



# Family Advocacy teaches base to prevent abuse

by Ms. Laura Pellegrino  
Sunburst staff writer

In 2000, more than 1,500 children died as a result of child abuse in the United States.

Because April is Child Abuse Prevention Month, the Family Advocacy staff is encouraging Team Holloman members to remain vigilant to signs of child abuse.

In recognition of Child Abuse Prevention Month, a tri-fold child abuse prevention poster will travel around base to locations including the 49th Fighter Wing headquarters, the Fitness and Sports Center, the 49th Medical Group and the community center.

Team Holloman members can sign the poster to show their commitment to child abuse prevention, said Mr. Howard Hill, Family Advocacy outreach manager.

“By asking them to read the information surrounding the poster, we are increasing awareness,” Mr. Hill said. “Signing the poster shows support for the prevention of abuse.”

Children can also make a commitment to abuse prevention, Mr. Hill said. A personal action plan for children and students will be available at locations on base and in the Sunburst.

The action plan is a contract that both the child and parent can sign. It lists terms for the child to follow such as, “I will memorize my address, telephone number and my parents’ names,” and “I will never write to someone online who has made me feel uncomfortable or scared.”

“This helps the child take responsibility for their own safety, along with the parent,” Mr. Hill said. “It’s a way for parents to engage with their children on this issue.”

Any child who brings a signed copy of the contract to Family Advocacy in building 518 will receive a comic book, Mr. Hill said.

This year’s theme for Child Prevention Month is “How are the children?” The theme was chosen because “How are the children?” is a greeting used by the Masai tribe of Africa, Mr. Hill said.

“Children represent the future,” he said. “If the children are well, the future is well.”

For more information about child abuse prevention, call Mr. Howard Hill at 572-7061.



Photo by Airman 1st Class Stephen Collier

Brig. Gen. Jim Hunt, 49th Fighter Wing commander, was the first to sign the National Child Abuse Prevention Month tri-fold poster. The poster will travel to locations like the 49th Fighter Wing headquarters, the fitness center and community center.

### Personal Action Plan for Children

- If will say “no” if someone tries to touch me or treat me in a way that makes me feel afraid or uncomfortable.
- I will take a friend with me when I play outside or go places like the mall or park.
- I will always check first with my parents or the person in charge before I go anywhere or get into a car, even with someone I know.
- I will never touch a weapon, no matter where I find it. I will leave it alone and contact a trusted adult right away.
- I will talk to my parents about how and when I should answer the telephone. I will never give out information about my family. I will never tell the caller I am home alone. If I get a prank call, I will hang up.
- If someone tries to bully me, I will ignore them and walk away. I will tell an adult I can trust.
- I will not give out personal information such as my name, address, telephone number or my picture to anyone over the Internet without my parent’s permission.
- I will never agree to get together with anyone I “meet” online without first checking with my parents.
- I will never write to someone online who has made me feel uncomfortable or scared.
- I will tell my parents right away if I read anything on the Internet that makes me feel uncomfortable.
- If approached by a stranger, I will shout “No!” and get away quickly. I will tell a trusted adult, or if an adult is not present, I will call 911 or 0 for the operator.

Signed, \_\_\_\_\_

Child \_\_\_\_\_

Parent \_\_\_\_\_

Sign this form and return it to the Family Support Center for a free comic book.

### Warning signs of abuse:

<p><b>Physical abuse:</b></p> <ul style="list-style-type: none"> <li>• Unexplained cuts, bruises, burns or fractures</li> <li>• Sudden vision or hearing impairment</li> <li>• Human bite marks</li> <li>• Problems in school</li> <li>• Fear of adults</li> <li>• Overly violent or timid behavior</li> <li>• Inappropriate clothing for weather is worn</li> <li>• A child is afraid to go home</li> <li>• Stealing or begging for food</li> </ul>	<p><b>Sexual abuse:</b></p> <ul style="list-style-type: none"> <li>• Walking or sitting seems difficult for the child</li> <li>• Pain or itching in genital area</li> <li>• Stomach aches</li> <li>• Sleep problems, including bedwetting</li> <li>• Sudden interest in or knowledge of sex</li> <li>• Behavioral problems</li> <li>• Sudden shyness or depression</li> <li>• Fear of a particular adult or family member</li> </ul>
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