



# PGCPS Student Safety Resource Tool Kit

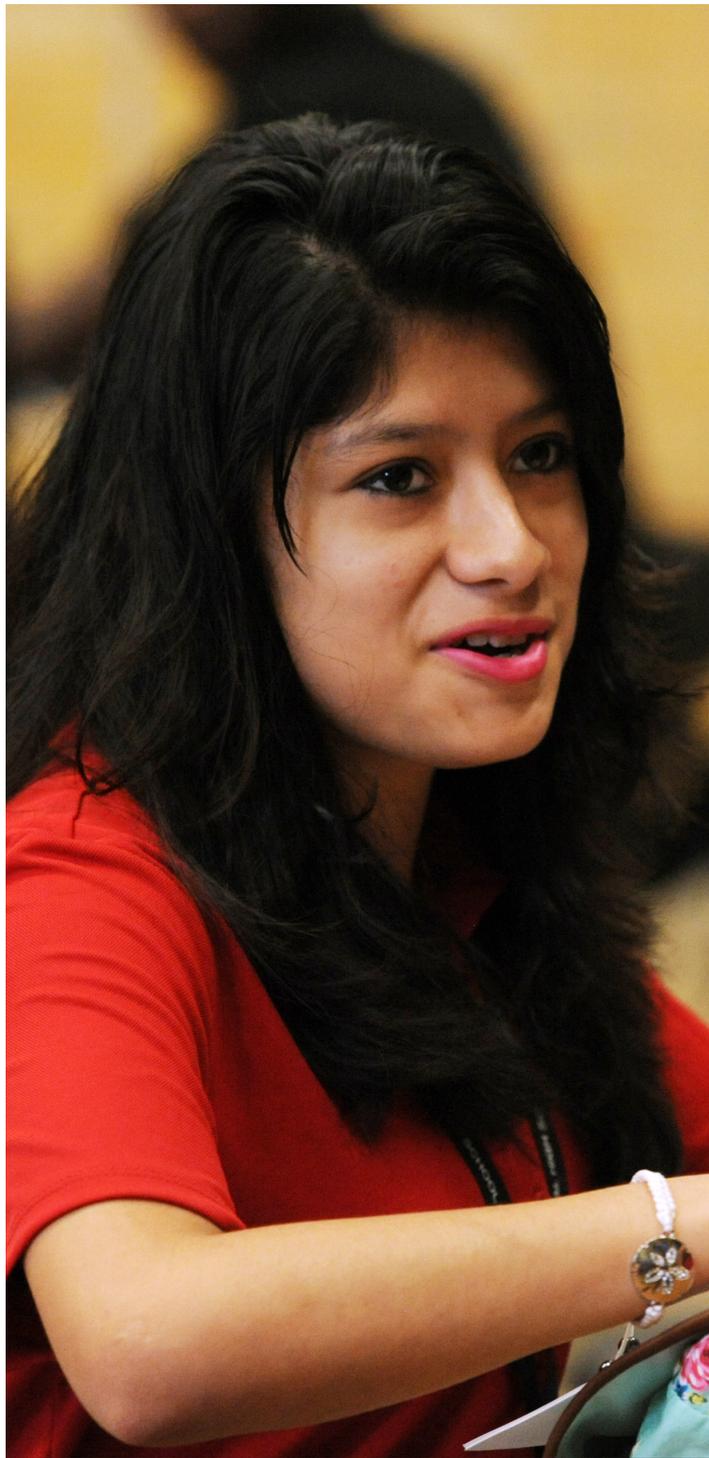


## Purpose of this Tool Kit

This PGCPSS Student Safety Resource Tool Kit serves as a centrally compiled, dynamic and ready resource for parents, families, community members and PGCPSS staff in response to systemic goals for implementation of the Student Safety Task Force recommendations released at the end of May, 2016.

