



**POWERED
BY HOPE**

STRENGTHENED BY PREVENTION



Wyoming Children's Trust Fund / Prevent Child Abuse
Wyoming Presents

CHILD ABUSE PREVENTION 2025 TOOLKIT



Introduction

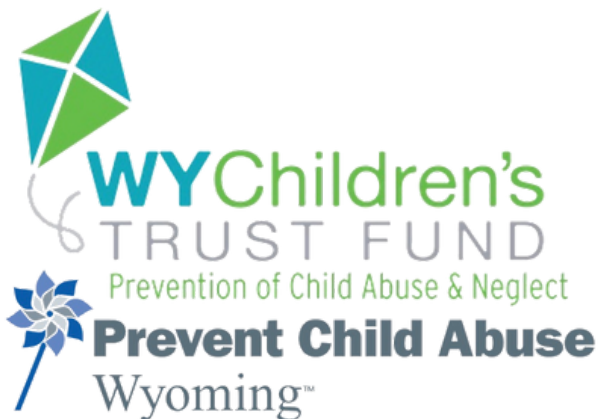
The Wyoming Children's Trust Fund and Prevent Child Abuse Wyoming would like to introduce our 2025 theme of this year's Child Abuse Prevention Month:

Powered by Hope, Strengthened by Prevention



**POWERED
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A message from Prevent Child Abuse Wyoming

Children and families have a necessary role in the Wyoming culture and across the world. We urge all individuals to join together in protecting the lives and well being of children through prevention. This will allow hope to lead the future generations.

We strengthen with prevention through community change, policy, and establishing healthy practices for families across Wyoming. There is always opportunities to uplift the development of children through their physical, emotional, and social health.

We actively call out inequity and injustice in our social systems, and continue to improve the spaces in which our children grow.

The families that build our community of Wyomingites deserve the freedom that comes with supportive systems; that is why the Wyoming Children's Trust Fund and Prevent Child Abuse Wyoming is spreading awareness of this topic that impacts our future and our current state.

We want to welcome you in supporting this cause by participating in activities described in the toolkit, as well as incorporating us in your social media presence. For all events, we ask that you support your media posts using **#CAPMonth2025 #WYKIDSMATTER #PoweredByHope**



Please review the Governor's proclamation for Child Abuse Prevention Month (pages 4 and 5).

CHILD ABUSE PREVENTION MONTH PROCLAMATION

April 1, 2025 WHEREAS, Prevention is possible. With the right policies and investments, families and children can thrive and avoid contact with child welfare and other costly systems; and **WHEREAS**, the early experiences of a child impact them throughout life – both positively and negatively; and **WHEREAS**, every family and child is filled with tremendous promise, and we all have a collective responsibility to prevent Adverse Childhood Experiences, foster the potential of every child, and promote positive childhood experiences; and **WHEREAS**, positive childhood experiences (PCEs)—such as loving caregivers and safe, stable, and nurturing relationships—play a vital role in helping children thrive by mitigating trauma and the negative impact of adverse childhood experiences (ACEs); and **WHEREAS**, families who receive the support they need before a crisis occurs are better equipped to provide safe, healthy, and nurturing environments, leading to children who are safer, healthier, and more hopeful about their futures; and **WHEREAS**, childhood trauma, including abuse and neglect, can have long-term psychological, emotional, and physical effects throughout an individual’s lifetime and impact future generations; and **WHEREAS**, primary prevention of child abuse and neglect can reduce the lifetime economic burden associated with child maltreatment; and **WHEREAS**, strengthening families through access to concrete economic, social, and community-based supports reduces the likelihood of abuse and neglect and ensures children have the foundation for lifelong well-being; and **WHEREAS**, effective child abuse prevention activities succeed because of the partnerships created between child welfare professionals, education, health, community- and faith-based organizations, businesses, law enforcement agencies, and families; and **WHEREAS**, communities must make every effort to promote programs and activities that create strong and thriving children and families; and **WHEREAS**, we acknowledge that we must work together as a community to increase awareness about child abuse and contribute to promoting the social and emotional well-being of children and families in a safe, stable, and nurturing environment; and **WHEREAS**, investments in prevention initiatives—such as home visiting programs, family-strengthening policies, economic supports, and community-based child abuse prevention efforts—are essential to building safer, healthier communities for children and families; and **WHEREAS**, prevention remains the best defense for our children and families.

