

Welcome
to the
Help for Kids
35th Anniversary
Gala!

WHY EMPATHY IS ESSENTIAL—
AND ENDANGERED

BORN FOR LOVE

MAIA SZALAVITZ
BRUCE D. PERRY, MD, PhD
AUTHORS OF *THE BOY WHO WAS RAISED AS A DOG*

READ BY COREY M. SNOW





[GET INVOLVED](#) ▾ [AREAS OF IMPACT](#) ▾ [ABOUT EXCHANGE](#) ▾ [DONATE](#) [CONTACT](#)

About Exchange

Founded in Detroit, Michigan in 1911 with only a small handful of members, the National Exchange Club has grown to become America's oldest service organization. Along the way, we've developed into a progressive, inclusive Club comprised of over 18,000 men and women who selflessly serve their communities through Exchange.

Whether local clubs decide to focus their service within our four areas of impact or something more personal to their own community, we provide our members with every resource available to make their little corner of the world—and beyond—a better, brighter place for all.

VISION: A strong America, safe communities, and unified people.

MISSION: Exchange, inspiring communities to become better places to live.

CORE VALUES: Family, Community, Country

MOTTO: Unity for Service

National Project - Prevention of Child Abuse

The prevention of child abuse became Exchange's National Project in 1979. Since then, we've made it our mission to not only increase child abuse awareness but do all that we can to prevent it. The prevention projects in which our members take part in are implemented across the country by Exchange Clubs and Exchange Club Centers for the Prevention of Child Abuse. Through the scholarly-reviewed Exchange Parent Aide home visitation model, child abuse prevention experts work directly with at-risk families to create impactful change.

Our dedication to this important cause has earned us the Presidential Award from the White House Office of Private Sector Initiatives. Additionally, we are a charter member of The National Child Abuse Coalition and a Partner in Prevention with the Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services.

If this cause is something you would like to become involved in, please see the attached links for more information on our child abuse prevention efforts, including downloadable materials and additional resources.

[Find a Club](#)



Americanism

The Americanism Program of Service promotes pride in our country, appreciation for the freedoms granted to American citizens, and gratitude to the men and women who serve/have served in the Armed Forces. Americanism celebrates the country's rich, unique heritage and inspires unity from coast-to-coast.

[Find a Club](#)



Community Service is a Cornerstone of Exchange's Mission

Our Mission, *Inspiring communities to become better places to live*, is what drives many of our members to become involved with Exchange in the first place. Like you, they're passionate about helping people in any way they can.

Through their desire to give back, local-level Exchange Clubs devote countless hours and funds toward community improvement, bridging gaps in services, developing partnerships that enhance opportunities for their neighbors and sharing members' skillsets. Beginning with the very first group of Exchange Club members and extending into present day, we have set the bar high for community service involvement.

Find a Club



Youth Programs

America's young people are our most precious resource. They are who we trust with all of our tomorrows, and for that, they deserve every ounce of time and effort that we can pour into them today. For many years, The National Exchange Club and local-level clubs have sponsored an impressive selection of activities designed to benefit and encourage our nation's youth.

Through college scholarships at the community and national levels, mentoring, guidance and service recognition, Exchange is making a difference for America's youngest generations. If you are interested in showing our nation's youth just how treasured they are, we encourage you to become involved with this important program.

[Find a Club](#)





THE EXCHANGE CLUB
of New Canaan

How big is the problem of child abuse?