### Table of Contents

Overview	2
Office of Monitoring, Accountability & Compliance	3
PGCPSS Child Abuse and Neglect Guide	5
What Parents Should Know About Child Abuse	7
Online Resources	8
¿Cómo yo puedo proteger a mi hijo de un abuso sexual?	9
Recursos en línea	10
7 Tips for Talking to Kids about Sexual Abuse	11
15 Dangerous Apps for Kids	13
Helping Your Child Cope With Abuse	17



## Purpose

To assure the development and implementation of procedures, protocols and curriculum relating to the safety of students and assure fidelity in training, awareness of individual responsibility to report to whom by when and compliance with System procedures and expectations to increase awareness and accountability among employees, volunteers, and vendors

# OFFICE OF MONITORING, ACCOUNTABILITY, AND COMPLIANCE

## Policies and Procedures

The new and revised policies and administrative procedures are an outgrowth of the [Student Safety Task Force recommendations](#) released at the end of May, 2016. The task force conducted an independent review of current PGCPs policies, procedures, processes and practices related to student safeguards and protections.

## Revised Board Policies

On July 20, 2016 the Prince George's County [Board of Education](#) unanimously approved four new policies related to school volunteers; inappropriate relationships between students, staff, volunteers and contractors; reporting suspected child abuse and neglect; and overall safety measures to prevent child abuse.

- [Board Policy 0106 Volunteer Services](#)
- [Board Policy 0126 - Student Safety](#)
- [Board Policy 0127 - Reporting Suspected Child Abuse and Neglect](#)
- [Board Policy 4400 - Inappropriate Relationships between Students and Employees, etc.](#)

## Revised Administrative Procedures

- [Reporting Suspected Child Abuse and Neglect](#)
- [Dating and Inappropriate Relationships Among Students and Employees, Independent Contractors, and Volunteers](#)
- [Criminal History Checks](#)
- [Volunteer Services](#)
- [School Visitors](#)
- [Employee Use of Social Media](#)
- [Student Use of Social Media in Schools](#)

## Implementation of New Practices, Procedures, and Protocols

These new practices, procedures and protocols are to ensure students have a safe environment to learn:

- Mandatory training of all employees, volunteers, and contractors on recognizing and reporting child abuse annually
- New and additional lessons in the health and counselling curriculum to empower students to recognize and report suspected cases of child abuse
- Mandatory fingerprinting and background checks for all new employees, volunteers, and contractors
- Workshops for parents on recognizing and reporting child abuse
- Establishment of steering committee made up of Executive Cabinet level leaders to ensure that new and revised policies and procedures are being implemented with fidelity.

## Future Improvements

This is a continuous improvement process and we will be updating the website as we institute more of the Task Force's recommendations.

## Related Media and Online Documents

- [Board of Education Approves New Student Safety Policies](#)
- [Student Safety Task Force Announces Findings and Recommendations Regarding PGCPs Practices](#)
- [PGCPs Student Safety Task Force Seeks Input from Community](#)
- [PGCPs Announces Student Safety Task Force](#)

## Report Suspected Child Abuse and Neglect

To report suspected child abuse and neglect, [download form](#).

[View administrative procedure 5145 >>](#)

## Contact Information

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## What is Child Maltreatment?

Child maltreatment is an intentional action that damages the personal health, safety and dignity of the victim in such a way that healing may take months, years or a lifetime.

*This section addresses all aspects of the Maryland State Law for reporting child maltreatment as of the 1995 session of the Maryland General Assembly.*

# CHILD ABUSE AND NEGLECT PARENT GUIDE

If you have a reasonable suspicion of child abuse or neglect, you must contact your local:

**Department of Social Services or  
The Police Department**

**Prince George's Department of Social**

**Services Hot Line:** 301.909.2450

**Fax:** 301.909.2460

**Evenings & Weekends:** 301.699.8605

**General Number:** 301.909.2000

**Toll Free Hot Line:** 1.800.552.7096

**Prince George's County  
Criminal Investigation**

**for Child Abuse:** 301.772.4930

## Who is Responsible for Reporting Child Maltreatment?

Any person who believes or has reason to believe that a child has been abused or subjected to abuse by any parent, or other person who has permanent or temporary care, custody, or responsibility for the supervision of a child, or by any household or family member under circumstances that indicate that the child's health or welfare is harmed or at substantial risk of being harmed must report the abuse immediately.