NOW, THEREFORE, I, _____, [Title and Jurisdiction], do hereby proclaim April 2025 as **CHILD ABUSE PREVENTION MONTH in [State or Jurisdiction] and urge all citizens to recognize this month by dedicating ourselves to the task of improving the quality of life for all children and families.**

Together, we can create a state where every child can grow up happy, healthy, and safe with hope for their future.

Connect with us!



Show your support:

Every Monday, we invite you to wear boots of any fashion and show your support for child abuse prevention! Share your boots on social media and use the hashtags: **#CAPMonth2025 #WYKIDSMATTER #PoweredByHope** (Figure 4)

Similarly, Fridays we encourage you to wear blue and share those photos and help spread the positive message of preventing child abuse. (Figure 2 & 3)

You can also post on social media with the graphic below of why you or your organization supports child abuse prevention month!

WHY I WEAR BLUE

CHILD ABUSE PREVENTION MONTH 2025



WYOMING CHILDREN'S
TRUST FUND



preventchildabusewyoming

Figure 1

Planting Pinwheels



The pinwheel represents our efforts to change the way our nation thinks about prevention, focusing on community activities and public policies that prioritize prevention right from the start to make sure child abuse and neglect never occur.

Please join us on the capitol lawn after the Governor's proclamation event to plant pinwheels for the 2025 season! *Stay tuned for the date and time of the event.*

Calendar Events

We also encourage participation in our calendar of events. There are family-friendly, simple activities that are meant to take the burden out of family time spent together. Please follow the calendar on our webpage for more information of these fun-filled activities and games!



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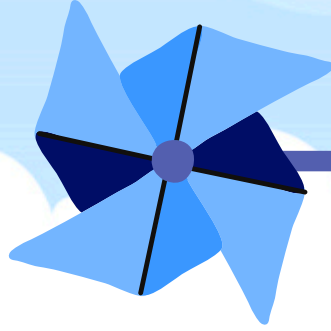
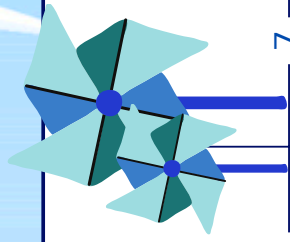
Powered by hope, strengthened by prevention.

Trainings & Webinars

Below is the scheduled trainings for topics like Adverse Childhood Experiences and Protective Factors. Please follow the Zoom links and codes to join us!

4/4/25	9-10am	<i>Adverse Childhood Experiences & Epigenetics</i>	Wyoming Children's Trust Fund	Join Zoom Meeting https://us06web.zoom.us/j/8203955218?pwd=a07lBrkkLcnf15ecsf7OKTym7pUtp5.1&omn=84422562769 Meeting ID: 820 395 5218 Passcode: WCTF
4/7/25	9-10am	<i>Protective Factors Series: Parent Resilience</i>	Wyoming Children's Trust Fund	Join Zoom Meeting https://us06web.zoom.us/j/89922186776?pwd=JaDXxROKk7K2InL7QioemWlhDwAM3t.1 Meeting ID: 899 2218 6776 Passcode: WCTF
4/8/25	9-10am	<i>Protective Factors Series: Social Connections</i>	Wyoming Children's Trust Fund	Join Zoom Meeting https://us06web.zoom.us/j/89922186776?pwd=JaDXxROKk7K2InL7QioemWlhDwAM3t.1 Meeting ID: 899 2218 6776 Passcode: WCTF
4/9/25	9-10am	<i>Protective Factors Series: Knowledge of Parenting & Child Development</i>	Wyoming Children's Trust Fund	Join Zoom Meeting https://us06web.zoom.us/j/89922186776?pwd=JaDXxROKk7K2InL7QioemWlhDwAM3t.1 Meeting ID: 899 2218 6776 Passcode: WCTF
4/10/25	9-10am	<i>Protective Factors Series: Concrete Support in Times of Need</i>	Wyoming Children's Trust Fund	Join Zoom Meeting https://us06web.zoom.us/j/89922186776?pwd=JaDXxROKk7K2InL7QioemWlhDwAM3t.1 Meeting ID: 899 2218 6776 Passcode: WCTF
4/11/25	9-10am	<i>Protective Factors Series: Social & Emotional Development of Children</i>	Wyoming Children's Trust Fund	Join Zoom Meeting https://us06web.zoom.us/j/89922186776?pwd=JaDXxROKk7K2InL7QioemWlhDwAM3t.1 Meeting ID: 899 2218 6776 Passcode: WCTF

