

## RESOURCES FOR HEALTH CARE PROFESSIONALS TO FACILITATE ROUTINE AND TARGETED INQUIRY ABOUT VIOLENCE ACROSS THE LIFESPAN

*This resource also includes links and tips for individual adults, teens, younger people, and their caregivers*

### Adults

#### [PEARR Tool](#)

The PEARR Tool (Provide Privacy, Educate, Ask, Respect, Respond) is a trauma-informed, survivor-centered tool for screening in healthcare settings for all forms of abuse, neglect, and exploitation. The tool was designed in collaboration with survivors of abuse and exploitation to foster a trauma-informed approach in supporting survivors of all forms of violence, rather than a narrow focus on obtaining a disclosure. Within the Tool, there is education for healthcare providers on *sexual violence*, *intimate partner violence*, *human trafficking*, and *abuse/neglect of vulnerable adults*, as well as a list of pertinent national hotlines.

**Healthcare professionals can be a valuable source of support and information, including by offering vital help and hotline resources:**

[Jane Doe Inc.](#), The Massachusetts Coalition Against Sexual Assault and Domestic Violence at 617-248-0922 JDI does not provide direct service but offers assistance in locating help.

National Domestic Violence Hotline at (800) 799-SAFE (7233)

National Human Trafficking Hotline at (888) 373-7888

National Sexual Assault Hotline at (800) 656-HOPE (4673)

#### [RAINN](#) (Rape, Abuse, and Incest National Network)

National 24/7 online chat hotline and 24/7 national telephone hotline (forwarding to the local sexual assault service provider agency) providing support to those who have experienced *sexual violence*. RAINN also provides a compiled, up-to-date list of pertinent national hotlines for intersectional forms of abuse and exploitation, including for individuals who have experienced *sexual violence*, *domestic violence/intimate partner violence*, *street harassment* survivors, and *human trafficking*.

#### [Cyber Civil Rights Initiative](#)

Provides a 24/7 hotline for adult survivors of technology-facilitated sexual violence, including *nonconsensual intimate imagery (NCII) abuse*, *recorded sexual assault*, and *sextortion*

#### [Disabled Persons Protection Commission](#)

The Commission protects adults with disabilities from the abusive acts or omissions of their caregivers through investigation oversight, public awareness, and prevention.

### Children/Adolescents/Young Adults

[Department of Children and Families \(DCF\)](#) Area Office (8:45 a.m.–5:00 p.m., weekdays)  
Massachusetts DCF Child-At-Risk Hotline, (800) 792-5200 (evenings, weekends, holidays)

## Sexual Violence and Consent

Teaching consent and addressing sexual violence are crucial for protecting adolescents and fostering respectful relationships. Physicians and parents must be equipped with knowledge on trauma-informed care, legal rights, and effective communication strategies. Resources include guidelines for discussing consent and sexual violence, toolkits for educating children about bodily autonomy, and resources to help teens navigate healthy relationships.

[CDC Guidelines: Caring for child survivors](#)

## Role of the Physician

### Talking about sex: role of the pediatrician

Tools for Caregivers and Physicians

- [How to educate about boundaries and consent](#)
- [Resources for talking to your youth about consent](#)
- [Consent by age and stage](#)
- [Warning signs for children, teens, and young adults](#)
- [Safety support for parents](#)
- [Offering support](#)
- [Teen sexual assault: information for parents](#)
- [Supporting your child](#)
- [What to do if your child discloses sexual abuse](#)
- [How to support survivors](#)

Youth

- [BARRC Hotline and Chat Service](#)
- [RAINN Hotline and Chat Service](#)
- [BARRC Youth Services](#)
- [Safety Support for Students](#)
- [Bystander Intervention](#)
- [Sexual assault information](#)
- [What is consent?](#)
- [Affirmative consent](#)
- [Readiness checklist](#)

## **Online Enticement and Grooming**

The internet presents significant risks for children and teens, including online enticement and grooming by predators. Physicians and parents need to recognize warning signs and educate youth on digital safety. Resources include clinical best practices for addressing online exploitation, parental guides on setting protective boundaries, and educational programs teaching children how to recognize manipulative behavior. These tools help to create a proactive approach to internet safety and prevention.