## What is the Process for Reporting Child Maltreatment?

Any person who has reason to believe that a case of child abuse has occurred shall make an immediate report by telephone or other direct communication to the County Department of Social Services or to the Domestic Investigation Unit, Criminal Investigation Division of the County Police Department. In the case of child neglect, the school employee or volunteer shall make the report as soon as possible to the county Department of Social Services only.

## Are there Consequences for Failure to Report?

Yes, failure to report suspected child abuse or neglect is a violation of Maryland law. Mandated reporters who fail to report these acts may be subject to suspension or revocation of professional licensing or certification.

## What About My Rights?

Any person who in good faith reports a suspicion of child abuse or neglect or any person who participates in an investigation or in a judicial proceeding regarding a report of child abuse or neglect shall be immune from any civil liability or criminal penalty, which might otherwise arise. All reporters are considered anonymous.

## What is Abuse?

Abuse is defined as the physical or mental injury of a child by any parent or other person who has permanent or temporary care or custody or responsibility for supervision of a child, or by any household or family member, under circumstances that indicate that the child's health or welfare is harmed or at a substantial risk of being harmed.

## What is Sexual Abuse?

Sexual abuse of a child, whether physical injuries are sustained or not, includes any act that involves sexual molestation or exploitation of a child by a parent or other person who has permanent or temporary care or custody or responsibility for supervision of a child, or by any household or family member. Sexual abuse includes incest, rape or sexual offense in any degree, sodomy and unnatural or perverted sexual practices.

The following list is not inclusive and is meant as an aid.

### Physical Signs

- Self inflicted injuries and/or suicidal actions
- Difficulty in walking or sitting
- Pain, offensive odor or itching in genital areas
- Bleeding in or bruises on genital areas
- Frequent use of bathroom/urinary tract infections
- Penile discharge or swelling
- Pregnancy or positive test for sexually transmitted disease
- Sophisticated attire inappropriate for age of child

### Behaviors

- Clinging to adults or wary of adult contact
- Expressing affection inappropriately
- Unusual knowledge of sexual matters and sophisticated sexual play
- Refusing to undress in physical education class
- Passivity during a pelvic examination
- Isolation/poor peer relationships and/or withdrawal
- Difficulty concentrating/poor academic progress
- Regressive or aggressive behaviors
- Poor self-concept
- Flat affect
- Use of drugs and delinquent acts e.g. running away
- Recurrent nightmares, disturbed sleep patterns, fear of the dark

## What is Neglect?

Child neglect means the leaving of a child unattended or other failure to give proper care and attention to a child by any parent or other person who has permanent or temporary care or custody or responsibility for the supervision of the child under circumstances that indicate that the child's health or welfare is harmed or placed at substantial risk of harm, or there is mental injury to the child or a substantial risk of mental injury.

## What is Physical Abuse?

The following list is not inclusive and is meant as an aid.

### Physical Signs

- Bruises or welts on the face, back, buttocks and patterns often indicating the implement used to inflict pain/punishment (e.g. belt, belt buckle, electrical cord)
- Burns on palms, sides, back, buttocks; burns on genitalia, caused by cigarettes, cigars; burns caused by immersion in hot liquid or various implements, such as irons or curling irons
- Suspicious cuts and abrasions
- Head injuries — bleeding and hair loss caused by hair pulling
- Fractures, especially long bone caused by pulling or twisting
- Internal injuries caused by hitting or kicking in the abdomen
- Inappropriate clothing for the weather to mask body injuries