APRIL 2025



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

WATCH THE SUNSET	CALL A FRIEND OR FAMILY MEMBER	PB&J DAY MAKE ONE FOR LUNCH	BUILD YOUR OWN PINWHEEL	FRIDAY! WEAR BLUE!	MOVIE NIGHT WITH FAMILY
GIVE SOMEONE YOU LOVE A HUG	MONDAY: WEAR YOUR BOOTS	EXERCISE AS A FAMILY	WRITE A POEM OR STORY	WEAR BLUE TODAY	GAME NIGHT!
WRITE A THANK YOU CARD	WEAR YOUR BOOTS FOR PREVENTION	DANCE PARTY!	SCIENCE EXPERIMENT	FRIDAY BLUE DAY	PINWHEEL SANDWICH FOR LUNCH
BAKE YOUR FAVORITE COOKIES	WEAR YOUR BOOTS TODAY	VISIT THE LIBRARY OR READ A BOOK	TAKE A FAMILY/FRIEND PHOTO	WEAR YOUR BLUE!	LEARN A NEW CARD GAME
	SCIENCE EXPERIMENT	MEET YOUR NEIGHBORS!	#WYHOME MATTERS	#CAPMONTH 2025	

Activity Calendar: Day 1-15

Follow the descriptions below that match our April 2025 CAP month calendar!

Day 1: Kickoff CAP month by calling a friend or family member andDay 1: Kickoff CAP month by calling a friend or family member. Connecting with loved ones is important and can strengthen your support system.

Day 2: Make a PB&J! Celebrate national peanut butter and jelly day by making a PB&J for lunch with your child.

Day 3: Build your own pinwheel for prevention using our simple instructions (Figure 5). 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.

Day 4: On Fridays wear blue (Figure 3) to raise awareness and help spread the positive message of child abuse prevention. You can also share our "Why I Wear Blue" graphic with a picture of you wearing blue to show support for child abuse prevention month along with these hashtags: **#CAPMonth2025 #WYKIDSMATTER #PoweredByHope**

Day 5: Movie night! Spend the evening with family or friends by watching your favorite movie.

Day 6: Watch the sunset with friends or family to celebrate the day.

Day 7: On Monday wear boots (Figure 4) to show support for child abuse prevention. To further raise awareness of child abuse prevention month, share your boots on social media and use the hashtags: **#CAPMonth2025 #WYKIDSMATTER #PoweredByHope**

Day 8: Color a pinwheel for prevention! Print our pinwheel coloring sheet (Figure 6) to make a beautiful design and hang it up on the fridge!

Day 9: Exercise as a family by picking your favorite way to stay active. Walking around the block, biking, or even swimming can be great ways to engage with family as a team!

Day 10: Write a poem or story! Did you know that April is also national poetry month? Flex those brain muscles by writing a poem or story with a loved one.

Day 11: On Friday wear blue! See Figure 3 to share using these hashtags: **#CAPMonth2025 #WYKIDSMATTER #PoweredByHope**

Day 12: Game night! Choose a fun game to play with family or friends.

Day 13: Give someone you love a hug! Hugging can be a great way to express care and give support.

Day 14: It's Monday! Wear your boots and see Figure 4 to share using these hashtags: **#CAPMonth2025 #WYKIDSMATTER #PoweredByHope**

Day 15: Create an artistic masterpiece using sidewalk chalk! Creating art can be a fun way to practice expression and build relationships.

Activity Calendar: Day 16-30

Follow the descriptions below that match our April 2025 CAP month calendar!

Day 16: Have a dance party! Choose your favorite playlist to dance to with family or friends.

