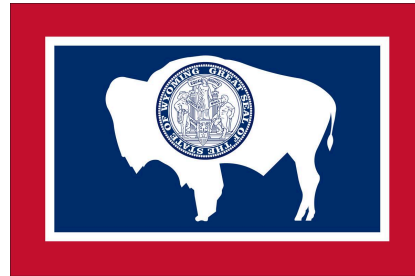


April is Child Abuse Prevention Month



**Building a Hopeful Future,
Together**

April 2024 Child Abuse Prevention Month Toolkit



The theme of the April 2024 Child Abuse Prevention (CAP) Month is “Building A Hopeful Future, Together.”

Throughout CAP Month, Prevent Child Abuse Wyoming, affiliates, and stakeholders are using a community building metaphor to reinforce the message that “each day is an opportunity to build the foundation for our future.”

Children and families are the building blocks of our society. We all have a stake in preparing children to grow up to be healthy and thriving members of our community.

Each day is an opportunity to establish a firm foundation. Each day presents a new opportunity to promote a young person’s physical, emotional, and social development.

Each family is unique, but all parents and caregivers need support sometimes. We can all help by ensuring children have positive experiences, and families have the resources they need, when they need them.

We proactively call out inequity and injustice and work to create the conditions for safe, stable, and nurturing spaces. All children and families thrive when communities focus on addressing the structural causes that lead to health and social inequities.

Policies and services that put families first build all of us up during times of uncertainty or increased stress. Working together, we can relieve some of the overload that parents experience and free them up to focus on caring for themselves and their kids.

We hope you will join us throughout the month of April to spread awareness of the importance of child abuse prevention in Wyoming. The following pages (and calendar) provide a list of ways to get involved in CAP month.

For all of our awareness events, we encourage you to post photos on social media using [#CAPMonth2024](#) [#BuildingTogether](#) [#WYKIDSMATTER](#) and [#HopefulFutures](#)

In Wyoming, we invite you to wear blue every Friday in April (See Fig. 1). Share with us photos of your blue on social media using the hashtags [#CAPMonth2024](#) [#BuildingTogether](#) [#WYKIDSMATTER](#) and [#HopefulFutures](#)

We work hard in Wyoming and we are proud of our western ways! **Every Monday in April, we invite you to wear your boots** (work boots, cowboy boots, rain or snow boots) and build support for all Wyoming children to become healthier adults with hopeful futures (See Fig. 2)



Share with us on social media using [#CAPMonth2024](#) [#BuildingTogether](#) [#WYKIDSMATTER](#) and [#HopefulFutures](#)

APRIL WEBINARS

| | | | |
|-----------|--------------|---|---|
| April 1-5 | 9 AM - 10 AM | Protective Factors Series Each day will cover a different protective factor | Zoom Meeting ID: 827 7070 4837 Passcode: FRCC |
| April 9 | 9:00 -10:00 | Adverse Childhood Experiences & Epigenetics | Zoom Meeting ID: 827 7070 4837 Passcode: FRCC |
| April 30 | Noon - 1:00 | Being a Mandatory Supporter and a Mandatory Reporter | Zoom Meeting ID: 827 7070 4837 Passcode: FRCC |

