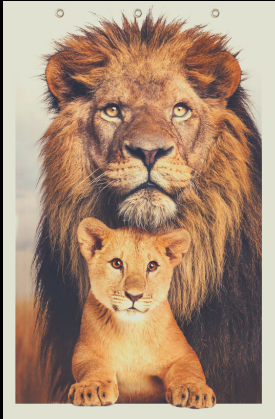


PREVENTION IS BETTER THAN INTERVENTION



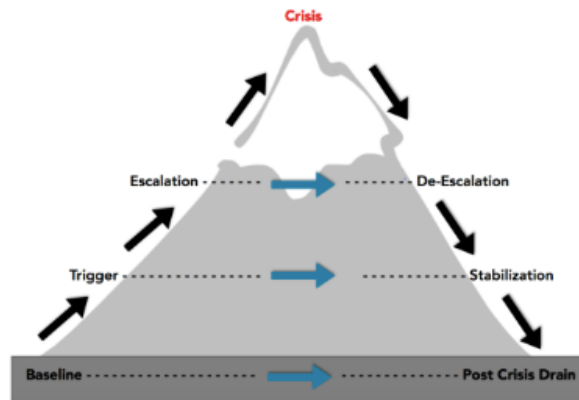
"BEING ABLE TO FEEL SAFE WITH OTHER PEOPLE IS PROBABLY THE SINGLE MOST IMPORTANT ASPECT OF MENTAL HEALTH."

BESSEL VAN DER KOLK

Nobody sets out to hurt their child. It takes *all of us* to keep children safe. Together, we can raise awareness, report abuse, and get help.

DID YOU KNOW?

Utah is higher than the national average in substantiated child abuse cases each year. Last year in Utah, there were 10,950 confirmed cases of child abuse and neglect and 11 deaths from child maltreatment, a 6% increase from the years between 2014-2018.



RISK FACTORS

- Financial insecurity
- Food insecurity
- Costs for: utilities, housing, & transportation
- Employment status
- Domestic violence
- Alcohol consumption
- History of Adverse Childhood Experiences
- **Stress**
- Lack of support system
- Disabilities
- Health

KNOW YOUR STRESS RESPONSE

We all have triggers, things that occur and result in the onset of uncomfortable emotions.

THE FIGHT OR FIGHT RESPONSE ACTIVATES

Our thinking brain shuts down to allow our primitive brain to react and keep us safe. This default mode is to protect us, however fight mode results in hurting oneself or others. We can use skills like take a break, breathe and give ourselves the time and space to get our thinking brain back online so we can choose how to respond, rather than react.

We can choose connection over disconnection and keep ourselves and others safe.

WE ALL NEED HELP



**"We cannot change what we are not aware of,
and once we are aware,
we cannot help but change."**

SHERYL SANDBERG

TAKE A BREAK
CREATE SPACE



REACH OUT
TALK TO SOMEONE



GET HELP
SUPPORT

FREE RESPITE CARE (435)-674-5133
NEWBORN TO AGE 11
3 HOURS PER WEEK
EMOTIONAL SUPPORT HOTLINE
(833)-442-2211
24/7 HELP LINE (435)-628-0458
24/7 CRISIS LINE (435)-773-0585
SWBH SMRT CRISIS RESPONSE
(435) 414-4362
WWW.WASHK12WELLNESS.ORG

Social and Emotional Competence

Children's early experiences of being nurtured and developing a *positive relationship* with caring adult *affects all aspects* of behavior and development.



Knowledge of Parenting & Child Development

Children *thrive* when parents provide *not only affection*, but *also* respectful communication and listening, consistent rules and expectations, and *safe opportunities* that promote independence.



Social Connections

Parents with a social network of *emotionally supportive friends, family, and neighbors* often find that it is *easier to care* for their children and themselves.



5 Protective Factors

Resilience



Parents who can cope with the *stresses of everyday life*, as well as an occasional crisis, have *resilience*; they have the flexibility and inner strength necessary to *bounce back* when things are not going well.

Concrete Support

Families who can meet their *own basic needs* for food, clothing, housing, and transportation—and who know how to access essential services such as childcare, health care, and mental health services to address family-specific needs—are *better able to ensure the safety and well-being* of their children.



TO REPORT ABUSE CALL 1-855-323-3237

"A CHILD WHOSE BEHAVIOR
PUSHES YOU AWAY,
IS A CHILD WHO
NEEDS CONNECTION BEFORE
ANYTHING ELSE."

KELLY BARTLETT