



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/low 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 - make a call. As community members, it is up to us to report signs of abuse. It is the job of Law Enforcement and OCS to investigate. Children very rarely lie about abuse! If a child has trusted you enough to disclose abuse to you, it is vital that you make a report. If you suspect abuse, please call the Office of Children's Services 1(800)478-4444 or the Juneau Police Department 1(800)586-0600. Remember - the children need you.

"Not All Forms of Abuse Leave Bruises" ~ Danielle Steel



The SAFE C.A.C. wants to send a heartfelt "thank you" to Sherry Anderson of Catholic Community Service and her wonderful group of helpers at Girls Camp. The group (shown below) worked long and hard to create dozens upon dozens of cozy blankets, unique coloring books, and fun snack packs for children who will receive upcoming services at the C.A.C.. With so many great blanket patterns to choose from, visiting children will leave our facility with an extra source of comfort during some incredibly stressful and trying times. It is only with the help of wonderful volunteers like these that we are able to provide such great services for the families and children of our community. **THANK YOU, AGAIN!**



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.*



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 (National Coalition Against Domestic Violence)

Every 6 hours, 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 be sexually abused before their 18th birthday

S.A.F.E. CAC:

A Program of Catholic Community Service



S.A.F.E.
Child Advocacy Center

An Accredited Member of the NCA

Quarterly Newsletter: Winter 2018

Who Are We & What Do We Do?

The Southeast Alaska Family Evaluation Child Advocacy Center (SAFE CAC) is secure and comfortable place for children and families who are facing the unfortunate reality of abuse. At our center, we provide investigative forensic interviews with children in a safe and non-intimidating setting, which can be helpful in an already potentially traumatizing situation. With our multidisciplinary team (MDT) approach we provide a working model that minimizes the number of times a child may have to interview for investigative purposes. We also provide forensic medical services, family advocacy, and referrals for mental health counseling, and crisis intervention. Today, there are 854 CAC's nationwide, and 13 in Alaska!

What's New?

The SAFE C.A.C. is now on Instagram! Give us a follow @safechildadvocacycenter for updates & information regarding childhood abuse & neglect. Stay Connected!

Who's New?

Joining the SAFE CAC in early August as a Victim Services Advocate is Alyssa, who arrived in Juneau from her home base in Ann Arbor, Michigan. Having plenty of experience working with children, she is excited to take on a new role with a meaningful impact. In her spare time, Alyssa enjoys making new recipes, going on hikes, reading, and getting free samples at Costco. If you see her around, say "Hello"!

We would like to thank John and Cindy Gaguine from the Benito & Frances C. Gaguine Foundation for their support and contribution to the center, which allowed us hire for this position, ultimately helping us achieve our goal of meeting the needs of the children and families we serve. Thank You!



Color Me! Image via: <http://imgcrop.me/>

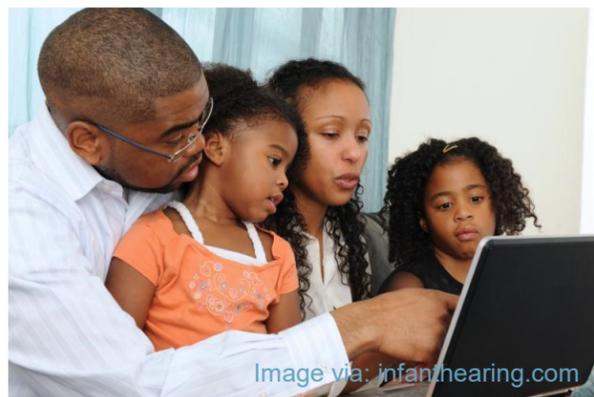


"When it snows you have two choices: shovel or make snow angels"
~ Unknown

- * Office of Children's Services: 1(800) 478-4444
- * Juneau Police Department: 1(907) 586-0600
- * SAFE Child Advocacy Center: 1(907) 463-6157

Enjoying Winter

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!

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 arrives
- * 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

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



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
- 1/4 tsp salt
- 1/4 tsp baking powder
- 1/4 tsp baking soda
- 2 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 powder, 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 tbsp. 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 8-10 minutes. Cookies will look very soft/under baked (keeping them in longer will dry them out). Flatten them to your desire.
6. Allow cookies to cook 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

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!

Stay tuned for features of
the following months in the
next newsletter!