To learn more about our efforts, visit <https://pcawy.org/>



APRIL 2024



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--------------------------------|--------------------------------------|---|-----------------------------------|----------------------------|------------------------------------|
| | <u>1</u> Wear Cowboy Boots | <u>2</u> Bake Cookies | <u>3</u> Write a Poem Together | <u>4</u> Color a Pinwheel | <u>5</u> Wear Blue Day | <u>6</u> Exercise as a Family |
| <u>7</u> Write a Thank You Card | <u>8</u> Wear Cowboy Boots | <u>9</u> Craft Butterflies | <u>10</u> Read Together | <u>11</u> Go for a Walk | <u>12</u> Wear Blue Day | <u>13</u> Make Pizza Pinwheels |
| <u>14</u> Spend Time with Friends | <u>15</u> Wear Cowboy Boots | <u>16</u> Digital Advocacy Day | <u>17</u> Draw with Invisible Ink | <u>18</u> Talk About Your Days | <u>19</u> Wear Blue Day | <u>20</u> Community Service |
| <u>21</u> Family Game or Movie Night | <u>22</u> Wear Cowboy Boots | <u>23</u> Build Your Own Pinwheel | <u>24</u> Call a Friend or Family Member | <u>25</u> Build a Fort | <u>26</u> Wear Blue Day | <u>27</u> Play an Outdoor Sport |
| <u>28</u> Random Act of Kindness | <u>29</u> Wear Cowboy Boots | <u>30</u> Watch the Sunset | #WYKIDSMATTER | #CAPMonth2024 | #BuildingTogether | #HopefulFutures |

April 2024 Activity Calendar

For all of our awareness events, we encourage you to post photos of yourself participating in each event on social media using [#CAPMonth2024](#) [#BuildingTogether](#) [#WYKIDSMATTER](#) and [#HopefulFutures](#)

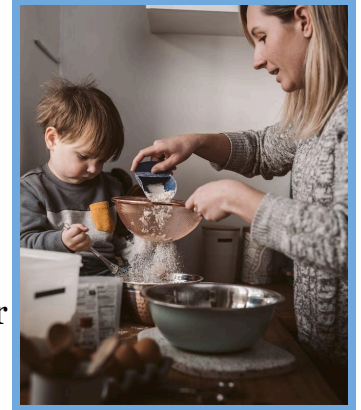
April 1: Kick off Boots for Prevention (Wear Boots!). In Wyoming, we lean into the Code of the West to help create safe, stable, and nurturing environments for children.

Code of the West

- Live each day with courage
- Take pride in your work
 - Always finish what you start
 - Do what has to be done
 - Be tough but fair
- When you make a promise, keep it
 - Ride for the brand
 - Talk less and say more
 - Remember that some things aren't for sale
 - Know where to draw the line



April 2: Bake cookies together! Baking is a fun way to incorporate math and measurements into everyday life. See Figure 3 for a classic cookie recipe!



April 3: Did you know that April is also National Poetry month? Today, work with your child to make up a poem!

April 4: Color a pinwheel for prevention! See Figure 4 for the outline. *Pinwheels represent childlike whimsy and lightheartedness and our vision for a world where all children grown up happy, healthy, and prepared to succeed in supportive families and communities.*

April 5: It's Friday! Wear blue! To further raise awareness, you can also print out the image below (Fig 9). Write your answer of why child abuse prevention is important to you / why you wear blue! Next, post it on social media using [#CAPMonth2024](#) [#BuildingTogether](#) [#WYKIDSMATTER](#) and [#HopefulFutures](#)

April is Child Abuse Prevention Month

Why I Wear Blue



Prevent Child Abuse
Wyoming™

April 6: Exercise as a family! Exercising is the most fun when you do it with someone you love. If your child is still a baby, you can get them involved by holding them while moving.

April 7: Help your child write a thank you card to someone in their life! This could be a teacher, a coach, a friend, or anyone else who your child is thankful for.

April 8: It's Monday! Wear your Boots! (If you don't have boots, shoes work too!)

April 9: Welcome spring by crafting butterflies! See Figure 5 to learn how to do this fun craft together.

April 10: Spend some time reading together today. You could read yours or your child's favorite book or short story, or help them with some homework.



April 11: Go for a walk as a family. It can be long or short, but get some fresh air and quality time together!

April 12:
It's Friday!
Wear Blue!

April 13: Make pizza pinwheels! See Figure 6 for an easy recipe that everyone will love.

April 14: Get together with some friends! Investing in relationships is important for everyone!