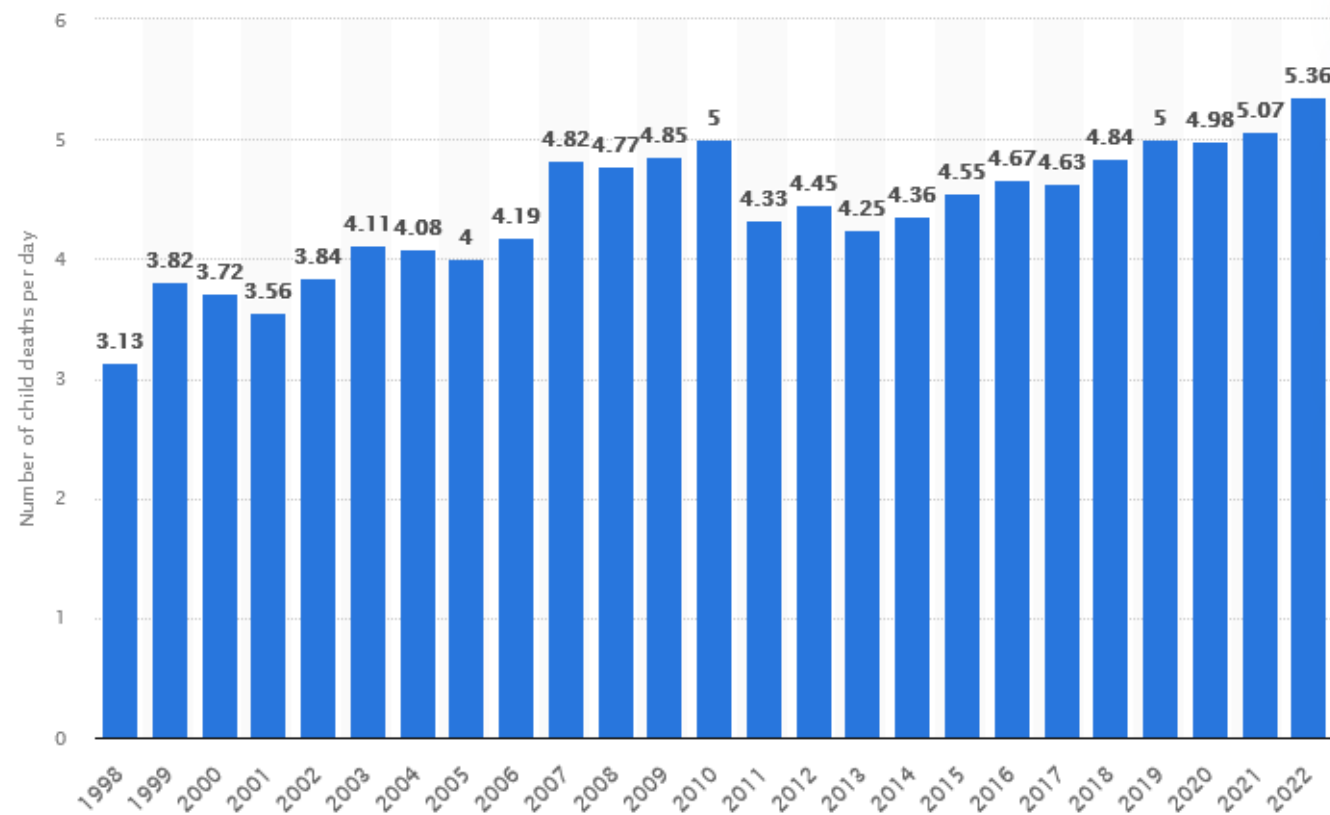


1 in 4 girls and
1 in 13 boys in the U.S.
are estimated to experience **child abuse**

Source: CDC



Number of child deaths per day due to child abuse and neglect in the United States from 1998 to 2022



DOWNLOAD



PDF



XLS



PNG



PPT



Sources

- [Show sources information](#)
- [Show publisher information](#)
- [Use Ask Statista Research Service](#)

Release date

January 2024

Region

United States

Survey time period

1998 to 2022

Supplementary notes

Reports for previous years can be found [here](#).

Citation formats



THE ISSUE OF CHILD SEXUAL ABUSE

BY DARKNESS TO LIGHT

How often do children disclose abuse?

Research shows that many children do not disclose sexual abuse immediately after the abuse occurs. In fact, many children do not disclose the abuse for years, if at all.

- The average age for disclosing CSAA is about 52 years (Sprober et al., 2014).
- 86% of CSAA goes unreported altogether (Kilpatrick, Saunders, & Smith, 2003).
- Younger children (e.g. ages 1 through 6) are likely to have more difficulties disclosing sexual abuse compared to older children (Middleton, 2017).
- The majority of child sexual abuse victims who disclose their abuse delay disclosure until adulthood (McElvaney, 2015; Reitsema & Grietens, 2016).
- Older children and female victims are more likely to disclose CSAA than younger children and male counterparts which may be due to social stigma, limited vocabulary/knowledge, and cultural norms attached to masculinity (Azzopardi et al., 2019).
- Even when disclosures occur, a very small amount (16%) of them are formally disclosed directly to authorities (McGuire & London, 2020). The majority of disclosures are made initially disclosures to peers, then parents or trusted adults

- CSAA victims are 3x more likely to experience conversion disorder,
- CSAA victims are 2.9x more likely to experience borderline personality disorder,
- CSAA victims are 2.7x more likely to experience anxiety,
- CSAA victims are 2.7x more likely to experience depression,
- CSAA victims are 2.3x more likely to experience PTSD (Hailes et al., 2019).

