

## About The Child Abuse Prevention Service

The Child Abuse Prevention Service (CAPS) was founded in 1973 and aims to alleviate child abuse in all its forms through community education, family preservation and early intervention services.

In addition to our national, 24 hour telephone line, CAPS offers services for parents, carers, children, victims of abuse and offenders.

CAPS runs awareness campaigns and educational activities within the community, and additionally works to support the vital efforts of other organisations that provide services to children and families in communities around Australia.

CAPS is a registered charity, and is not affiliated with any political or religious group.

**Prevention  
is better  
than a cure**

## Support CAPS

### Become a volunteer

CAPS is always looking for volunteers to train as telephone support workers or help out with office, marketing, fundraising and other activities. As a CAPS volunteer you will join a team of dedicated people committed to changing lives.

### Donate to CAPS

CAPS is a registered non-profit charity. We rely on financial assistance from the community. Your donation will support the vital work of CAPS and help give children in need safety, care and a chance to reach their full potential.

**To make a donation visit  
[www.childabuseprevention.com.au](http://www.childabuseprevention.com.au)**

**For further information about CAPS or to offer your support to CAPS please contact:**

**Child Abuse Prevention Service**

**PO BOX 1235  
Ashfield NSW 2131**

**[mail@childabuseprevention.com.au](mailto:mail@childabuseprevention.com.au)  
[www.childabuseprevention.com.au](http://www.childabuseprevention.com.au)**



**child abuse  
prevention service**

**Help is just  
a phone  
call away**

**For free, 24 hour,  
non-judgemental, and  
confidential support call  
1800 000 555**

## What is child abuse?

# CHILD ABUSE IS A CRIME!

## It can take many forms...

**Sexual Abuse** occurs when someone involves a child in a sexual activity by using their power over them or taking advantage of their trust.

**Physical abuse** is any non-accidental injury to a child, including shaking and excessive discipline.

**Emotional Abuse** is behaviour that destroys the confidence of a child resulting in emotional deprivation and trauma, including exposure to domestic violence, intimidation and withholding affection.

**Neglect** is the failure to provide a child with the basic necessities for their proper growth and development (for example – food, clothing, shelter, medical care and appropriate supervision).

**If someone is abusing you, if you know or suspect that a child is being abused, if you have hurt a child or fear that you may hurt a child you can call CAPS on 1800 688 009, free, 24 hour, non-judgemental, confidential support and information.**

## What can I do about child abuse?

**If you know that a child is in immediate danger call 000**

- Don't try and solve the problem yourself. It is vital that you make a report to the relevant Government Department in your state. CAPS can provide you with the contact details for your area.
- Report each incident of child abuse that you witness or know about.
- Encourage other people who know about or have witnessed the abuse to report it too.
- Even if you know that a child is being abused, never pressure the child into disclosing this information to you. Provide unconditional support and do not be judgemental.
- Talk to your children about staying safe.
- Call CAPS for information and support on 1800 688 009. **02 9716 8000**

## What if I'm being abused?

- Never be alone with the person who abuses you.
- Abusers often lie to children to scare them into keeping the abuse a secret. Don't believe the lies. If someone is hurting you, you should always tell a trusted adult (like your mum, dad, or teacher).
- Even if someone in your own family is abusing you, it's ok to tell.
- Keep telling a trusted adult about the abuse until something is done about it.
- If you feel you that no one is listening to you or you need someone to talk to call CAPS on 1800 688 009.

## How can the Child Abuse Prevention Service (CAPS) help?

### 24 Hour Telephone Service:

It's free to call CAPS from anywhere in Australia. You can call...

- If you have concerns about the safety and welfare of a child you know.
- If you are finding it hard to cope with your kids.
- If you have been abused yourself.
- If you think you might harm a child.
- If you need clarification about what child abuse actually is.
- If you want to report abuse but don't know how.
- If you have any questions or need any information about child abuse.
- If you need help but don't know where to get it.
- Or if you just need someone to talk to!

When you call, a CAPS support worker will listen to you for as long as you need to talk, and help you decide what to do next. Follow-up support is available to every caller.

### Community Education:

CAPS offers a broad range of educational resources available for kids, parents, teachers, victims of abuse, professionals working with children, offenders and the broader community. To access and download these materials, visit...

[www.childabuseprevention.com.au](http://www.childabuseprevention.com.au)