**Governor Gordon's
Child Abuse Prevention Month
Proclamation Signing**

 **April 11, 2024** 
2:30 p.m.

**Wyoming State Capitol
Ceremonial Conference Room**




Prevention of Child Abuse & Neglect
Prevent Child Abuse
Wyoming

Wyoming Children's Trust Fund (307) 777-5452

Wear Blue



April 15: It's Monday! Wear your boots!

April 16: Today is digital advocacy day! This is a Nationwide event led by Prevent Child Abuse America. You can get involved by contacting your legislators to advocate for what is important to you! To discover which legislator represents you, visit www.wyoleg.gov/legislators and use the "Find My Legislator" tool.



April 17: Write or draw with Invisible Ink! To learn how to make invisible ink, see Figure 7.

April 18: Today, spend some time with each family member talking about your days. You can share moments that were happy or sad, and tell them something new you learned!

April 19: It's Friday! Wear Blue!

April 20: Spend some time today volunteering together! Community service benefits everyone involved. You could volunteer at a local soup kitchen, clothing closet, or help pick up a local park.

April 21: It's family night! Watch movies or play games together.

April 22: It's Monday! Wear your cowboy boots!

April 23: Build your own pinwheels for prevention! See Figure 8 for crafting instructions.

April 24: Call or facetime a long distance friend or family member! Technology can help us keep in touch with loved ones even when they are far away.

April 25: Build a fort together! Grab any furniture, pillows, and blankets you need and get creative!



April 26: It's Friday! Wear Blue!

April 27: Spend some time playing an outdoor sport. You could play football, soccer, frisbee, catch, tag, or anything else you can think of!



April 28: Today, do a random act of kindness!

April 29: It's Monday! Wear your cowboy boots!

April 30: It's the final day of CAP Month! Watch the sunset this evening to celebrate the end of an amazing month!

Also, consider attending this free webinar as we discuss reporting laws. In Wyoming, every adult is a mandatory reporter of child abuse and neglect, but we also have a civic duty to consider ourselves mandatory supporters. To learn more, join us at noon!

Mandatory Supporter Webinar: Review of Child Abuse/Neglect Reporting Laws

April 30, 2024 @ Noon - 1:00 p.m. [Zoom Meeting ID: 827 7070 4837](#) Passcode: FRCC

Whether you participated every day in April, or just a few, we are so glad you joined us on this journey. If you would like to be more involved in child abuse prevention efforts in Wyoming, please visit <https://pcawy.org/home-inicio>

BUILDING

**A Hopeful
Future**

TOGETHER



Blue For Prevention



*Wear Blue Every Friday in April to Show
Support for Child Abuse Prevention Month.
Together, We Can Build a Hopeful Future!*

*#CAPMonth2024 #BuildingTogether
#WYKIDSMATTER #HopefulFutures*



Fig 1

Cowboy Boots for Prevention

Wear Boots
Every Monday
in April for
Child Abuse
Prevention
Month



#WYKIDSMATTER

#CAPMonth2024 #BuildingTogether #HopefulFutures

Fig 2

One Bowl Chocolate Chip Cookie Recipe

★★★★★
4.97 from 76 votes

ONE BOWL CHOCOLATE CHIP COOKIE RECIPE An easy one bowl cookie recipe that creates a chewy chocolate chip cookie with crisp buttery edges.

Prep Time
10 mins

Cook Time
10 mins

Course: Dessert Cuisine: American Keyword: one bowl chocolate chip cookie recipe
Servings: 20 Author: Modern Honey - www.modernhoney.com

Equipment

- [mixing bowl set](#)
- [measuring cups and spoons](#)
- [spatula set](#)
- [baking sheet](#)
- [parchment paper baking sheets](#)
- [cookie scoop](#)

Ingredients

- 1/2 cup Butter (melted)
- 2/3 cup Brown Sugar
- 1/3 cup Sugar
- 1 large Egg
- 1 teaspoon Vanilla
- 1 1/3 cup Flour (if you want a thicker cookie, you may use 1 1/2 cups of flour)
- 1/2 teaspoon Baking Soda
- 1/2 teaspoon Salt
- 1/2 cup Milk Chocolate Chips
- 1/2 cup Semi-Sweet Chocolate Chips