### Behaviors

- Hyper activity, impulsivity
- Extreme behaviors, either aggressiveness or withdrawal
- Nervous habits or movements
- Excessive requests for food and tokens of affection
- Distrust of adults
- Display of adult responsibilities
- Frequent school absences or lateness
- Guarded responses when questioned regarding an injury or home life

# WHAT PARENTS SHOULD KNOW ABOUT CHILD ABUSE



## How Can I Protect My Child From Sexual Abuse?

Sexual abuse can happen to children of any race, socioeconomic group, religion, or culture. There is no foolproof way to protect children from sexual abuse, but there are steps you can take to reduce this risk. If something happens to your child, remember that the perpetrator is to blame—not you and especially not the child. Below you'll find some precautions you can take to help protect the children in your life. If your child is in immediate danger, don't hesitate to call 911. If you aren't sure of the situation but you suspect the child is being harmed, you can take steps to gauge the situation and put an end to the abuse.

For more, see:

<https://www.rainn.org/get-information/sexual-assault-prevention/protecting-a-child-from-sexual-assault><https://www.rainn.org/get-information/sexual-assault-prevention/protecting-a-child-from-sexual-assault>

### Be involved in the child's life.

Being actively involved in a child's life can make warning signs of child sexual abuse more obvious and help the child feel more comfortable coming to you if something isn't right. If you see or hear something that causes concern, you can take action to protect your child.

- **Show interest in their day-to-day lives.** Ask them what they did during the day and who they did it with. Who did they sit with at lunchtime? What games did they play after school? Did they enjoy themselves?
- **Get to know the people in your child's life.** Know who your child is spending time with, including other children and adults. Ask your child about the kids they go to school with, the parents of their friends, and other people they may encounter, such as teammates or coaches. Talk about these people openly and ask questions so that your child can feel comfortable doing the same.
- **Choose caregivers carefully.** Whether it's a babysitter, a new school, or an afterschool activity, be diligent about screening caregivers for your child.
- **Talk about the media.** Incidents of sexual violence are frequently covered by the news and portrayed in television shows. Ask your child questions about this coverage to start a conversation. Questions like, "Have you ever heard of this happening before?" or "What would you do if you were in this situation?" can signal to your child that these are important issues that they can talk about with you. Learn more about talking to your kids about sexual abuse.
- **Know the warning signs.** Become familiar with the warning signs of child sexual abuse, and notice any changes with your child, no matter how small. Whether it's happening to your child or a child you know, you have the potential to make a big difference in that person's life by stepping in.



*(Rape, Abuse and Incest National Network, 2016)*

## ONLINE RESOURCES

### **Abuse Indicators – Prince George's County Child, Adult and Family Services**

<http://www.princegeorgescountymd.gov/sites/SocialServices/Services/CAFS/CPS/Pages/Abuse-Indicators.aspx>

### **How Can I Protect My Child From Sexual Assault?**

<https://www.rainn.org/get-information/sexual-assault-prevention/protecting-a-child-from-sexual-assault>  
<https://www.rainn.org/get-information/sexual-assault-prevention/protecting-a-child-from-sexual-assault>  
<https://www.rainn.org/get-information/sexual-assault-prevention/protecting-a-child-from-sexual-assault>

### **Preventing Child Abuse Resources - National Sexual Violence Resource Center**

<http://www.nsvrc.org/projects/child-sexual-assault-prevention/preventing-child-sexual-abuse-resources>

### **National Child Abuse Hotline**

[1-800-4-A-Child](tel:1-800-4-A-Child) or [1-800-422-4453](tel:1-800-422-4453)

### **Local Counseling Resources**

#### **Child Protective Services**

925 Brightseat Road

Landover, MD 20785

Phone: 301.909.2450 Fax: 301.909.2200

*(To report suspected abuse/neglect)*

#### **Prince George's Hospital Center – Sexual Assault Center**

3001 Hospital Drive

Cheverly, MD 20785

Phone: 301.618.3158 Hotline: 301.618.3154 Fax: 301.618.2881

<http://www.dimensionshealth.org/website/c/pghc>

*(For information and referrals)*

#### **List of Prince George's County Mental Health Providers**

[http://www.princegeorgescountymd.gov/sites/Health/Resources/Documents/behavioral%20health%20providers\\_newest%286%29.pdf](http://www.princegeorgescountymd.gov/sites/Health/Resources/Documents/behavioral%20health%20providers_newest%286%29.pdf)

