

# Resources for Families about Child Abuse and Trauma

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Chicago, IL

(Note: compiled by parents for parents, with input from psychologists, social workers, and sexual violence professionals)

## Definitions (sources in links):

**Child abuse** is when a parent or caregiver, whether through action or failing to act, causes injury, death, emotional harm or risk of serious harm to a child. There are many forms of child maltreatment, including neglect, physical abuse, sexual abuse, exploitation and emotional abuse.

**Trauma** is defined as a deeply distressing or overwhelming experience that is commonly followed by emotional and physical shock. If left unresolved or untreated, traumatic experiences can lead to short and long-term challenges.

## CPS Resources:

[CPS Acceptable Use Policy for Electronic Communications](#) with Adults

[CPS Office of the Inspector General](#) – 773-483-7283 to report suspected child abuse

CPS Office of Social and Emotional Learning – 773-553-1830

[CPS Office of Student Health and Wellness](#) K-12 Sexual Health Education Curriculum [Overview](#) and [Curriculum Connection for Parents\\*](#)

[CPS Office of Student Protections and Title XI](#) – 773-535-4400

[CPS Policy: Reporting of Child Abuse, Neglect and Inappropriate Relations Between Adults and Students](#)

## Crisis Resources & Hotlines (24/7):

[Between Friends](#) – Call 800-603-HELP (800-603-4357) Relationship Safety Hotline and education program [REACH](#)

[ChildHelp](#) – Call (800) 4-A-Child or (800) 422-4453 National Child Abuse Hotline

[Crisis Text Line](#) – Text HOME to 741741 about any type of crisis

[Darkness to Light](#) Call 866-FOR-LIGHT (866-367-5444) or text LIGHT TO 741741 to reach a trained crisis counselor for child sexual abuse

[Illinois Department of Children and Family Services](#) – Call 800-25-ABUSE (800-252-2873) if you see or suspect child abuse in Illinois

[RAINN \(Rape, Abuse, and Incest National Network\)](#) Call 800-656-HOPE (800-656-4673) National Sexual Assault Hotline

[Resilience](#) – Call 888-293-2080 Chicago Rape Crisis Hotline

[Stop It Now!](#) – [Online Help Center](#) & sex abuse resources

Skokie Police – 847-982-5900 if you have information related to the case

### **Sexual Violence, Trauma, and Grief Related Resources:**

[National Sexual Violence Resource Center](#) – [Tips for Parents & Caregivers](#)

[Chicago Children’s Advocacy Center](#) – [Sexual abuse resources and books for kids\\*](#)

[RAINN \(Rape, Abuse, and Incest National Network\)](#) – [Tips for Talking with Survivors](#)

American Psychological Association – [Trauma](#)

[Betrayal Trauma](#)

Child Mind Institute – [Helping Children Cope After a Traumatic Event\\*](#)

HelpGuide – [Helping Children Cope with Trauma\\*](#), [Coping with Grief and Loss](#)

Childwelfare.gov – [Parenting a Child Who Has Experienced Trauma\\*](#)

Trauma Recovery – [Posttraumatic Growth](#)

[Refuge in Grief](#) – [Helping a Grieving Friend](#) (video)

[Brene Brown on Empathy](#) (video)

## **Additional Resources:**

[CASEL](#) – Collaborative for Academic, Social, and Emotional Learning (CASEL)  
[Chicago Children's Advocacy Center](#) Keeping My Family Safe [Workbook](#)\*

[Chicago Women's Health Center](#) – [Health Education](#)

[Erin's Law](#) – requires that all public schools in each state implement a prevention-oriented child sexual abuse program

[Illinois Caucus for Adolescent Health](#)

[Kidpower](#) – Personal safety resources for kids and teens ([parent info](#))\*

[Lauren's Kids](#) – [Safer Smart Families](#)

[Parenting and Social Media](#)\*

[SEL Chicago](#)\*

\*Includes information/resources for children of different age groups

## **Books:**

### [Books that Heal Kids](#)

Bass, E., & Davis, L. (2008). *The courage to heal: A guide for women survivors of child sexual abuse*. Collins Living.

Cori, J.L. (2007). *Healing from trauma: A survivor's guide to understanding your symptoms and reclaiming your life*. Hachette Books.

Devine, M. (2017). *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand*. Sounds True.

Holmes, M. M., Mudlaff, S. J., & Pillo, C. (2000). *A terrible thing happened*. Washington, DC: Magination Press. (A children's book dealing with broad views of trauma)

Lohmann, R. C. (2016). *The sexual trauma workbook for teen girls: A guide to recovery from sexual assault & abuse*. Oakland, CA: Instant Help Books, an imprint of New Harbinger Publications, Inc..

Van der Kolk, B. (2015) *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin Books.