Instructions

1. In a microwave safe bowl, melt butter in the microwave until melted.
2. Add brown sugar and sugar. Whisk or stir vigorously until smooth. Add egg and vanilla and whisk until silky.
3. Stir in flour, baking soda, and salt.
4. Fold in milk chocolate and semi-sweet chocolate chips. Cover bowl with plastic wrap. Place in the refrigerator and CHILL for at least 30 minutes. The cookie dough gets better with time. If time is on your side, I suggest chilling it for 24-48 hours. Chilling for at least 30 minutes is essential.
5. When ready to bake, preheat oven to 350 degrees. Using a cookie scoop or spoon, place cookie dough on light colored baking sheets. Bake for 10-13 minutes, or until cookies become a light golden color.

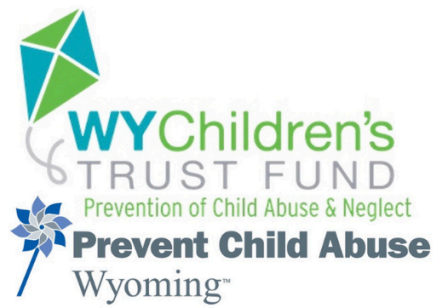
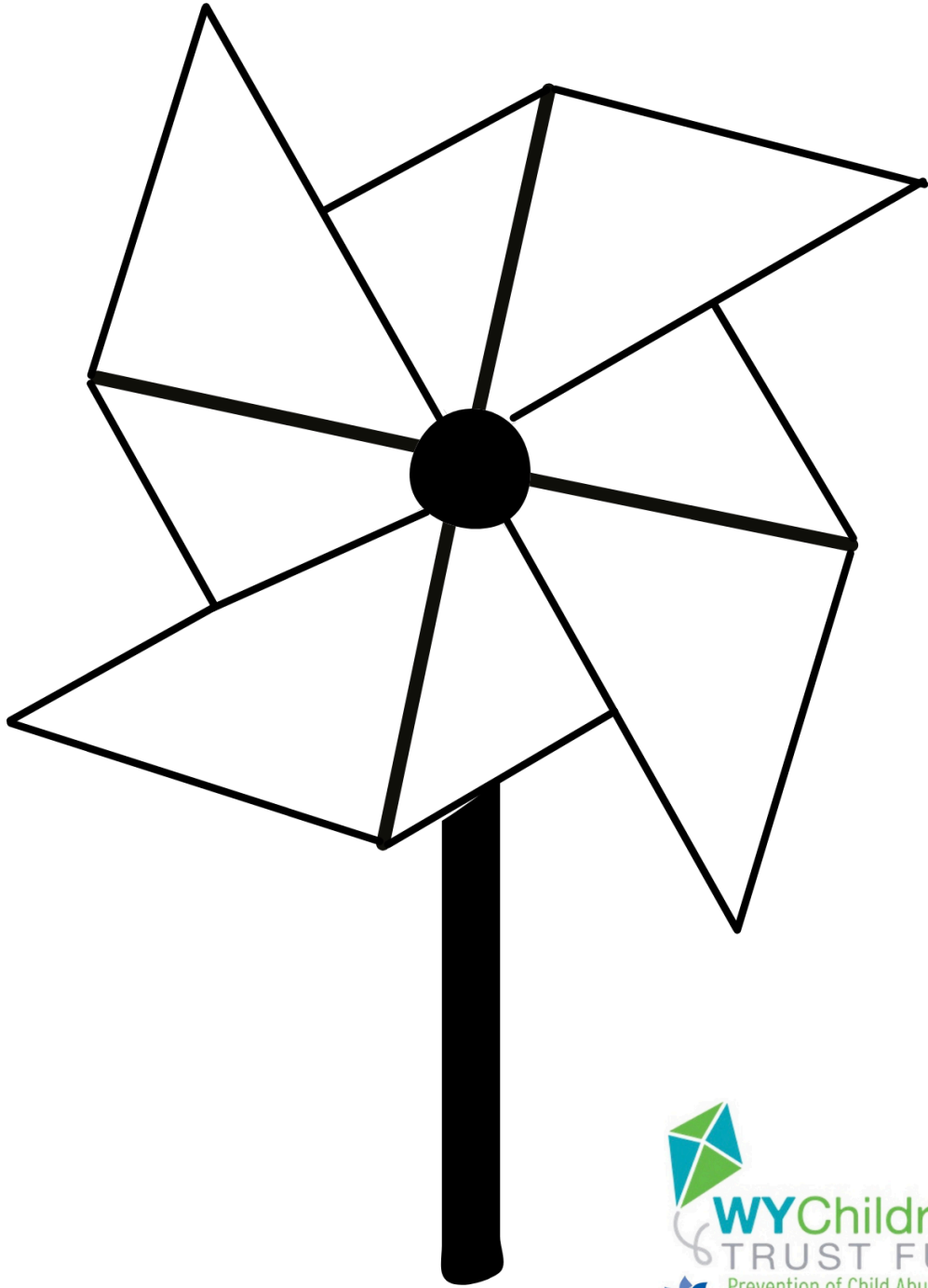