# WHAT PARENTS SHOULD KNOW ABOUT CHILD ABUSE – *Spanish*



## ¿Cómo yo puedo proteger a mi hijo de un abuso sexual?

El abuso sexual puede ocurrir a los niños de cualquier raza, grupo socioeconómico, religión o cultura. No hay una manera infalible de proteger a los niños contra el abuso sexual, pero hay pasos que puede tomar para reducir este riesgo. Si algo le sucede a su hijo, recuerde que el perpetrador tiene la culpa, y no tú y ni tampoco especialmente el niño. A continuación encontrará algunas precauciones que puede tomar para ayudar a proteger a los niños en su vida. Si su hijo está en peligro inmediato, no dude en llamar al 911. Si no está seguro de la situación, pero se sospecha que el niño está siendo perjudicado, se pueden tomar medidas para evaluar la situación y poner fin a los abusos.

Para más información:

<https://www.rainn.org/get-information/sexual-assault-prevention/protecting-a-child-from-sexual-assault>  
<https://www.rainn.org/get-information/sexual-assault-prevention/protecting-a-child-from-sexual-assault>

## Participe en la vida del niño.

Participar de forma activa en la vida de un niño puede hacer señales de abuso sexual infantil más evidente y ayudará al niño a sentirse más cómodo en venir a usted si algo no está bien. Si usted ve o escucha algo que causa preocupación, usted puede tomar medidas para proteger a su hijo.

- **Muestre interés en la vida diaria.** Pregunte que hicieron durante el día y con quién lo hicieron. ¿Con quién se sientan en la hora del almuerzo? ¿Qué juegos jugaron ellos después de la escuela? ¿Se divertieron?
- **Conozca a las personas en la vida de su hijo.** Sepa con quién su hijo pasa el tiempo, incluyendo otros niños y adultos. Pregúntele a su hijo acerca de los niños que van a la escuela, los padres de sus amigos y otras personas que pueden encontrar, tales como compañeros de equipo o entrenadores. Hablar de estas personas de manera abierta y hacer preguntas para que su hijo se sienta cómodo haciendo lo mismo.
- **Elija cuidadosamente los cuidadores.** Ya se trate de una niñera, una nueva escuela o una actividad después de la escuela, sea diligente acerca de la selección de cuidadores para su hijo.
- **Hable sobre los medios de comunicación.** Los incidentes de abuso sexual son frecuentemente cubiertos por la noticia y retratados en programas de televisión. Haga preguntas acerca de esta cobertura para iniciar una conversación. Las preguntas como, "¿Alguna vez has oído hablar de que esto ocurra antes?" O "¿Qué harías tú si estuvieras en esta situación?" Puede hacer ver a su hijo que estas son preguntas importantes que puedan hablar con usted. Más información acerca de hablar con sus hijos sobre el abuso sexual.
- **Conocer las señales de advertencia.** Familiarizarse con las señales de abuso sexual infantil, y note cualquier cambio con su hijo, no importa cuán pequeño sea. Tanto si le está pasando a su hijo o un niño que usted conoce, tiene el potencial de hacer una gran diferencia en intervenir en la vida de esa persona. (*Red Nacional de Violación, Abuso e Incesto, 2016*)



## RECURSOS EN LINEA

### **Indicadores de Abuso – Servicios de Niño, Adulto y Familia del Condado de Prince George**

<http://www.princegeorgescountymd.gov/sites/SocialServices/Services/CAFS/CPS/Pages/Abuse-Indicators.aspx>