Day 17: Science Experiment! Follow the instructions for the fun rain clouds science experiment (Figure 9) with family or friends.

Day 18: On Friday wear blue! See Figure 3 to share using these hashtags: **#CAPMonth2025 #WYKIDSMATTER #PoweredByHope**

Day 19: Pinwheel Sandwiches for lunch! Follow the pinwheel sandwich recipe (Figure 7) to have a delicious lunch celebrating child abuse prevention.

Day 20: Write a thank you card to someone special. Expressing thanks can strengthen relationships and support systems.

Day 21: It's Monday! Wear your boots and see Figure 4 to share using these hashtags: **#CAPMonth2025 #WYKIDSMATTER #PoweredByHope**

Day 22: It's Earth Day! Spend some time soaking up the sunshine by volunteering your time outside. Picking up loose trash or planting wildflower seeds are great ways to connect with the world around you.

Day 23: Visit the Library or read a book! Visit your library and read with your child to connect with community and strengthen connection.

Day 24: Take a photo with a friend or a family member and put it on your fridge to remind you of your loved ones and the fun times you share.

Day 25: On Friday wear blue! See Figure 3 to share using these hashtags: **#CAPMonth2025 #WYKIDSMATTER #PoweredByHope**

Day 26: Learn a new card game with family or friends. Playing card games can act as a great way to practice math and teamwork!

Day 27: Bake your favorite cookies! Use our classic chocolate chip cookie recipe (Figure 8) for a delicious way to practice new skills with your child.

Day 28: It's Monday! Wear your boots and see Figure 4 to share using these hashtags: **#CAPMonth2025 #WYKIDSMATTER #PoweredByHope**

Day 29: Science Experiment! Follow the instructions for the fun skittles rainbow science experiment (Figure 10) with family or friends.

Day 30: Meet your neighbors! Neighbors can be a great source for community and support!
**#WYHOMEMATTERS
#CAPMONTH2025**

BLUE **for** **Prevention**



**Join us in wearing BLUE
every Friday of April, Child
Abuse Prevention Month!**

Figure 2



POWERED
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BLUE FOR PREVENTION!

Wear **BLUE** every
Friday for the
month of April to
show support for
**Child Abuse
Prevention Month!**