Fig 4

Coffee Filter Butterfly Craft

Ingredients

- 2 Coffee filters per butterfly
- My First Crayola Washable Tripod Grip Markers
- Spray bottle with water
- 1 Clothespin per butterfly
- 1.2 Pipe cleaners per butterfly
- My First Crayola Washable Paint Brush Pens
- Wax Paper

Instructions

1. Place two coffee filters flat on top of each other on a piece of wax paper.
2. Use the markers to decorate the top coffee filter.
3. Using a spray bottle filled with water and mist the coffee filter with water until it is damp but not soaked.
4. Pull the two filters apart and lay them out to dry on wax paper.
5. Paint all four sides of each clothespin then set aside and allow to dry completely.
6. Once the coffee filters are dry, fold them back and forth like an accordion then pinch them in the middle to hold them together.
7. Clip the clothespin onto the center of the coffee filters.
8. Gently spread the filters to create the four wings of the clothespin butterfly.

Coffee Filter Butterfly Craft by thesimpleparent.com



Fig 5



Pizza Pinwheels

This recipe came from my Aunt when I was about 13 years old. Not only is it good for kids, but it's good for parties too!

Recipe by **Christi** |

Prep Time: 20 mins

Cook Time: 12 mins

Total Time: 32 mins

Ingredients

- 1 (8 ounce) can refrigerated crescent roll dough
- 2 cups shredded mozzarella cheese
- 24 slices pepperoni
- 1 (14 ounce) can pizza sauce

Directions

Step 1

Preheat oven to 375 degrees F (190 degrees C).

Step 2

On a large baking sheet, pinch the 8 crescent roll dough triangles into 4 rectangles. Layer each rectangle with 6 slices of pepperoni and even amounts of mozzarella cheese. Roll tightly lengthwise and slice each into 4 or more pieces.

Step 3

Bake in the preheated oven until golden brown, about 12 minutes. Serve with pizza sauce for dipping.

Nutrition Facts

Per serving: 235 calories; total fat 13g; saturated fat 5g; cholesterol 24mg; sodium 759mg; total carbohydrate 16g; dietary fiber 1g; total sugars 4g; protein 11g; vitamin c 5mg; calcium 238mg; iron 1mg; potassium 41mg



Invisible Ink Project

When life gives you lemons, make a secret message from invisible ink! Mail it to a friend or relative, include tips on how it works, and let them bring the image or note to light.

What You'll Need:

- One lemon
- Cotton swab
- Sheet of white paper
- Sunlight, iron, or lightbulb

What To Do:

Squeeze the lemon juice into a bowl and add a spoonful of water. Mix gently. Dip the swab into the liquid and write a message or draw a picture on the paper.