### **¿Cómo puedo proteger a mi hijo de un abuso sexual?**

<https://www.rainn.org/get-information/sexual-assault-prevention/protecting-a-child-from-sexual-assault>  
<https://www.rainn.org/get-information/sexual-assault-prevention/protecting-a-child-from-sexual-assault>  
<https://www.rainn.org/get-information/sexual-assault-prevention/protecting-a-child-from-sexual-assault>

### **Recursos para la prevención de abuso al niño – Centro Nacional de Recursos de Violencia Sexual**

<http://www.nsvrc.org/projects/child-sexual-assault-prevention/preventing-child-sexual-abuse-resources>

### **Linea directa nacional de abuso para los niños**

[1-800-4-A-Child](tel:1-800-4-A-Child) ó [1-800-422-4453](tel:1-800-422-4453)

### **Recursos de Consejería Local**

#### **Child Protective Services**

925 Brightseat Road

Landover, MD 20785

Phone: 301.909.2450 Fax: 301.909.2200

*(To report suspected abuse/neglect)*

#### **Prince George's Hospital Center – Sexual Assault Center**

3001 Hospital Drive

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Phone: 301.618.3158 Hotline: 301.618.3154 Fax: 301.618.2881

<http://www.dimensionshealth.org/website/c/pghc>

*(For information and referrals)*

#### **List of Prince George's County Mental Health Providers**

[http://www.princegeorgescountymd.gov/sites/Health/Resources/Documents/behavioral%20health%20providers\\_newest%286%29.pdf](http://www.princegeorgescountymd.gov/sites/Health/Resources/Documents/behavioral%20health%20providers_newest%286%29.pdf)



Don't be afraid or embarrassed to talk to your kids about this important issue.

Talking with your children about sexual abuse may feel uncomfortable, but it's important to have the discussion, experts say, because you're protecting them by providing information that can help keep them safe.

## 7 TIPS FOR TALKING TO KIDS ABOUT SEXUAL ABUSE

### 1. Start the Discussion Early

Parents can begin the discussion when their kids start to spend more time away from home — usually around age 4 or 5 — when they're attending school, after-school activities or camp.

A high-profile case, like the 2011 Jerry Sandusky Penn State scandal, can also be a good springboard for discussions on sex abuse — either to start the conversation, reinforce safety rules and find out if they have any questions or concerns.

### 2. Know What to Talk About

Explain to their kids what grownups should never be doing with children. Bring up rules like:

- Adults shouldn't be interested in your private parts -- body parts that are covered by a bathing suit
- Adults never need your help with their bodies
- Adults never should tell kids to keep something secret from their parents
- What types of "touching" are allowed and the difference between hugs and touches that make you feel weird

Tell your children: "If an adult does any of these things, you should tell your parents," he says.

### 3. Focus On The Actions - Not The People

It's crucial for parents to teach their children to focus on inappropriate behaviors, not on individual people. That's because the vast majority of sex attacks on kids are committed by people they know. Instead of the "stranger danger" philosophy you may have learned — kids need to be prepared for dangers closer to home too.

## 7 TIPS FOR TALKING TO KIDS ABOUT SEXUAL ABUSE – Continued ...

It's not who the person is. It's what they do. Most sexual abuse is by people who gain the trust of the children and who the children wouldn't consider strangers. Not a single one of those boys [in the Sandusky case] would have considered the coach a stranger.

The important piece here is just because it's an adult and just because it seems to be somebody thought of well, that doesn't change things. If somebody is well-respected and has power, it's easy to then think, 'Oh I should listen to what this person has to say.'

### 4. ENCOURAGE QUESTIONS

Your kids should know that it's okay to ask questions. If they don't understand what you're talking about or a scandal that they hear about on the news, they should know they can come to you.

Experts say you should follow your child's lead with any questions. If children wonder why somebody would want to touch them, Ludwig says you can tell them it's because "they're not well."

### 5. TELL KIDS TO COME TO YOU IMMEDIATELY

As with any difficult topic, parents should let their kids know they can come to them with any concerns.