Obesity & eating disorders

- CSAA victims are 2.2 to experience eating disorders,
- CSAA victims are 1.4x more likely to experience obesity (Hailes et al., 2019).

Sexual Risk Behaviors

- CSAA victims are 1.2x more likely to have unprotected sex,
- CSAA victims are 1.5x more likely to be a sex worker,
- CSAA victims are 1.6x more likely to have multiple partners (Hailes et al., 2019).

as mentioned in
**STEWARDS
OF CHILDREN®**

"For individuals that were exposed to harm, what were the long-term impacts? And it's all kinds of health impacts, you know, **460% more likely to develop depression, 1,220% more likely to commit suicide** if they've experienced at least four aces, you know, or attempt suicide."

- Chris Newlin

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

HOW PREVALENT ARE ACEs?

The ACE study[®] revealed the following estimates:

ABUSE



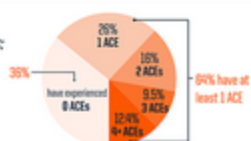
NEGLECT



HOUSEHOLD DYSFUNCTION



Of 17,000 ACE study participants:



WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones

STRESS & EARLY BRAIN GROWTH

Understanding Adverse Childhood Experiences (ACEs)

What are ACEs?

ACEs are serious childhood traumas -- a list is shown below -- that result in toxic stress that can harm a child's brain. This toxic stress may prevent a child from learning, from playing in a healthy way with other children, and can result in long-term health problems.

Adverse Childhood Experiences can include:

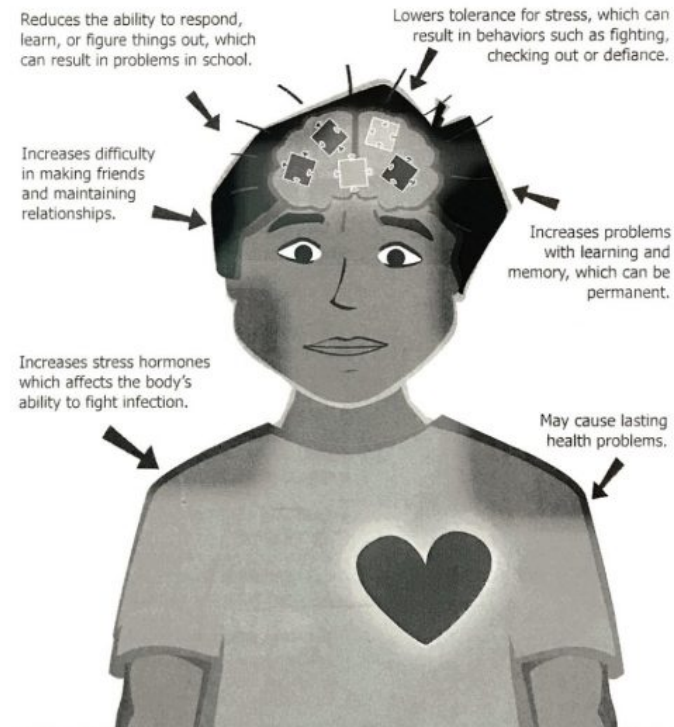
1. Emotional abuse
2. Physical abuse
3. Sexual abuse
4. Emotional neglect
5. Physical neglect
6. Mother treated violently
7. Household substance abuse
8. Household mental illness
9. Parental separation or divorce
10. Incarcerated household member
11. Bullying (by another child or adult)
12. Witnessing violence outside the home
13. Witness a brother or sister being abused
14. Racism, sexism, or any other form of discrimination
15. Being homeless
16. Natural disasters and war

Exposure to childhood ACEs can increase the risk of:

- Adolescent pregnancy
- Alcoholism and alcohol abuse
- Depression
- Illicit drug use
- Heart disease
- Liver disease
- Multiple sexual partners
- Intimate partner violence
- Sexually transmitted diseases (STDs)
- Smoking
- Suicide attempts
- Unintended pregnancies

