

Ways to Help

The most important factor involved in a child's wellbeing is the presence of a caring, nurturing adult who can provide them with emotional support, increase their self esteem, and let them know they matter.

We all have a special role to play—educators, nurses, parents, neighbors, social workers, and police—in ensuring the promise and opportunity of children growing up healthy, finishing school, and becoming successful and non-violent citizens, parents and partners.

Visit www.defendingchildhoodshelby.org to access resources and connect with local partner organizations that help children who have been exposed to heal and thrive.

DEFENDING CHILDHOOD **SHELBY**
PROTECT HEAL THRIVE

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Visit www.defendingchildhoodshelby.org to learn more about partners, resources and network of local services to get children the help they need to heal and thrive.

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About Us

Defending Childhood - Shelby County is invested in informing the community about the long-term impact of children's exposure to violence. Our goal is to educate parents, persons who interact with and impact children and the community on the signs of trauma as a result of exposure to violence and connect them with resources to take action.

Exposure to Violence

Chances are you come in contact daily with children who have experienced or witnessed some form of violence, which can result in trauma, causing physical, psychological and emotional issues. The effects of childhood violence often go undetected in communities where violence rates are higher.

The effects of childhood violence often go undetected in communities where violence rates are higher. According to a study conducted by the Department of Justice, 60 percent of children nationwide have been exposed to some type of violence, and it can take many forms such as:

- Witnessing domestic violence
- Experiencing cyberbullying
- Being fearful of a bully
- Being verbally, physically, or sexually abused by an older person they trust
- Seeing a victim of violence lying on the ground
- Hearing gunshots nearby

Defending Childhood - Shelby County has developed effective ways to provide families with the essential services they need to break the cycle of violence and help reverse the effects of childhood exposure to violence. Together we can build healthy, smarter and safer communities for children to heal and thrive.

Knowing The Signs

Do you think your child or a child you know has been exposed to violence? Signs can manifest in different ways, including, but not limited to:

- Anger
- Fear
- Insomnia
- Depression
- Separation Anxiety
- Withdrawal
- Sleep Difficulties
- Physical Complaints With No Clear Medical Cause
- Decline in Academic Performance
- Truancy