"The more topics you can allow to be discussed in the household...the safer your child will be," Ludwig says. "You become a point person for who they go to."

### 6. DON'T SCARE YOUR KIDS

Though it can be terrifying for parents to imagine their children being assaulted, parents should try not to instill fear in their children when talking about sexual abuse.

"You simply say, 'Most people are great, but it's important to protect yourself in the event you meet up with someone who's not,'" Ludwig says. "If you present the world like it's a dangerous place, then they'll be afraid."

### 7. INCORPORATE TOOLS

Sometimes you need a little help starting a discussion like this. Check out books like *My Body Belongs to Me* and resources from organizations like *Prevent Child Abuse America*.

Educating children on sexual abuse won't reduce the number of child assaults but hopefully will make your child less likely to become a victim.



It's safe to say that the advent of the digital age – and specifically the Internet, smartphones, and social media – have brought unique and daunting challenges to the current generation of parents

As a “bonus” challenge, the technology that helps us parents and also poses danger to our kids' safety is ever changing.

The best way to face these parenting obstacles is to educate yourself about them, and we're here to help with that.

## 15 DANGEROUS APPS EVERY PARENT SHOULD

### Social Media Checklist for Parents

- Talk openly and often about online safety with your kids
- Install safety monitoring software on all devices
- Limit screen time & designate specific areas for internet use
- Establish clear ground rules & safety principles
- Stay up to date on social media & online trends

### Resources for Parents

- <https://safesocial.com/>
- <https://www.commonensemedia.org/>
- <https://www.sunshineandhurricanes.com/worst-apps-for-kids/>

#### TINDER

*What it is:* An app used to find dates and hook-ups using GPS tracking.

*Why it's bad:* It is easy for adults and minors to find each other, and the “rating” system can be used for bullying

#### SNAPCHAT

*What it is:* A photo-sharing app that allows users to send photos to specific people, assigning the photos an allotted time—after which they will “disappear.”

*Why it's bad:* It's very popular for sexting. Users have figured out how to save or screenshot the images, so they aren't really gone and can be used against the sender later for “revenge porn” or any other nefarious purpose.

#### BLENDER

*What it is:* A “flirting” app allowing users to send photos/videos to anyone on their “friends” list and rate their “hotness.”

*Why it's bad:* This app uses GPS and is not authenticated, so predators can find minors or anyone they are looking for. It's also popular for sexting, and the “hotness” rating allows for bullying.

#### KIK MESSENGER

*What it is:* An instant messaging app that allows sending of videos, pics, and GIFs.

*Why it's bad:* It's very popular for sexting. There are no parental controls or authenticating, so it's really easy for predators to find your child on Kik.

#### WHISPER

*What it is:* An anonymous confession app.

*Why it's bad:* Since it's “anonymous,” you can post pics and confessions of someone who isn't you (bullying). It also uses GPS, so people—a.k.a. predators—can find you pretty easily.

#### ASK.FM

*What it is:* A popular Q&A social networking site used almost exclusively by kids.

*Why it's bad:* It creates a virtually consequence free forum of cyber bullying. There are nine documented suicide cases linked to Ask.fm in the UK and the United States.

**YIK YAK**

*What it is:* An app that allows users to post 200 character “Yaks” which can be viewed by the 500 people closest to them as determined by GPS.

*Why it's bad:* Users are putting lots of sexually explicit content on Yik Yak, and although it's anonymous, it can reveal personal details that make users easy to find, especially with GPS.

**POOF, HIDDEN APPS, HIDE IT PRO, APP LOCK**

*What they are:* These are all apps designed to hide other apps on your phone. Not all are available anymore, but if your child already has them, they can still use them.

*Why they're bad:* These allow your child to conceal apps from their phone screen, so you will have to be diligent about searching for them.

**OMEGLE**

*What it is:* A video chatting app.

*Why it's bad:* Although you don't identify yourself, it's pretty easy for your child to make friends with a predator. It's known to be a predator favorite.

