



December 2011

Upcoming Events:

Bowl-a-Thon Planning Meeting

Dec. 6th —2:00pm
Margaret Dalton
Children's Center, 975
Broadway, Jackson.

A Christmas to Remember

Donations to purchase warm winter clothing for children in need accepted at locations in Amador & Calaveras counties on December 7th & 8th. For more information call Jim at 223-1340.

First 5 Children's Holiday Festival—

December 9th, 5:30-8:00pm at the new Margaret Dalton Children's Center, 975 Broadway, Jackson.



Amador Child Abuse Prevention Council
(a sponsored project of the
Amador Community Foundation)
845 E. State Hwy. 88, #183
Jackson, CA 95642
209-223-5921
Email: info@amadorcapc.org
www.amadorcapc.org

Preventing Sexual Abuse

Child sexual abuse is preventable with education and awareness.

The **7 Steps to Protecting our Children: A Guide for Responsible Adults** was created by the nonprofit organization Darkness to Light (www.D2L.org) as part of their effort to prevent child sexual abuse.

Please review the condensed version of the "7 Steps" below, and then go online to view the full guide.

Step 1. Learn the facts. Understand the risks.

Realities – not trusts – should influence your decisions regarding children.

- *In more than 90% of sexual abuse cases, the child and the child's family know and trust the abuser.*
- *Experts estimate that 1 in 4 girls and 1 in 6 boys are sexually abused before their 18th birthdays.*

Step 2. Minimize opportunity.

If you eliminate or reduce one-adult/one-child situations, you'll dramatically lower the risk of sexual abuse for children.

- *More than 80% of sexual abuse cases occur in one-adult/one-child situations.*

Step 3. Talk about it.

Children often keep abuse secret, but barriers can be broken down by talking openly about it.

- *One survey showed that fewer than 30% of parents ever discussed sexual abuse with their children. And even then, most failed to mention that the abuser might be an adult friend or family member.*



Step 4. Stay alert.

Don't expect obvious signs when a child is being sexually abused.

- *Physical signs of sexual abuse are not common. Emotional or behavioral signs are more common.*

Step 5. Make a plan.

Learn where to go, whom to call and how to react (if a child discloses abuse).

- *Don't overreact or become angry.*
- *Offer support. Believe the child.*

Step 6. Act on suspicions.

By acting on suspicions of child sexual abuse, you will save not only one child, but perhaps countless others.

- *Report immediately to Children's Protective Services (CPS—223-6500 in Amador), or your local police or sheriff's department. You do not need to have proof or investigate, just report what you've been told or your suspicions.*

Step 7. Get involved.

Volunteer and financially support organizations that fight the tragedy of child sexual abuse.

- *The Amador Child Abuse Prevention Council provides free training in Amador County to professionals and volunteers who work with children on how to recognize and report suspected child abuse and neglect.*

Call 223-5921 for more information or visit www.amadorcapc.org or on [Facebook](https://www.facebook.com/amadorcapc).