



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

April—Child Abuse & Neglect

Child abuse is common. It is important to understand and reduce the risks of abuse for your child and familiarize yourself with the signs of abuse.

Approximately 3 million cases of child abuse and neglect involving almost 5.5 million children are reported each year. The majority of cases reported to Child Protective Services involve neglect, followed by physical and sexual abuse. There is considerable overlap among children who are abused, with many suffering a combination of physical abuse, sexual abuse, and/or neglect.

Sexual abuse is any sexual activity that a child cannot understand or consent to. It includes acts such as fondling, oral-genital contact, and genital and anal intercourse. It also includes exhibitionism, voyeurism, and exposure to pornography. Studies have suggested that up to one in four girls and one in eight boys will be sexually abused before they are eighteen years old.

Physical abuse occurs when a child's body is injured as a result of hitting, kicking, shaking, burning, or other show of force. One study suggests that about 1 in 20 children has been physically abused in their lifetime.

Risk Factors of Abuse and Neglect

Most child abuse occurs within the family. Risk factors include parental depression or other mental health issues, a parental history of childhood abuse, and domestic violence.

Child neglect and other forms of maltreatment are also more common in families living in poverty and among parents who are teenagers or who abuse drugs or alcohol. More children are abused by a caregiver or someone they know, than abused outside of the home by a stranger.

Child neglect can include physical neglect (failing to provide food, clothing, shelter, or other physical necessities), emotional neglect (failing to provide love, comfort, or affection), or medical neglect (failing to provide needed medical care). Psychological or emotional abuse results from all of the above, but also can be associated with verbal abuse, which can harm a child's self-worth or emotional well-being.

Volume 2, Issue 10

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April 2019

April Quote: "Every problem that the country faces is being solved in some community by some group or some individual. The question is how to get connected so that the whole nation can solve problems. A volunteer is a person who can see what others cannot see; who can feel what most do not feel. Often, such gifted persons do not think of themselves as volunteers, but as citizens — citizens in the fullest sense; partners in civilization." — President George H.W. Bush

Club President:

Cory Hasiak



BEC April NEWSLETTER

The Breakfast Exchange Club of Billings

April Volunteer

Opportunities:

April 6th—Big Air Bash

April 8th—Breaking Benjamin

April 12th—14th—PBR

April 22nd—Rain

Future Volunteer

Opportunities:

May 8th—Harry Potter & the Sorcerer's Stone in Concert

June 15th—Food Truck

Battle on the Yellowstone

July 13th—Brews & BBQ

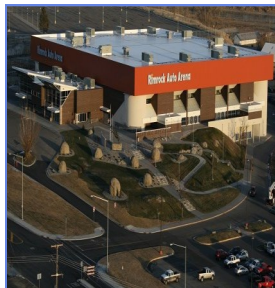
July 25th—"Twins of Evil"

Marilyn Manson & Rob Zombie

July 28th—Disturbed

August 11th—Old Dominion

August 25th—Weird Al Yankovic



Come weekly at 7:00 a.m. on Friday to the Yellowstone Room and get to know your fellow Exchangites!



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Signs and Symptoms

It is not always easy to recognize when a child has been abused. Children who have been maltreated are often afraid to tell anyone, because they think they will be blamed or that no one will believe them. Sometimes they remain quiet because the person who abused them is someone they love very much, or because of fear, or both.

Parents also tend to overlook signs and symptoms of abuse, because they don't want to face the truth. This is a serious mistake. A child who has been abused needs special support and treatment as early as possible. The longer he continues to be abused or is left to deal with the situation on his own, the harder it is for children to be able to heal and develop optimally physically and mentally.

