



**2022 BLUE RIBBON  
CAMPAIGN**

# Keep kids safe.

## April is Child Abuse Prevention Month.

Take part in the Blue Ribbon Campaign to end child abuse and learn how to keep kids safe.

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**MountainStar**  
strengthening families to keep children safe





# The History of Blue Ribbon Campaign

In 1989, Bonnie Finney lost her three-year-old grandson to abuse by her daughter's boyfriend. Bonnie tied blue ribbons to her car to represent her grandson's bruises, and the community joined in to support Bonnie and her family. Over the past 30 years, the Blue Ribbon Campaign has grown into a nationwide event, bringing communities together to protect children. This year marks the 12th annual Blue Ribbon Campaign in Central Oregon, thanks to our generous community sponsors.

**Wear a blue ribbon pin this April! Pins are available at local businesses throughout Central Oregon.**

## 2022 Prevention Partners of The Year

KIDS Center and MountainStar are excited to honor community partners for their outstanding commitment to helping prevent child abuse in Central Oregon. Each has dedicated valuable resources and time to learn how to better protect children, as well as provide concrete support for families in crisis. Thank you for giving back to our community!



Good Shepherd  
Lutheran Church



St. Mark's  
Episcopal Church



## Sponsors

The Bulletin



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## Thank You

A heartfelt thank you to our community partners and volunteers who work to prevent child abuse in Central Oregon!



## About KIDS Center

Built by the community and for the community, KIDS Center is dedicated to the prevention, evaluation, and treatment of all forms of child abuse. In a child-friendly environment, KIDS Center provides comprehensive child abuse evaluations to children who may have been abused, seeking to find out what has happened and to provide a path to healing through family advocates and therapeutic services.

[Visit kidscenter.org](http://kidscenter.org)



## About MountainStar Family Relief Nursery

MountainStar Family Relief Nursery prevents child abuse and neglect through community support and therapeutic services that help vulnerable children and families succeed. MountainStar is the only program in Deschutes, Jefferson, and Crook Counties providing therapeutic classrooms, parenting education services, and family support targeted at protecting babies and toddlers who are at significant risk of abuse and neglect.

[Visit mtstar.org](http://mtstar.org)

# The impacts of trauma

Trauma from child abuse can have a profound effect on kids and impact their day-to-day functioning. Trauma can make it difficult for a child to thrive in school, forge friendships, and feel safe and happy. Here are a few of trauma's impacts.

## Shame

Survivors can feel overwhelming, debilitating shame. This shame may be triggered by the smallest failures.

## Loss of physical connection to body

Survivors of physical and sexual abuse can have a hard time being in their body.

## Dissociation

In the midst of abuse, kids often disconnect their consciousness from what is happening to their body. This can continue whenever they feel overwhelmed.

## Loss of danger cues

Kids struggle to recognize dangerous situations after perceiving abuse as "normal."

## Loss of self-worth

Trauma survivors may think of themselves as outcasts and unworthy of love.

## No sense of self

Parents or caregivers play an important role in helping a child understand their identity. If the abuser is a parent or caregiver, then a child's sense of self can feel undeveloped or phony.

## Loss of safety

For trauma survivors, the world feels more dangerous, where anything bad can happen.

## Loss of trust

Kids are especially unwilling to trust others if the abuse was a family member or close family friend.

**Trauma is real.  
Prevention  
is key.**

Learn more at [echotraining.org/the-impact-of-trauma](https://echotraining.org/the-impact-of-trauma)

Learn how you  
can prevent child abuse.





# Know the facts.

Myths and misinformation make it harder to protect kids from child abuse. Read about some common myths, and then **share the real facts** with adults you know.

**MYTH: Fewer reports means fewer instances of child abuse.**

**FACT:** During the pandemic, reports of abuse dropped because fewer educators and other mandatory reporters were interacting with children. This underscores the need for more prevention training for all adults to keep kids safe.

**MYTH: Child abuse doesn't happen here.**

**FACT:** Child abuse happens everywhere, at every socio-economic level, across ethnic and cultural lines, within all religions, and at all levels of education.

*Source: childhelp.org*

**MYTH: Most child abusers are strangers.**

**FACT:** More than 90% of the time, a child is abused by someone they and their family know and trust.

*Source: Darkness to Light*

**MYTH: There are always visible signs or marks of child abuse.**

**FACT:** Physical signs of abuse are less common. Emotional and behavioral signs are more common.

*Source: Darkness to Light*

**MYTH: You can identify a child abuser by looking at them.**

**FACT:** Offenders do not have a certain "look." Don't focus on appearances; instead, watch for "red flag" behaviors and intervene immediately.