Tools for physicians and caregivers:

- [Grooming warning signs](#)
- [Strategies for caregivers](#)
- [Gaming safety guide](#)
- [How to support your child's online safety](#)
- [Taking action for your child](#)
- [Online Safety: Caregivers](#)
- [Parents' Guide: guidelines for different online platforms](#)
- [Grooming: recognition and support](#)

Tools for youth:

- [Youth support](#): quizzes, peer advice, resource guides
- [Online Safety: Kids](#)

### Coping Mechanisms for Youth Affected by Violence

Exposure to violence can have profound effects on a child's mental health and development. Effective coping mechanisms can help children and adolescents build resilience and recover from trauma. Resources include clinical guidelines for physicians on trauma-informed care, parental guides on supporting children emotionally, and therapeutic strategies for youth, such as mindfulness and cognitive-behavioral techniques. These resources empower families and professionals to help affected youth heal and thrive.

### Roles of the Pediatrician in Youth Violence Prevention

Youth

- [What is Grounding?](#)
- [Coping after mass violence](#)
- [Coping Skills Workbook- Teen](#)
- [Coping Skills Workbook- Child](#)
- [The ABCs of coping skills](#)
- [How to use grounding strategies](#)
- [Grounding Techniques](#)
- [Grounding Techniques Handout](#)
- [Virtual Grounding Tools](#)
- [Managing Distress](#)
- [Grounding for survivors](#)

Parents

- [Pediatric Coping Skills](#)
- [Coping Resource Tip Database](#)
- [Supporting your child, Resource Database](#)
- [Talking to teens when violence happens](#)
- [Stress management for teens](#)
- [Resource list for youth and teens](#)
- [Mindfulness + Grounding Techniques: ages 4-11](#)
- [Grounding Techniques for Kids](#)
- [50 Coping Skills for kids](#)

### Teen Dating Violence

Teen dating violence is a serious public health issue that affects adolescents across various backgrounds. It includes physical, emotional, and digital abuse, often leading to long-term psychological and physical consequences. Resources provided include screening tools, educational guides, and resources for teens to establish healthy relationships.

- [Domestic violence services by Massachusetts County](#)
- [Casa Myrna Hotline](#), Deaf and hard of hearing services available
- [Call, Chat, Text 24/7 Hotline](#)
- [What is dating violence? What are the signs? How to get help?](#)
- [Screening recommendations for physicians](#)
- [CDC: teen dating violence newsletter](#)
- [CDC: Preventing teen dating violence](#)
- [What your doctor wants you to know about dating violence](#)

## Bullying

Bullying can have lasting impacts on a child's mental and emotional well-being. Physicians, educators, and parents play a critical role in identifying victims, supporting those affected, and preventing further harm. Resources available include guidelines on assessing bullying, guides on fostering resilience in children, and interactive materials for teens to promote active bystander intervention. These resources aim to create a safer environment for youth by promoting awareness, advocacy, and intervention strategies.

### Tools for professionals and caregivers

- [Roles of kids in bullying](#)
- [Warning signs of bullying](#)
- [Why do youth bully?](#)
- [Who is at risk for bullying?](#)
- [Bullying prevention](#)
- [Bullying prevention in middle school](#)
- [How to respond to bullying](#)
- [How to help kids build resilience](#)
- [Talking about bullying with youth](#)

### Cyberbullying

- [What is cyberbullying](#)
- [Cyberbullying and online gaming](#)
- [Internet awareness for caregivers](#)
- [How are kids cyberbullied?](#)
- [Prevention and intervention](#)

### Tools for kids and teens:

- [Video Series for kids](#)
- [Get help now](#)
- [What teens can do](#)
- [How to respond to bullying](#)
- [Bystanders](#)

### For Teens

- [How to create a safety plan](#)
- [What is a health relationship?](#)
- [Is your relationship healthy?](#)
- [How to support your peers](#)
- [Documenting abuse](#)

### For Caregivers

- [Supporting your child through dating violence](#)
- [Identifying and preventing dating violence](#)
- [Tips for caregivers](#)
- [Parent's guide](#)