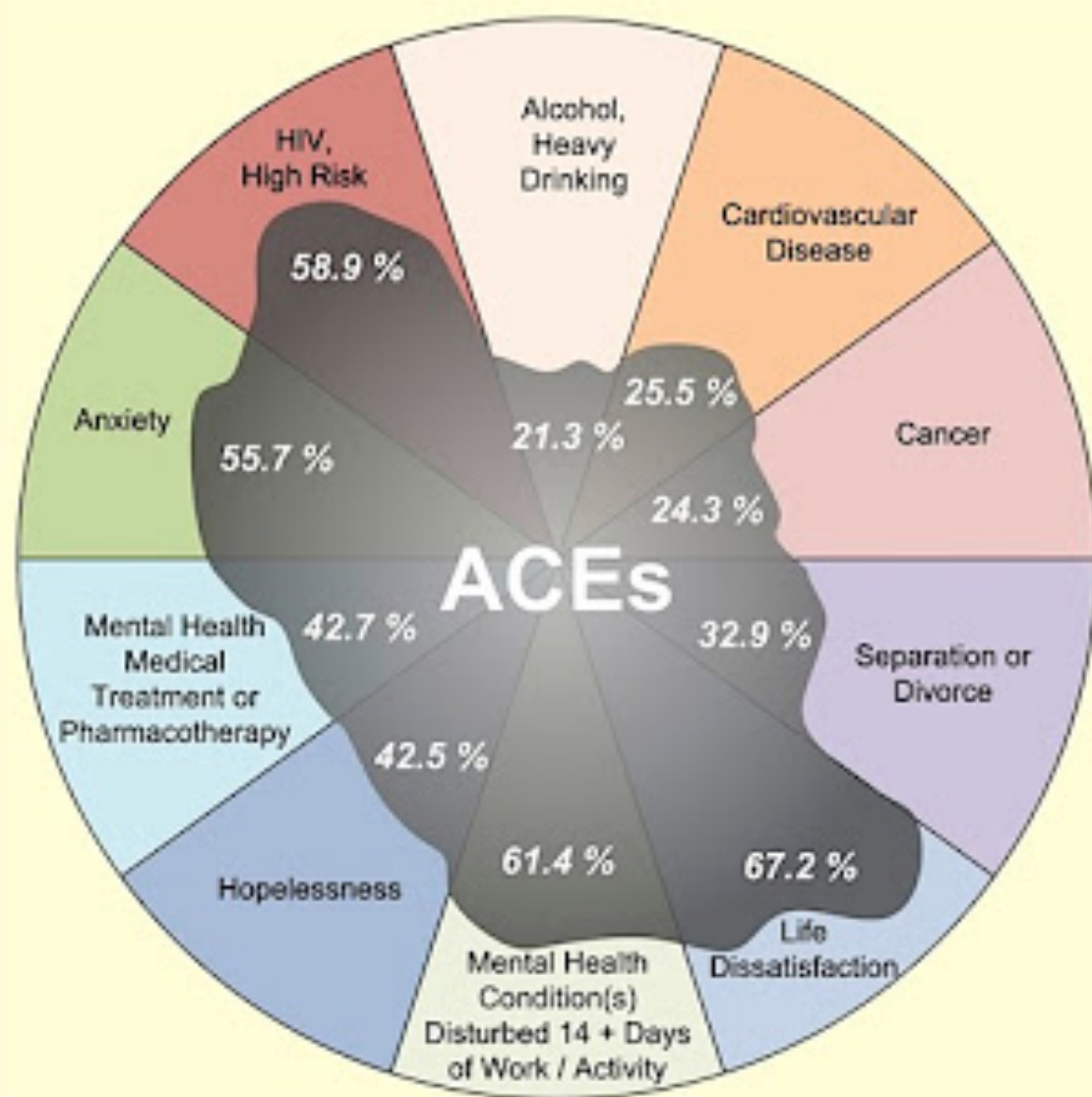
How do ACEs affect health?

Through stress. Frequent or prolonged exposure to ACEs can create toxic stress which can damage the developing brain of a child and affect overall health.



A Survival Mode Response to toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked off-line. Self-protection is their priority. In other words:

"I can't hear you! I can't respond to you! I am just trying to be safe!"



A NEW YORK TIMES BESTSELLER

THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY
IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, M.D.

"A MASTERPIECE THAT COMBINES THE BOUNDLESS CURIOSITY
OF THE SCIENTIST, THE ERUDITION OF THE SCHOLAR, AND THE PASSION
OF THE TRUTH TELLER." —JUDITH HERMAN, M.D.

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Dr. Bruce Perry, “Born to Love”

Empathy has been eroding due to the rapid changes in our society that have become measurable over the last five years.

All in all, we have fewer daily opportunities to connect face-to face in shorter amounts of time with smaller numbers of people.