Let the liquid dry completely so that the message or picture is invisible. To share your secret, set it in sunlight, hold it close to a lightbulb, or iron (with adult help).

The message will be revealed! Hang it as artwork, or share it with a friend.

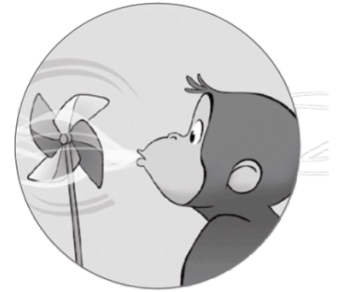





How Does It Work?

Diluting or adding water to the lemon juice makes it very hard to see when you apply it to the paper, but lemon juice is an organic substance that oxidizes and turns brown when it's heated up. This means that no one will notice that the secret is there until the paper is heated and the message is revealed! Other substances that work in the same way include orange juice, honey diluted with water, milk, onion juice, and vinegar.

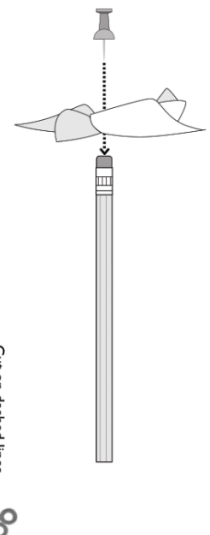
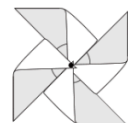
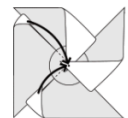
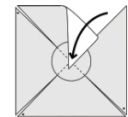
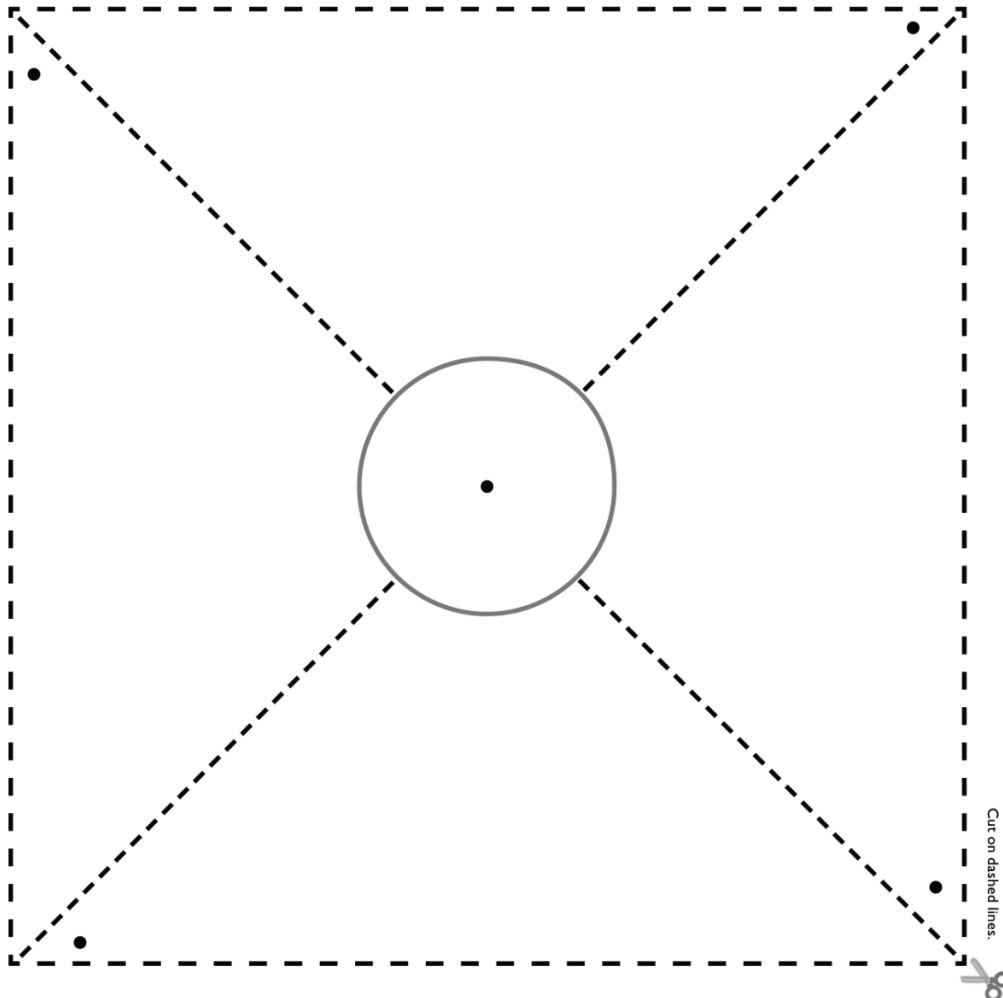
Fig 7

