

#AFC TIPS

# 6 Warning Signs of Child Abuse or Neglect

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**Child abuse and neglect can be difficult to talk about, but it's important to recognize the warning signs.**

Here are six signs to watch for, provided by Action for Children's Help Me Grow team!

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# A change in behavior or personality.

If a child who was once happy and outgoing suddenly becomes withdrawn or aggressive, it could be indicative of trauma.

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**The child's  
clothing  
appears  
consistently  
unclean or the  
child appears  
unbathed on a  
regular basis.**



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**The child does  
not appear to  
have adequate  
access to food.**

**Hunger and malnutrition  
can have serious effects  
on a child's development.**



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**The child may go through a regression.**

If a child starts acting younger than their age, like talking in baby talk or reverting to potty training accidents, it may be a sign of trauma.



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**Nightmares or  
story content  
become more  
uncharacteristic  
or inappropriate  
for their age.**



**This may indicate exposure to  
inappropriate content or traumatic  
experiences.**

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**The child has  
bruising or  
lacerations in  
uncommon  
areas for  
children.**



**Bony areas like knees and elbows  
are common, fatty areas like around  
the thigh or on the buttocks are not.**

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**Remember, these signs  
are just things to watch  
for and may not  
immediately indicate  
child abuse or neglect.**

**If you see any of these signs,  
please call Child Protective  
Services and allow them to  
conduct their own investigation.**



**855-O-H-CHILD** (855-642-4453)

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