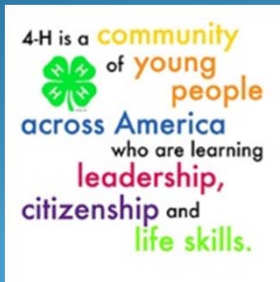


# University of Wyoming 4-H New Volunteer Leader Orientation



Child Abuse, Bullying  
and Strategies You  
Can Use to Protect  
Yourself

## How do I recognize child abuse?

1. Physical Abuse
2. Physical Neglect
3. Sexual Abuse
4. Emotional Maltreatment



## Physical Abuse

### Physical indicators

- Unexplained –
  - bruises
  - welts
  - human bites
  - bald spots
  - burns
  - lacerations

### Behavioral indicators

- Self-destructive
- Uncomfortable with physical contact
- Complains of soreness or moves uncomfortably

## Physical Neglect

### Physical indicators

- Unattended medical needs
- Consistent hunger
- Inappropriate dress
- Poor hygiene

### Behavioral indicators

- Reports no caretaker at home
- Self-destructive
- Regularly fatigued, listless

## Sexual Abuse

### Physical indicators

- Often no visible indicators

### Behavioral indicators

- Inappropriate sex play or premature understanding of sex
- Excessive seductiveness and touching
- Touching may not be appropriate and there is too much

## Emotional Maltreatment

### Physical indicators

- Speech disorders
- Delayed physical development
- Substance abuse

### Behavioral indicators

- Habit disorders (sucking, rocking)
- Antisocial, destructive
- Passive-aggressive

## How to respond to a child who discloses abuse:

- Believe the child
- Talk privately and listen to the child
- Reassure the child that he/she has done the right thing by talking with you
- Tell the child you must report to someone who can help him/her
- Report immediately

## DO NOT:

- Promise confidentiality
- Ask leading or suggestive questions
- Make negative comments about involved person
- DO NOT Investigate on your own!



## Youth Protection

- You **must report** to law enforcement or child protective agencies if you have reasonable cause to suspect child abuse or neglect (WY Statute 14-3-205).
- Not reporting suspected abuse has consequences.
- You can anonymously report but remember if there is no record of you reporting it, you can still be prosecuted. Decide if anonymity outweighs risk of reporting openly.
- It is illegal to intentionally file a false.

## What is Bullying?

- Bullying is a widespread and serious problem that can happen anywhere.
- It is not a phase children have to go through, it is not "just messing around", and it is not something to grow out of.
- Bullying can cause serious and lasting harm.
- Most bullying involves:
  - Imbalance of Power
  - Intent to Cause Harm
  - Repetition



## Types of Bullying

- **Verbal:** name-calling, teasing
- **Social:** spreading rumors, leaving people out on purpose, breaking up friendships
- **Physical:** hitting, punching, shoving
- **Cyberbullying:** using the Internet, mobile phones or other digital technologies to harm others

*An act of bullying may fit into more than one of these groups and can happen to people of any age.*

*For example: youth vs. youth, parent vs. youth, parent vs. leader, leader vs. youth.*

## Some basic suggestions include:

- Adults should avoid being alone with one child.
- In group situations it is advisable to always have at least two adults present.
- Encourage parents to join in your activities or drop in when they can.
- Have children use the buddy system – they don't go anywhere without their "buddy".
- Don't leave children alone after a meeting or event.

## Suggestions, Continued

- Hugs are okay if they are appropriate and if both people are comfortable with them. Take clues from body language of the child or simply ask, “Is it okay for me to hug you?”
- Be aware of children’s personal boundaries and respect them.
- Never hit or strike a child – even in “play”. No wrestling or rough-housing with youth.
- Use positive reinforcement in an understanding tone – no belittling comments

Thanks for completing this orientation. Please remember...

- complete the **evaluation** on the State 4-H Web Site, and
- **set up an appointment** to meet with your County 4-H Educator

