

Wellness Wednesday

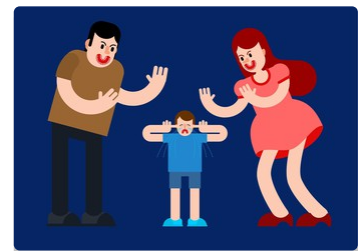
April 13, 2022



This week for Wellness Wednesday, we will identify information and resources to be a part of preventing child abuse. It takes a community to take action against child abuse.

Child Abuse Prevention Month

National Child Abuse Prevention Month recognizes the importance of communities working together to help families thrive and prevent child maltreatment. During the month of April and throughout the year, communities are encouraged to increase awareness about child and family well-being, and work together to implement effective strategies that support families and prevent child abuse and neglect.



History of Child Abuse Prevention Month

National Child Abuse Prevention Month has been celebrated annually since 1983 in the United States. This Month was formally put into action by the Reagan Administration. Special recognition must go to the Founders of Childhelp (1973) for assisting in bringing awareness to the alarming rate of child abuse in America.



It is important to define the difference between abuse and neglect.

Abuse is the non-accidental commission of any act by a caregiver which causes or creates a substantial risk of physical or emotional injury or sexual abuse of a child; or the victimization of a child through sexual exploitation or human trafficking, regardless if the person responsible is a caregiver.

Neglect is failure by a caregiver, either deliberately or through negligence or inability, to take those actions necessary to provide a child with minimally adequate food, clothing, shelter, medical care, supervision, emotional stability and growth, or other essential care, including malnutrition or failure to thrive; provided, however, that such inability is not due solely to inadequate economic resources or solely to the existence of a handicapping condition.

Recognize the Signs

1. Child shows sudden changes in behavior/school performance or mood.
2. Has not received assistance for health or medical issues.
3. Has learning difficulties or concentration problems not associated with psychological or physical causes.
4. Is hyper vigilant, or preparing for something to happen.
5. Lacks adult supervision.
6. Overly compliant, passive, or withdrawn.
7. Does not want to go home at the end of the school day or activity.

Do Any of these signs look familiar?



Signs of Physical Abuse

1. Unexplained burns, bites, broken bones, or black eyes.
2. Has fading bruises after time away from school.
3. Seems frightened of caregivers from home environment.
4. Shrinks at the approach of adults.
5. Reports injury by a parent or caregiver.



Signs of Sexual Abuse

1. Has difficulty walking or sitting.
2. Suddenly refuses to participate or change clothes at gym time or for other activities.
3. Reports nightmares or bedwetting.
4. Demonstrates bizarre sexual knowledge for age.
5. Becomes pregnant or has a STD, particularly under the age of 14
6. Is secretive.
7. Is jealous and controlling with family members.



Signs of Emotional Maltreatment

1. Shows extremes in behaviors.
2. Is either inappropriately adult-like or inappropriately child-like in behaviors.
3. Is delayed in physical or emotional development.
4. Has attempted suicide.
5. Self-injurious behaviors.
6. Overly rejects others.
7. Lack of attachment to parents or caregivers





ASK FOR HELP

Abuse Hotline
800-252-5400

Civitas-Counseling for traumatized children
713-852-1300

Texas Youth Hotline
713-528-2121





Here are some important resources to become a part of the solution and the fight to end child abuse.

<https://www.childwelfare.gov/pubPDFs/whatiscan.pdf>

<https://www.thecapcenter.org/admin/upload/Toolkit%20Image%20for%20Parents%20and%20Guardians.png>

<https://www.thecapcenter.org/admin/upload/toolkit%20for%20partners%20businesses%20web%20version.docx>

<https://www.thecapcenter.org/admin/upload/kids%20art%20contest%202-22%20final.pdf>

MENTAL HEALTH

Awareness Fair

TOGETHER

FOR

MENTAL HEALTH



April 20, 2022

5:00PM - 7:00PM

CUNNINGHAM MIDDLE SCHOOL

14110 WALLISVILLE ROAD

HOUSTON, TX 77049

MULTI PURPOSE ROOM

Please scan

QR Code or follow the
link below to RSVP

<https://forms.gle/NYaSx>

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EMPLOYEE ASSISTANCE PROGRAM

Galena Park ISD Employee Assistance Program

EMPLOYEE ASSISTANCE PROGRAM (EAP)



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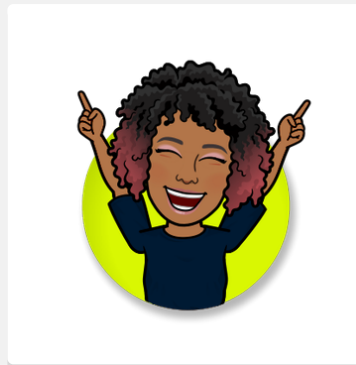
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24/7 Support, Resources & Information

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Conflictos familiares o de pareja

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Cuidado de mascotas y mascotas en el hogar
Cuidado de la casa, el hogar y el hogar
Cuidado de la casa, el hogar y el hogar

Asesoramiento legal
Nuestro equipo de abogados puede ayudarle con sus problemas legales más urgentes, como:
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Chat with a PRO



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