Revised and Updated Edition

"Fascinating and upbeat...Dr. Perry is both a world-class creative scientist and a compassionate therapist."—Mary Pipher, PhD

THE BOY WHO WAS RAISED AS A DOG

*And Other Stories from a
Child Psychiatrist's Notebook*

What Traumatized Children
Can Teach Us About Loss,
Love, and Healing

BRUCE D. PERRY, MD, PhD, and MAIA SZALAVITZ



“THE MORE HEALTHY
RELATIONSHIPS A
CHILD HAS, THE
MORE LIKELY HE
WILL BE TO
RECOVER FROM
TRAUMA AND
THRIVE...

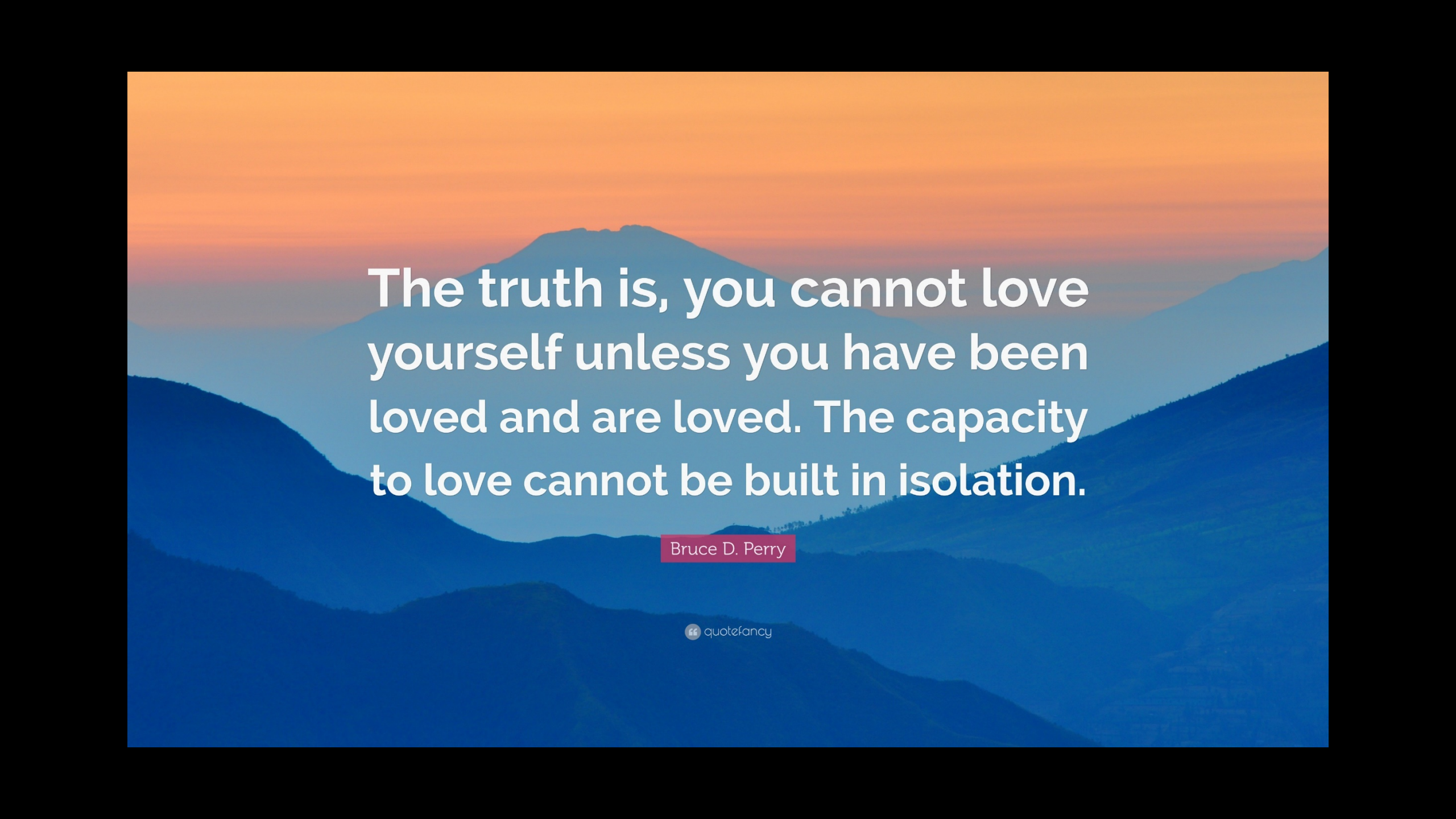




WHAT HAPPENED TO YOU?