MAKE A PINWHEEL



You need: , a , and a 

1. Let your child color the pinwheel and the blank back of this sheet.
2. Cut out the pinwheel. Then cut along the diagonal, dashed lines.
3. Use the pushpin to poke holes in the center of the pinwheel and in the four corners. Twist the pin to make the holes smooth. This will help your pinwheel spin.
4. Stick the pushpin through each of the corner holes, through the center hole, then into the top of the pencil eraser. (See drawing.)
5. Let your child blow the pinwheel. Watch it spin! Ask: *What do you notice? What is making the pinwheel spin? Can you make it spin faster? Slower? Can you make it spin in the opposite direction? How?*



Cut on dashed lines.

Fig 8

April is Child Abuse Prevention Month

Why I Wear Blue



Prevent Child Abuse
Wyoming™

Fig 9

Together, we can prevent child abuse, America...
Because childhood lasts a lifetime.

How to Choose the Person(s) Caring for Your Child

If you have an uncomfortable feeling about a man/woman, you probably have a good reason. Follow your instincts. Take a safety test, and always make a decision in your child's best interest.

Take the Safety Test:

- How does he/she treat other women/men in his/her life? How does he/she treat other children (nieces, nephews, friends' children, etc.)?
- Does he/she get angry when you spend time with your child?
- Does he/she get angry or impatient when your child cries or has a tantrum?
- Does he/she call your child bad names or put them down?
- Does he/she think it's funny to scare your child?
- Does he/she make all the decisions for you and your child?
- Does he/she put you down or tell you that you're a bad parent or that you shouldn't have your kids?
- Does he/she pretend when he/she hurts your child that you are to blame or that it's no big deal?
- Does he/she tell you that our child is a nuisance or annoying?
- Does he/she scare your child by using guns, knives, or other weapons?

If you answered yes to even one of these questions, your child could be at risk. Never leave your child with someone you don't trust to keep your child safe.



What is a Child Forensic Interview?

A forensic interview of a child is a developmentally sensitive and legally sound method of gathering factual information regarding allegations of abuse or exposure to violence. This interview is conducted by a competently trained, neutral professional utilizing research and practice-informed techniques as part of a larger investigative process.

Where can I send a child for an Interview?

Wyoming has three “Child Advocacy Centers” who will conduct a child forensic interview for any Law Enforcement or Social Services DFS agency free of charge thanks to VOCA dollars from the WY Division of Victim Services

**Safe Harbor, a Children’s Justice Center
Cheyenne, WY (307) 632-1708**

**Children’s Advocacy Center
Casper, WY (307) 232-0159**

**Hirschfield Center
Jackson, WY (307) 773-7946**

Or any Certified or Specifically Trained Interviewer



**Wyoming Citizen
Review Panel**

SAFETY • PERMANENCY • WELL BEING

April is Child Abuse Prevention Month



**Building a Hopeful Future,
Together**



WYChildren's
TRUST FUND

Prevention of Child Abuse & Neglect