



300 E Hunting Park Avenue • Philadelphia PA 19124 • 215.387.9500 • info@philadelphiachildrensalliance.org

WITH CHILDREN ISOLATED + FAMILIES UNDER HIGH STRESS, KIDS MAY BE MORE VULNERABLE TO ABUSE.

While we keep our physical distance to address COVID-19, it is now more important than ever to keep our eyes, ears, and minds attentive to the well-being of our community's children. With less exposure to social contacts – like teachers and therapists – children may be more vulnerable to experiencing unreported child abuse and neglect. This is where everyone in our community can do their part.

Here's what you can do:

1. **Be Informed.** Read about warning signs for physical and sexual abuse so you know how to look for and prevent abuse. Learn the local abuse hotline number and store it in your phone.
2. **Be Invested.** While in a period of social distancing, children are disrupted from their typical safety nets, so it's important to check-in on your friends, family and neighbors and be extra vigilant about the well-being of the children around you.
3. **Be In Touch.** If you suspect a child is being abused, remember you DO NOT have to be a 'mandated reporter' to report it. Call the hotline anonymously with any concern for abuse, and trained professionals will handle the process from there.

If you see anything that makes you suspect harm to a child, please call the child abuse hotline.

Philadelphia: (215) 683-6100 Pennsylvania: 1-(800) 932-0313 National: 1-(800)-4-A-CHILD

RESOURCES

1. How to Make a Report: [Philadelphia Dept. of Human Services](#)
2. How You Can Help Someone Being Abused Tip Sheet: [Child Welfare Information Gateway](#)
3. Preventing Child Sexual Abuse: [Darkness to Light](#)
4. Finding Free Meals for Children: [City of Philadelphia](#)
5. Caregiver Guide to Talking with Kids about Coronavirus: [National Child Traumatic Stress Network](#)
6. Philadelphia's Child Advocacy Center: [Philadelphia Children's Alliance](#)



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