**OOVVOO**

*What it is:* A video chatting app where users can chat with up to 12 people at a time.

*Why it's bad:* While not terrible in itself, your kids MUST use the privacy settings and only let people who know them chat with them. Otherwise it's stranger-danger city.

**MEET ME**

*What it is:* An app that uses GPS to allow users to meet new people who live nearby.

*Why it's bad:* There's no age verification, and your account is linked to Facebook so you and your location are easily identifiable to predators. The popularity rating makes seeking approval from strangers seem like a game.

**SKOUT**

*What it is:* A flirting app used to meet new people.

*Why it's bad:* Ages aren't verified, and although there is a teen version with slightly more safety features, all you have to do to bypass it is put in a fake birthday. This leaves children open to the adult sector of Skout, which includes plenty of profanity, suggestive pictures, and private messaging with strangers who can see their location.

**VINE**

*What it is:* Allows users to watch and post six second videos.

*Why it's dangerous:* While many of the videos are harmless, porn videos do pop up into the feed, exposing your children to sexually explicit material. You can also easily search for/access porn videos on this app. Predators utilize this app to search for teens and find their location. Then they try to connect with them via other messaging apps.

**DOWN**

*What it is:* A dating app connected to Facebook.

*Why it's bad:* It allows you to classify your friends into people you would be “down” with “hooking up” with, creating normalcy for a sexual hook-up culture for your child.

**CHAT ROULETTE**

*What it is:* A video chat site that randomly matches you up with someone around the globe to have a video chat.

*Why it's bad:* It's very popular for cybersex and pornography, and it's not uncommon to be randomly matched up with a chat partner who's completely nude in front of their webcam. There's nothing to stop the person you are chatting with from recording the video chat and posting it elsewhere.

Child Abuse is a terrible and traumatic event. Children look to their parents to make them feel safe. They need help to process and cope with what has happened. Here are suggestions for parents of affected children.

## HELPING YOUR CHILD COPE WITH SEXUAL ABUSE

### Resources

<https://www.rainn.org/get-information/sexual-assault-prevention/protecting-a-child-from-sexual-assault>

### Important Numbers

**Prince George's County Police Child and Vulnerable Adult Abuse Unit:**  
301.772.4930

**FBI Taskforce:** 1.800.CALL.FBI

**Prince George's County Crisis Response Services (Affiliated Sante Group):** 301.429.2185 (24-hour Hotline)

**Prince George's County Child Protective Services:** 301.909.2450

- Create a safe, open, supportive home environment
- Be actively involved in your child's daily life
- Know the people, both adults and children, in your child's life.
- Talk to your child about people they spend time with and ask questions about them.
- Be careful who you allow to care for your child.
- Know the warning signs of physical and sexual abuse.
- Reassure your child that you and their teachers are there to protect them and are working very hard to make sure they are safe.
- Have open, honest conversations with your child about events they hear about or should know about, and acknowledge the frightening facts about the event.
- Use age appropriate language your child can understand.
- Listen nonjudgmentally to your child's questions and comments.
- Validate your child's thoughts, feelings, and responses.
- When asking your child questions believe your child and accept their first answer.
- Contact the Police or Child Protective Services if your child discloses direct abuse or has witnessed inappropriate behavior.
- Take care of yourself and be aware of your own feelings.
- Model calm and control.
- Give your child choices to help them regain a sense of control.
- Help your child find ways to express themselves, such as talking, drawing, playing with toys or a game, writing stories or poems.
- Use storybooks to help your child cope.
- Keep your child's routine as normal as possible.
- Plan some fun family activities with your child.
- Know the warning signs for children who are having difficulty coping, such as physical symptoms and behavioral changes.
- Children who have experienced or witnessed abuse should see a mental health professional for support.



**Compiled with resources from the following PGCPS Offices:**

Department of Family and Community Engagement

Department of Student Service

Office of Monitoring, Accountability, and Compliance