*Source: Darkness to Light*

**MYTH: My child would tell me if they were being abused.**

**FACT:** The unfortunate reality is that fewer than 25% of children will report abuse, of any type, immediately after it occurs. The average age to disclose childhood sexual abuse is 52.

*Sources: National Children's Advocacy Center, 2014 and ChildUSA, 2019*

# Know the signs.

Some, but not all, children who have experienced abuse may exhibit **physical or behavioral signs**. You can protect the children of Central Oregon by knowing these potential signs of abuse.

Since few children ever come forward to report abuse, make it your responsibility to recognize these signs and report any suspicions or disclosures of abuse. You may be a child's only hope; please don't ignore your instincts! We know it takes courage to confront child abuse and make a report. You don't have to know for certain if abuse is happening or have all the answers to report a suspicion of abuse. The important thing is to speak up.

## Speak up.

Ending child abuse concerns all of us, not just parents. And all of us need to be ready to speak up and save a child. Here are four ways you can speak up for kids.

### Share what you know.

By simply taking a **child abuse prevention training**, you raise awareness of child abuse in your community. You can share your knowledge with businesses, caregivers, family, and friends to help create a safer environment for all kids. Sign up for a free training at [kidscenter.org/get-trained](https://kidscenter.org/get-trained).

### Offer support.

40% of child abuse victims in Central Oregon are under the age of five. If you know a family that is struggling, call **MountainStar Family Relief Nursery**. Our therapeutic services keep kids safe, parents successful, and families together. **Call 541.322.6820.**



### Signs of Abuse can Include:

- Nervousness or fear around adults or a particular adult
- Unexplained burns, cuts, bruises or marks
- Inappropriate knowledge of sexual acts
- Extreme hunger or eating disorder
- Nightmares or bed wetting
- Apparent lack of supervision
- Aggressiveness or withdrawal
- Not wanting to go home

### Talk to your kids.

Speak to your kids about their bodies, what constitutes "ok" and "not ok" touching, and what to do if they feel unsafe or uncomfortable. Visit [kidscenter.org/resources](https://kidscenter.org/resources) for helpful tips and talking points, and sign up for KIDS Center's **"Let's Talk About It" training**.

### Report suspected abuse.

And most importantly, speak up and save a child when you suspect a child is being harmed. **Report suspected abuse to authorities immediately.** Call the Oregon Child Abuse Hotline at **855-503-7233** or call KIDS Center at **541-383-5958** if you have questions about reporting.

# Get involved.

Whether you're a neighbor, a parent, or a teacher, there are lots of ways you can help keep kids safe in your community. Attend a Darkness to Light training. Volunteer or offer support to families you know. And encourage your friends, adult family members and co-workers to learn more about child abuse prevention.



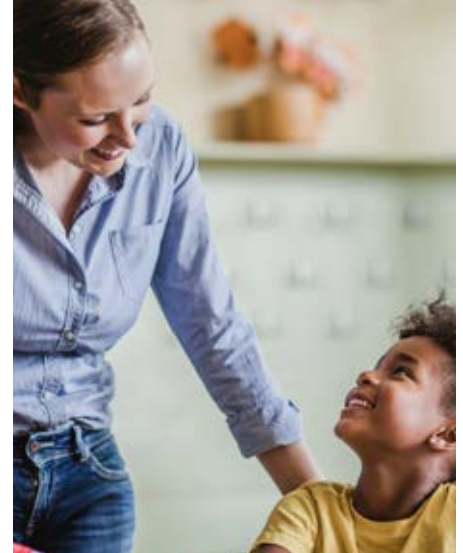
## Community Members

- Get to know the families around you.
- Become educated on the signs of abuse.
- Offer support to families you know.
- Volunteer for organizations that support families.



## Parents & Caregivers

- Practice with your child how to respond to uncomfortable or inappropriate situations.
- Use safe, age-appropriate forms of discipline.
- Ask for help when stress levels rise.
- Learn the signs of abuse.



## Educators & Youth Organizations

- Learn the signs of abuse.
- Learn how to minimize situational opportunities.
- Get familiar with the reporting process.
- Talk about child abuse prevention strategies with your team.

*Prevention is close at hand.*

Many organizations in our region offer programs to protect kids and prevent child abuse.

Visit [kidscenter.org/local-resources](https://kidscenter.org/local-resources)  
[mtstar.org/forfamilies](https://mtstar.org/forfamilies)