted Adult Video (4-7)

<https://www.youtube.com/watch?v=Pc-B6bm8Qyc> (5-10; UK video with content about hotline)

<https://youtu.be/HmO46BldxuM?si=a4qsBcMfoGILBcgo> (10 and up)

<https://youtu.be/YX4RVOGbACK?si=jLX8xoEWgZ7R3WXE> (UK content 10 up)

Parent Resources

Parent Letters

What Is CAP and the Messages We Share

Parent Talking Points

Trusted Adults:

- Discuss who your child's trusted adult is and why,
- What makes an adult trustworthy
- Always tell me if someone hurts you even if we may trust them no one has the right to hurt you even if we trusted them.
- Who are people we cannot trust and why?

Consent

- This is not just a sexual topic it is about boundaries and what we feel comfortable or not comfortable doing.
- Ask questions about what their personal space bubble is who they feel comfortable letting into their bubble and why
- Let's practice being polite when telling someone you don't want to hug, kiss, or touch you in any way.
- Ask questions about when someone tells them no even if they have said yes in the past.
- You can always tell me if someone doesn't respect your boundaries.

Speaking up For Yourself and Others

- Practice ways of saying no and why we say no to different people.
- Who is someone in your life who is hurting you or someone you know
- Always encourage having an open dialogue about trust, consent, trusted and not-trusted people, and ways to protect yourself.
- How can you stand up to a bully and ways you can tell someone?

Internet Safety

- Why do we never give a stranger your personal information?
- Why should we not share photos or videos with someone you don't know?
- What are our family's rules on the internet?
- What is inappropriate and appropriate internet behavior?
- What is the difference between joking around and online bullying?



CAP Worksheets

Equipment
Video Library
Activity Review

Basic Equipment

Activity Review

Online Video Content

Notes on Online Content.

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Make a safe space and time for reflection answers and questions after viewing a video.

Link Library

<https://youtu.be/rMGDJIGmfbo> ABC of Safety (4-10)

<https://www.youtube.com/watch?v=AArlv-tvxWE> Consent

<https://youtu.be/h3nhM9ULJjc?si=QbVaRMnVxoXVGGDJ> Consent

<https://youtu.be/LnroTxz7USI?si=TC9xfJNkUxFkm7r2> Pantasousres

<https://www.youtube.com/watch?v=GOzrAK4gOSo> (Respect Seasm Street)

https://youtu.be/YSZ22sx--_4 Trusted Adult Video (4-7)

<https://www.youtube.com/watch?v=Pc-B6bm8Qyc> (5-10; UK video with content about hotline)

<https://youtu.be/HmO46BldxuM?si=a4qsBcMfoGILBcgo> (10 and up)

<https://youtu.be/YX4RVOGbACk?si=jLX8xoEWgZ7R3WXE> (UK content 10 up)

CAP TRACKERS

CAP Messages to Youth

CAP Message to Parents

CAP Refreshers to Staff

Staff CAP Training and Refreshers

Online Resources

Additional Website Resources

1. <https://www.preventabuse.com/>
2. <https://thatsnotcool.com/>
3. <https://www.childhelp.org/>
4. <https://www.ntst.com/>
5. <https://e2epublishing.info/>
6. <https://www.common sense media.org/>
7. <https://www.nspcc.org.uk/>
8. <https://www.facebook.com/casaofkankakee/>

CAP Training Videos