There are no behaviors that relate to a particular type of child abuse or neglect. Here is a short list of physical signs and behavioral changes in children who may have experienced abuse or neglect:

Physical Signs

Any injury (bruise, burn, fracture, abdominal or head injury) that cannot be explained

- Failure to gain weight (especially in infants) or sudden dramatic weight gain
- Genital pain or bleeding

A sexually transmitted disease

Other Changes that Should Raise Concern:

Fearful behavior (nightmares, depression, unusual fears)

- Abdominal pain, bed-wetting (especially if the child has already been toilet trained)
- Attempts to run away
- Extreme sexual behavior that seems inappropriate for the child's age
- Sudden change in self-confidence
- Headaches or stomachaches with no medical cause
- Abnormal fears, increased nightmares
- School failure
- Extremely passive or aggressive behavior
- Desperately affectionate behavior or social withdrawal
- Big appetite and stealing food

Long-Term Consequences

In most cases, children who are abused or neglected suffer greater mental health than physical health damage. Emotional and psychological abuse and neglect deny the child the tools needed to cope with stress, and to learn new skills to become resilient, strong, and successful. So a child who is maltreated or neglected may have a wide range of reactions and may even become depressed or develop suicidal, withdrawn, or violent behavior. As he gets older, he may use drugs or alcohol, try to run away, refuse discipline, or abuse others. As an adult, he may develop marital and sexual difficulties, depression, or suicidal behavior.



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Not all children who are abused have severe reactions. Usually the younger the child, the longer the abuse continues, and the closer the child's relationship with the abuser, the more serious the mental health effects will be. A close relationship with a very supportive adult can increase resiliency, reducing some of the impact.

Getting Help

If you suspect your child has been abused, get help immediately through your pediatrician or a local child protective agency. Physicians are legally obligated to report all suspected cases of abuse or neglect to state authorities. Your pediatrician also will detect and treat any medical injuries or conditions, recommend a therapist, and provide necessary information to investigators. The doctor also may testify in court if necessary to obtain legal protection for the child or criminal prosecution of the person suspected of perpetrating the abuse or neglect.

If your child has been abused, you may be the only person who can help him. There is no good reason to delay reporting your suspicions of abuse. Denying the problem will only make the situation worse, allowing the abuse or neglect to continue unchecked and decreasing your child's chance for optimal physical and mental health and well-being.

In any case of abuse or neglect, the child's safety is of primary concern. He needs to be in a safe environment free of the potential for continuing abuse and neglect.

Preventing Abuse and Neglect

The major reasons for physical and psychological maltreatment of children within the family often are parental feelings of isolation, stress, and frustration. Parents need support and as much information as possible in order to raise their children responsibly. They need to be taught how to cope with their own feelings of frustration and anger without venting them on children. They also need the companionship of other adults who will listen and help during times of crisis.

Personal supervision of and involvement in your child's activities are the best ways to prevent physical and sexual abuse outside the home. Pay careful attention to your child's reports about and reactions to his experiences at child care and school. Always investigate if your child tells you he's been maltreated or if he undergoes a sudden unexplained change in behavior.

Although you don't want to frighten your child, you can teach him some basic rules of safety in a non-threatening manner. Teach him to keep his distance from strangers, not to wander away from you in unfamiliar territory, to say "no" when someone asks him to do something against his will, and always to tell you if someone hurts him or makes him feel bad.

Remember

Open, two-way communication with your child provides the best chance that you will know early when a problem occurs. Emphasize that he will not get in trouble if he tells you about abuse or other confusing events. Emphasize that you need to know this to be able to keep him safe and that he will be OK if he tells you. Instead of teaching him that he's surrounded by danger, teach him that he is strong, capable, and can count on you to keep him safe, as long as he can tell you about it.

THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT

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Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.

Looking for something to do and support community organizations at the same time?

April 5—ArtWalk

April 6—Community Pint Night benefitting Ramsey Keller Memorial @ Carter's Brewery

April 26—A Wild Affair benefitting Zoo Montana.

April 28—Purple 5k benefitting Spare Change for Real Change

April 30—Casino Night

Mondays—Community Monday @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Tuesdays—Bingo Night at 406 Kitchen & Taproom (each week benefits different organization)



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CAP Center Corner

April is Child Abuse Prevention Month:

Mondays: Wear blue and encourage those in your work group and organizations you are a part of to wear blue. Get a group photo of you and your work group or other group wearing blue and send it to Stacy to be featured on The Family Tree Center Facebook page.

Consider planting a blue pinwheel garden at your work place, yard, etc. Come down to the Pinwheel Planting Ceremony on the Courthouse Lawn and help plant the pinwheels on April 11th at noon.

