Common Signs of Abuse

Physical Abuse: Pattern-like injury marks (i.e. hand, belt, etc.), cigarette burns, bruises/welts that don’t match a story, clothing that doesn’t match the weather (i.e. sweaters on a hot day), withdrawal from friends & activities, avoidance of any physical contact

Sexual Abuse: Refusal to change clothes in front of peers (i.e. in locker room after practice), bruising/bleeding around genitals, sexual knowledge exceeding typical knowledge of child’s age group, running away from home

Emotional Abuse: Constant worry about making mistakes, depression/self-esteem, headaches or stomachaches without a clear cause, poor relationships with parent or caregiver, little interest in friends, inappropriate emotional development

Neglect: Truancy in school or extracurricular activities, lack of medical, dental, or health care, poor weight gain & growth, lack of clothing or supplies to meet needs

Note: While many of these signs alone can’t necessarily confirm the occurrence of abuse, they are often indicators. Child abuse may be seen in any combination of these signs - not just from bruises. The important thing is to pay attention.

If you are concerned, but not sure if you should report potential abuse, please call the Office of Children’s Services: 1(800)478-4444 or the Juneau Police Department: 1(907) 586-0600. Remember - the children need you.

Facts about Child Abuse in Our Area

Alaska has the highest rates of child maltreatment in the country

Alaskan Children are the victims of sexual assault at a rate 6x the national average

Domestic Violence

Every 35 seconds, a child in America is killed by abuse or neglect

Every 35 seconds, a child in America is confirmed to have been abused or neglected

1 in 4 girls and 1 in 6 boys will sexually be abused before their 18th birthday

Seeking Donations For:

- Bus Tokens
- Booster Seats (Excellent Condition Only)
- Travel-Sized Toiletries
- A Wall Mounted (Commercial-Type) Baby Diaper Changing Station
- $10 Gift Cards (Visa, McDonald’s, Gas/Uber/Lyft Card, Fred Meyer, Costco, etc.)

These can be extremely helpful for financially struggling families to afford travel to therapy appointments, purchase school or clothing supplies, or even take care of dinner for an evening. Every bit helps.

“Not All Forms of Abuse Leave Bruises” ~ Danielle Steel

Color Me! Image via: http://imgcrop.me/
As the season changes and temperatures drop, people often feel their moods and energy levels falling as well. Combat the winter blues as a family with the following tips:

**Movie Nights:** Plan weekly movie nights to keep everyone excited throughout the week. Take turns every week to pick the flick!

**Reading:** Pick up a good book to reduce stress and calm the mind. See below for a few great reading options for the kids.

**Get Crafty:** Crafting is a great way to boost creativity and connect as a family. Hop on Pinterest for new & regularly updated ideas!

**Eat Healthy:** The emotional benefits are endless: increased energy, enhanced mood, & raised self-esteem are among many.

**Stay Active:** Exercise doesn’t always have to be dreaded: throw a dance party, have a weekly sports night, or simply walk the dog!

**Get Involved:** One of the best ways to boost self-confidence, fight off depression, and make a community difference is to volunteer.

**Plan a Vacation:** Studies have shown that simply planning a getaway is a significant and worthwhile mood booster! Make time to enjoy and learn technology safely as a family. The more open you are with it, the more likely they will come to you when an issue arises.

**Remember:** Don’t be afraid to seek counsel if depression symptoms arise. Seasonal Affective Disorder (S.A.D.) is real.

### Internet Safety Tips

In today’s day & age, it is almost guaranteed that children will be exposed to plenty of technology. Unfortunately, technology is also a tool used by abusers to help target their next victims. Check out the following tips to help keep your kids safe from harm on the internet:

- Make time to enjoy and learn technology safely as a family. The more open you are with it, the more likely they will come to you when an issue arises.
- Double check that nobody in your family has posted personal information (i.e. cell number, home address, location, etc.) online.
- Ensure everyone is using privacy settings on all social networking sites and applications.
- Teach your family about the dangers of meeting in person with someone first encountered through the web. Not all people are who they say they are.
- Instruct your children to come forward to you with anything that makes them uncomfortable at any time while using technology.

---

### National What Month?

**December is…**

**NATIONAL WRITE A FRIEND MONTH!**

Nothing is sweeter than a handwritten note or letter. Often that is all it takes to brighten someone’s day! Encourage your family to celebrate this pastime treasure by writing a friend, family member, or pen-pal (though be wary of who your child is writing to). You can also set up a “stationery station” at home by putting some paper in a basket next to some envelopes, stickers, pens/pencils, and rubber stamps. Also, did you know children can write letters to their favorite Disney characters and receive a signed postcard in return? Letters can be sent to:

Walt Disney Company, Attn: Fan Mail Department, 500 S. Buena Vista St., Burbank, CA, 91521

Your signed postcard will come in 4-6 weeks!

---

### Children’s Books About Safety & Prevention:

**“Some Secrets Should Never Be Kept!”** by Jayneen Sanders

**“Once Upon a Dragon”** by Jean E. Pendziwol

**“I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private”** by Kimberly King & Sue Rama

*Note: The SAFE C.A.C. also has great abuse awareness & prevention literature for adults & kids of all ages. If interested, please call (907)463-6157 to schedule a visit.*

“The more you read the more things you know. The more that you learn the more places you’ll go.”

~ Dr. Seuss

---

### Recipe: Pumpkin Snickerdoodles

**Recipe & Image via:** Sally’s Baking Addiction

**Ingredients:**
- 1/2 cup unsalted butter
- 1/4 cup light/dark brown sugar
- 1 cup granulated sugar
- 1 tsp pure vanilla extract
- 6 tbsp. pumpkin puree
- 1.5 cups all-purpose flour
- 1/2 tsp salt
- 1/4 tsp baking powder
- 1/4 tsp baking soda
- 1 tsp ground cinnamon
- 1 tsp pumpkin pie spice
- 1/2 cup white chocolate chips

1. Melt butter in microwave. In medium bowl, whisk melted butter, brown sugar, & 1/2 cup granulated sugar until no brown sugar lumps remain. Whisk in vanilla and pumpkin until smooth. Set aside.
2. In large bowl, toss flour, salt, baking power, baking soda, 1.5 tsp cinnamon, and pumpkin pie spice. Pour wet ingredients into dry ingredients and mix together with spoon or rubber spatula. Dough will be very soft. Fold in white chocolate chips (may not stick to dough because of melted butter) but do your best to have them evenly dispersed in dough. Cover dough & chill for 30 minutes (mandatory).
3. Preheat oven to 350°F. Line two large baking sheets with parchment.
4. Roll dough into balls, about 1/2 tsp each. Mix together remaining 1/2 cup granulated sugar & 1/2 tsp cinnamon. Roll each of the dough balls generously in cinnamon-sugar mixture & arrange on baking sheets. Slightly flatten dough balls.
5. Bake cookies for 9-10 minutes. Cookies will look very soft/under baked (keep them in oven longer will dry them out). Flatten them to your desire.
6. Allow cookies to cool for at least 10 minutes on sheets before transferring to wire rack. The longer the cookies cool, the chewier they’ll be. ENJOY!

---

“One kind word can warm three months of Winter” ~ Japanese Proverb

---