

# KNOW THE SIGNS OF CHILD ABUSE

## IN CHILDREN

Look for:

- Sudden changes in behavior (withdrawal, aggression, fear)
- Fear of going home or being around a specific adult
- Unexplained injuries
- Regression (bedwetting, clinginess, acting younger)
- Changes in sleep or eating
- Flinching or avoiding physical contact

## IN CAREGIVERS

Pay attention to:

- Extreme frustration with normal child behavior
- Speaking about the child in a harsh or negative way
- Excessive or severe discipline
- Blaming the child for problems
- Isolation or lack of support

## IMPORTANT TO REMEMBER

- You do not need proof
- Patterns matter more than one moment
- Trust your instincts

You don't need to be certain to take concern seriously.

If you suspect abuse, report it.

Texas Abuse Hotline (24/7)

1-800-252-5400

[txabusehotline.org](http://txabusehotline.org)

More info: [www.lubbockfamily.org](http://www.lubbockfamily.org)



FAMILY GUIDANCE  
*and outreach*  
est. 1982