 Prevent Child Abuse
Wyoming

 WYChildren's
TRUST FUND
Prevention of Child Abuse & Neglect

#CAPMONTH2025
#WYKIDSMATTER



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**WYChildren's
TRUST FUND**

Prevention of Child Abuse & Neglect



**Prevent Child Abuse
Wyoming**

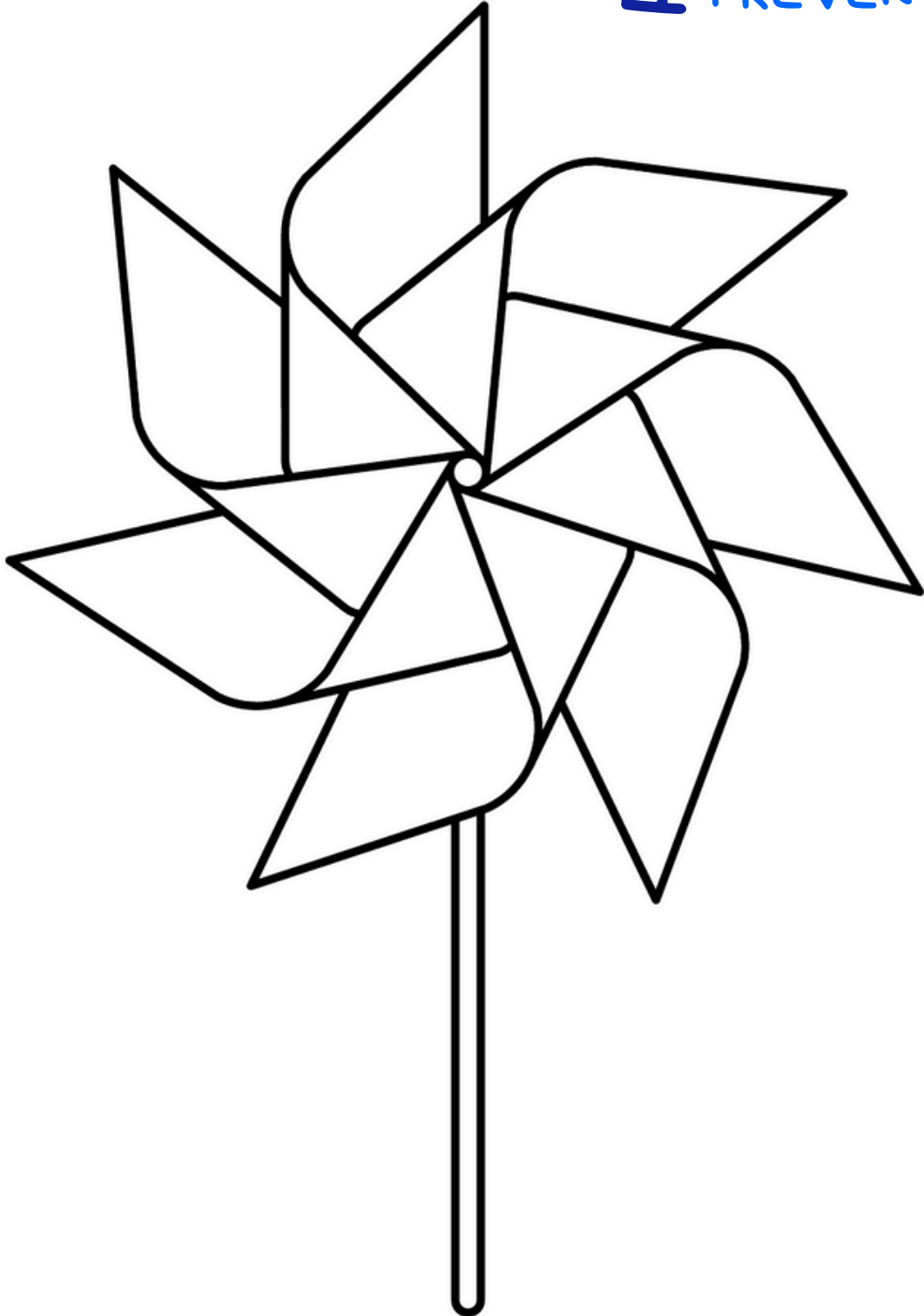


BOOTS FOR PREVENTION



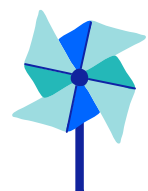
Whatever your preferred style of boot, rock them every Monday of April!

PINWHEELS FOR PREVENTION!



COLORING SHEET

Figure 5





PINWHEEL SANDWICHES

#WYKIDSMATTER
#CAPMONTH2025

TURKEY + CHEESE PINWHEELS

- 1 tortilla of your choice
- 1 ounce deli turkey
- 1 ounce sliced cheese
- ¼ cup shredded lettuce
- 2 tablespoons mayo or mustard

STRAWBERRY + NUTELLA PINWHEELS

- 1 whole wheat tortilla or flatbread
- 2 tablespoons Nutella, peanut butter, or sun-butter
- 1/2 cup thinly sliced strawberries

VEGGIE + HUMMUS PINWHEELS

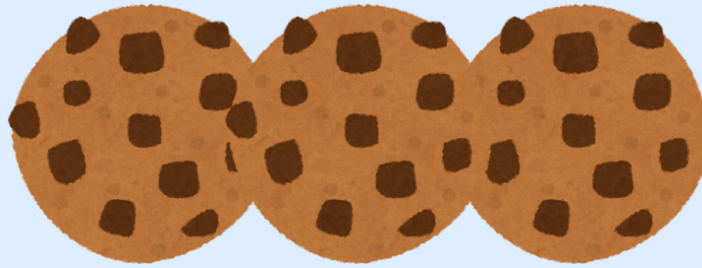
- 1 whole wheat tortilla
- 1/4 cup hummus
- 1/4 cup matchstick slices of cucumber, shredded lettuce, bell pepper, and/or carrots

HOW TO MAKE:

- Place wrap on a cutting board. If not at room temperature, warm for 5-10 seconds in the microwave so it's pliable and easy to roll.
- Spread on any condiments, nut butters, or hummus.
- Top with the fruit, veggies, and/or protein.
- Starting at one side, roll up, keeping the tortilla as tight as possible.
- Use a serrated knife to cut into rounds or just in half, depending on your preference.