Wear your blue child abuse prevention shirt to all the Metra events that you are scheduled for.

Stay after breakfast on Friday, April 5th for a brief time and help plant the pinwheel garden up near the Metra.

Attend Pint Night at Last Chance Cider Mill on Tuesday, April 23rd from 5:00 to 8:00 p.m. \$1 from each pint will go back to the Family Tree Center.

Committee Happenings:

BECON Committee—Your April BECON Editor is Stephanie Romsa

Program Committee—Stacy Dreesen will line up the speakers for April

Social Committee—Blazing Saddles at Art House on April 1st @ 5:30; Shrimp Boil on May 4th

Freedom Shrine Committee—McKinley School and the Yellowstone Room to have rededicated Freedom Shrines.

Food Truck Battle Committee—The Committee is diligently back at work on the next food truck battle which will be Saturday, June 15th.

Other Upcoming Happenings:

District Convention—June 6-8 in Idaho Falls. Tracy Edwards, National Exchange CEO will be the National Speaker (if you haven't met Tracy, she is AMAZING!)

National Convention—July 17—20 in Norfolk, VA (always a great event for learning and having lots of fun).

GET INVOLVED!!

**** Committee Chairs**—Please email your upcoming events to dinaharmon1212@gmail.com to be included in next months newsletter!**



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Friendly reminder from our Business Manager!!

BEC ALCOHOL POLICIES

1. FOR EVERY ALCOHOL SALE, CHECK ID OF CUSTOMERS APPEARING TO BE UNDER THE AGE OF 25

A VALID ID MUST BE A:

- ⇒ CURRENT STATE OR CANADIAN DRIVER'S LICENSE OR ID CARD
- ⇒ CURRENT ARMED SERVICES ID CARD
- ⇒ VALID PASSPORT OR PASSPORT CARD
- ⇒ MONTANA TRIBAL ID CARD
- ⇒ MONTANA TEMPORARY DRIVER'S LICENSE OR ID CARD
- ⇒ MONTANA PROBATIONARY DRIVER'S LICENSE
- ⇒ ANY VALID GOVERNMENT ISSUED FORM OF ID

2. DO NOT ACCEPT ANY DRIVER LICENSE THAT HAS EXPIRED.

3. DO NOT ACCEPT ANY ID THAT HAS BEEN TORN, BENT, OR OBVIOUSLY TAMPERED WITH

4. IF YOU GET A FAKE ID, CONFISCATE IT IF POSSIBLE AND CONTACT SECURITY. IF UNABLE TO CONFISCATE THE ID, CONTACT SECURITY.

5. PUT A WRISTBAND ON ALL CUSTOMERS

6. LIMIT NUMBER OF DRINKS LEAVING OUR BOOTH TO FOUR (4) PER PERSON UNLESS OTHERWISE NOTED. THIS INCLUDES BEER AND/OR MIXED DRINKS.

7. ABSOLUTELY NO ALCOHOL SALES TO ANYONE APPEARING INTOXICATED. MONTANA STATE LAW SAYS, "IT IS ILLEGAL FOR THIS ESTABLISHMENT TO SERVE OR SELL ALCOHOL TO ANY PERSON WHO IS ACTUALLY, APPARENTLY, OR OBVIOUSLY INTOXICATED." WE CAN BE FINED BY THE STATE FOR FAILURE TO FOLLOW THIS LAW.

8. REPORT ANY QUESTIONABLE INCIDENTS TO THE BEER CAPTAIN SUCH AS:

- ⇒ CUTTING OFF AN INTOXICATED PERSON
- ⇒ REFUSING SERVICE TO AN UNDERAGE PERSON
- ⇒ VIOLENT BEHAVIOR
- ⇒ FAKE ID

9. WE RESERVE THE RIGHT TO REFUSE SERVICE TO ANYONE.

10. COMPLETE AN INCIDENT LOG IN LOG BOOK WITH BEER CAPTAIN IF THERE IS A PROBLEM.

STICK TO THE POLICIES SET TO AVOID THE WRATH OF MIKE AND TO PROTECT THE CLUB AND YOURSELF FROM LIABILITY!!