

Signs of Abuse

Some of the signs of abuse may surprise you. **Review the following list of signs and circle the ones that may reflect abuse.** Then check the Answer Key.

- a. bruising
- b. redness and bumps
- c. scabs around the mouth, genitals, or anus
- d. urinary tract infections
- e. anxiety
- f. chronic stomach pain
- g. headaches
- h. "too perfect" behavior
- i. always looking tired or sleepy
- j. abusing drugs or alcohol
- k. difficulty concentrating
- l. depression
- m. unexplained anger
- n. rebellion
- o. nightmares
- p. falling grades
- q. bedwetting
- r. bullying
- s. running away from home
- t. self-harm of any kind
- u. sexual behavior or language that is not age-appropriate
- v. cruelty to animals
- w. setting fires
- x. irrational fear
- y. showing up very early to school or staying unusually late
- z. withdrawal

Open-ended vs shaming/leading questions

If you're trying to learn the "why" behind a child's physical signs or concerning behaviors or emotions, it's critical that you use open-ended questions. **Circle the questions that are open-ended, and cross out those that are leading or loaded with shame.** Then check the Answer Key.

- 1. Explain to me what happened.
- 2. Why were you with that friend?
- 3. What were you wearing?
- 4. Tell me more about that.
- 5. What happened next?
- 6. Why didn't you say anything before?
- 7. It was your family member that did this to you wasn't it?



Safe & Sound is a free 21-day program to help parents, grandparents and caregivers protect children from abuse. Developed by Oregon Child Advocacy Centers, this 2022 Safe & Sound program for Central Oregon is brought to you by KIDS Center in collaboration with Protect Our Children. **Visit kidscenter.org/safe-and-sound-2022**