CLASSIC CHOCOLATE CHIP COOKIES



Ingredients:

- 8 tablespoons of salted butter
- 1/2 cup white sugar
- 1/4 cup packed light brown sugar
- 1 teaspoon vanilla
- 1 egg
- 1 1/2 cups all purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup chocolate chips

Steps:

1. Preheat Oven:
 - Preheat oven to 350. Prepare a baking sheet with parchment paper. Melt butter in the microwave for about 30 seconds.
2. Beat Butter and Sugar:
 - In a large bowl, beat butter, white sugar, and brown sugar until light and creamy.
3. Add Eggs and Vanilla:
 - Add eggs one at a time, beat well, then add vanilla extract.
4. Mix Dry Ingredients:
 - In the same bowl, add flour, baking soda, and salt. Mix until crumbs form and it starts to look like cookie dough!
5. Add Chocolate Chips:
 - Stir the chocolate chips into the batter until evenly distributed.
6. Shape the Dough:
 - Using a spoon or your hands, shape the dough into small balls, then place on the baking sheet with space between the cookies. This will make about 12 cookies.
7. Bake:
 - Bake for 9-11 minutes.
8. Cool:
 - Let the cookies cool on the pan for 5 minutes before transferring to a cooling rack.

CAP Month

April 2025

RAIN CLOUDS

SCIENCE EXPERIMENT

MATERIALS NEEDED

- CLEAR JAR OR CUP
- WATER
- SHAVING CREAM
- BLUE FOOD COLORING
- SPOON OR DROPPER

INSTRUCTIONS

- FILL A JAR ALMOST ALL THE WAY WITH WATER
- ADD SHAVING CREAM ON TOP OF WATER
- NEXT, ADD FOOD COLORING TO THE "CLOUDS" WITH A DROPPER OR SPOON
- WATCH AS THE "RAIN" FALLS FROM THE CLOUD!



Figure 8

CAP Month

April 2025

SKITTLES RAINBOW

SCIENCE EXPERIMENT

MATERIALS NEEDED

- WHITE PLATE
- SKITTLES (JUST A FEW!)
- WARM WATER

INSTRUCTIONS

- ARRANGE THE SKITTLES IN YOUR FAVORITE PATTERN AROUND THE RIM OF THE PLATE
- POUR A BIT OF WARM WATER IN THE CENTER OF THE PLATE, ENOUGH TO REACH THE SKITTLE RIM
- WAIT AND WATCH THE RAINBOW APPEAR!



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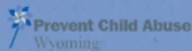
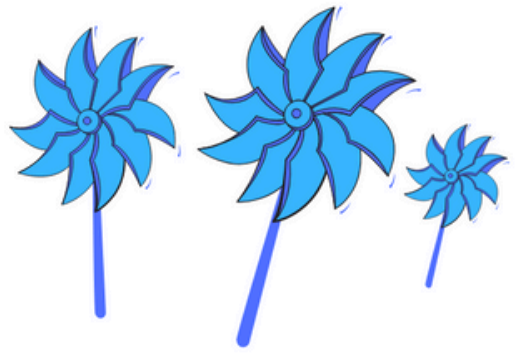


