

# Kids Need Essential Workers to Report Abuse During COVID-19 Crisis

A resource for essential workers describing signs of child abuse and where to report.

Reporting child abuse and neglect is everyone's responsibility.

## Kids are Counting on Adults to Protect Them

**This means YOU!** This resource is for home delivery, pharmacy, grocery store and other essential workers keeping our communities running. It outlines signs of abuse and neglect and where to report.

**In times of crisis and economic instability, child abuse and neglect rates increase. However, reports of child abuse and neglect in Virginia have declined dramatically.**

Children are not going to school, activities, places of worship and other public places where adults look out for their safety and well-being.

## Trust your Gut

If something does not look safe, sound safe or feel safe - report.

## Making a Report is Asking for Help and Services

When you report, you are asking for a professional to help a child and their family. You do not need proof. You are not making an accusation.

## You May Be the Only Person to Act

If you reasonably suspect a child is unsafe - report.

Anonymous reports are accepted from anyone. Anyone making a report in good faith is protected against civil/criminal penalty or adverse employment action. Your identity is held confidential and will not be revealed.



Free child abuse and neglect resources and training at [FamiliesForwardVA.org](https://FamiliesForwardVA.org) or [Covid.Virginia.gov](https://Covid.Virginia.gov).

## Some Signs a Child is Not Safe

### Physical abuse

- Child appears frightened of the caregiver.
- Child has burns, bites, broken bones, bruising, black eyes or complaints of pain.
- Caregiver offers no explanation of a child's injury, the parent "blames" the child's behavior or personality for the injury. Ask yourself "*Does the story match the injury?*"

### Sexual abuse

- Child attaches very quickly to strangers or new adults in their environment.
- Demonstrates unusual sexual knowledge or behavior for their age.
- Difficulty walking or sitting.
- Witnessing an adult inappropriately touching a child, watching pornography with a child or saying sexual things to a child.

### Emotional Abuse

- Child shows extremes in behavior: overly aggressive or compliant.
- Appears emotionally unattached to caregiver and others.
- Caregiver constantly blames, belittles or berates the child and refuses to help the child when needed.

### Neglect

- Child begs or steals food, has severe poor hygiene or states that no one at home provides care.
- Witnessing a child using alcohol or other drugs.
- Highly stressful family situations and/or adults in home abusing alcohol or other drugs.
- Unlocked weapons or guns in the home.

**Where To Report Child Abuse/Neglect: 800-552-7096**  
**24/7 Parent Helpline: 800-4-A-CHILD**  
**If a child is in immediate danger, call 911.**