Figure 9

Build Your Own Pinwheel for Prevention

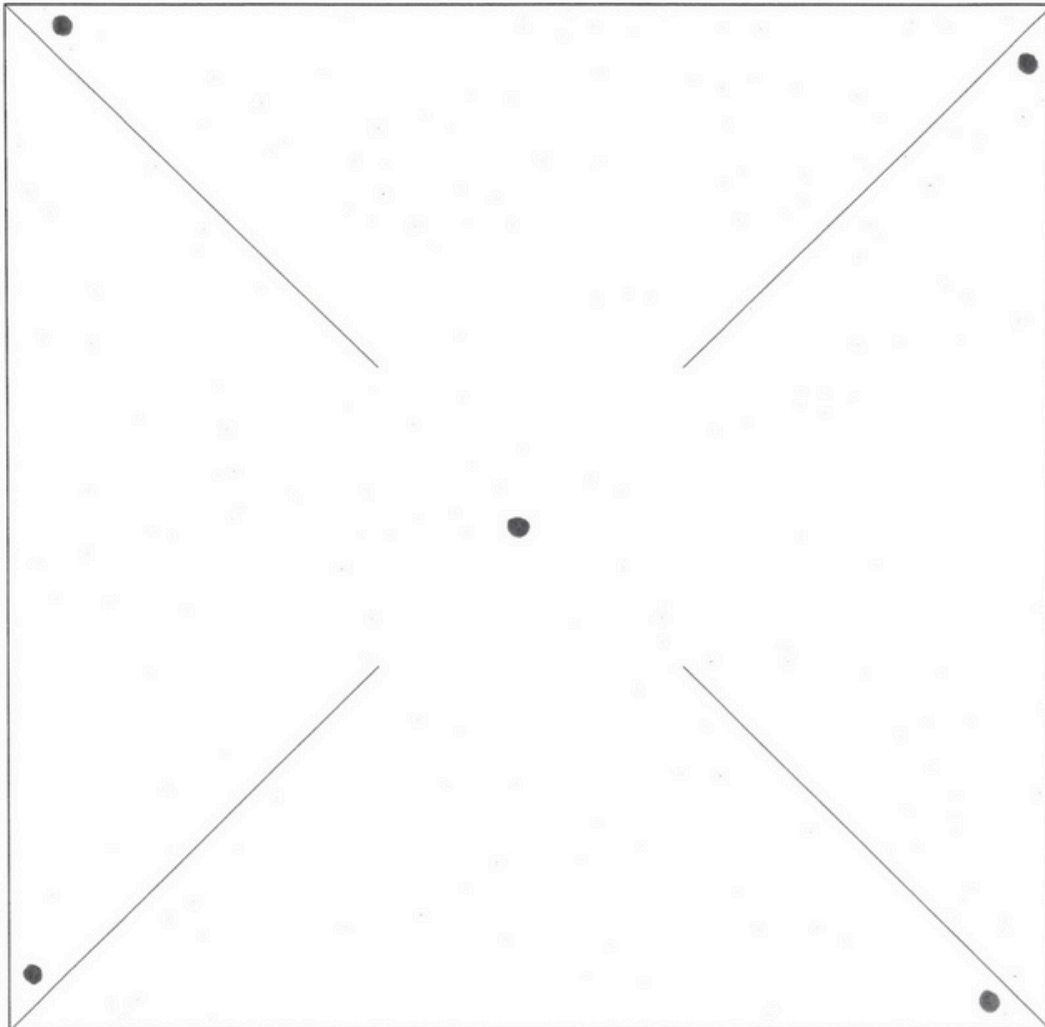


Materials

1 square piece of paper, 1 regular straw, 1 brad, and 2 washers (Optional)

Instructions

1. Cut out the box below.
2. Cut the diagonal lines on the square to make the blades.
3. Punch holes in one corner of each blade.
4. Punch hole in the end of a regular straw.
5. Fold over the blades and push brad through the holes.
6. Poke brad through the center of the pinwheel.
7. Slide through washer #1.
8. Slide through straw.
9. Slide through washer #2.
10. Fold out the flaps of the brad.



Try special designs

Circles, Stripes,
Different Colors,
Flowers
Faces, Star Bursts



Figure 10



CHILD ABUSE PREVENTION MONTH

PROTECTIVE FACTORS

“[Protective factors] are the strengths that help to buffer and support families.”

Child welfare workers should be informed about the importance of protective factors and how they can influence children, youth, and families. This includes:

- Community support
- Parenting competencies
- Economic opportunities



Figure 11

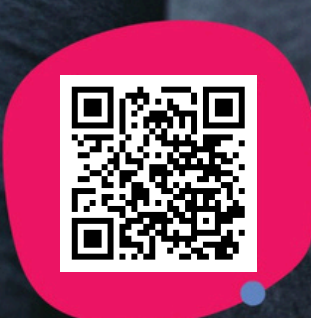


#CAPMonth2025

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APRIL IS CHILD ABUSE PREVENTION MONTH!