BRUCE PERRY AND
OPRAH WINFREY

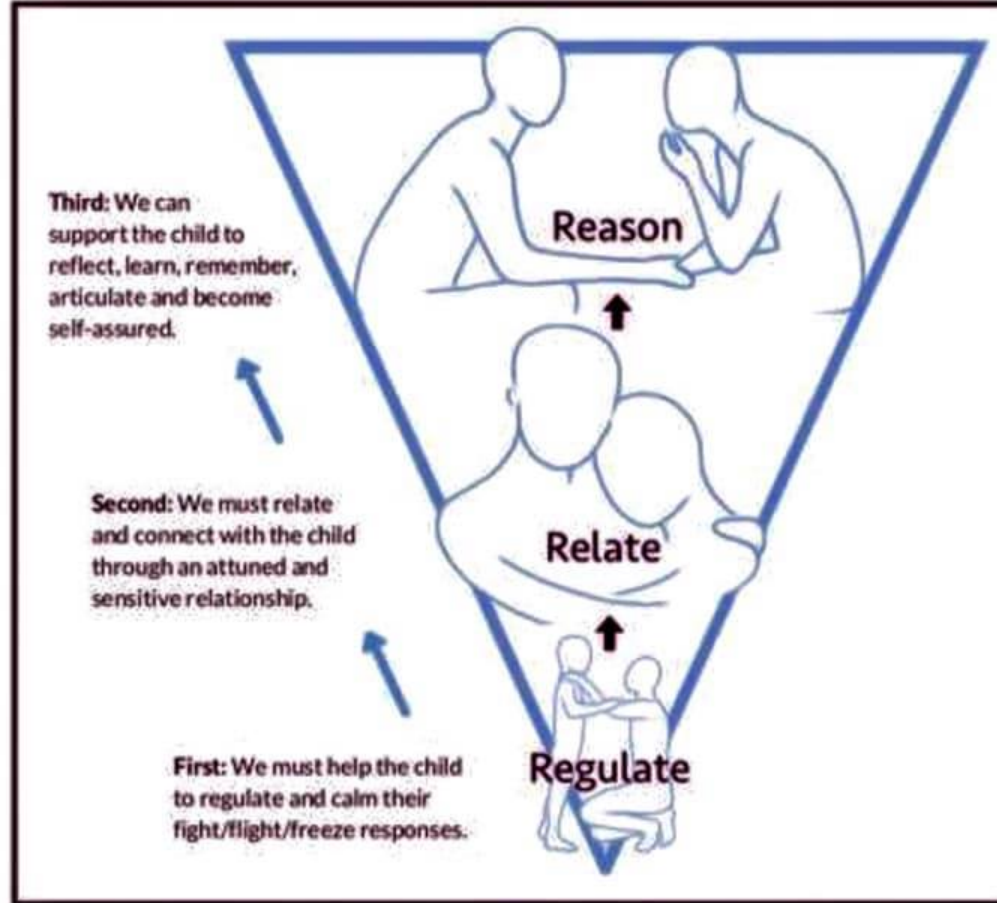


The truth is, you cannot love
yourself unless you have been
loved and are loved. The capacity
to love cannot be built in isolation.

Bruce D. Perry

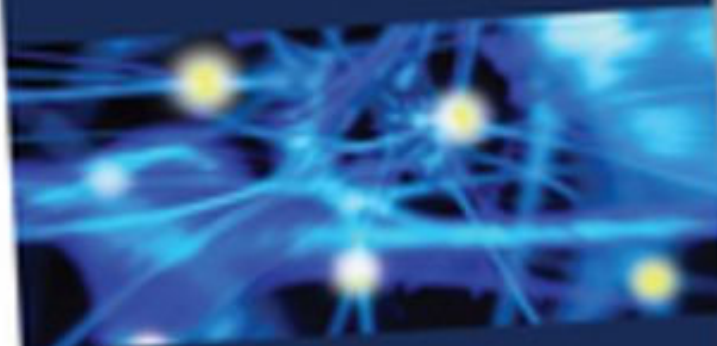
The Three R's: Reaching The Learning Brain

Dr Bruce Perry, a pioneering neuroscientist in the field of trauma, has shown us that to help a vulnerable child to learn, think and reflect, we need to intervene in a simple sequence.



Heading straight for the 'reasoning' part of the brain with an expectation of learning, will not work so well if the child is dysregulated and disconnected from others.

THE POLYVAGAL THEORY



NEUROPHYSIOLOGICAL
FOUNDATIONS of
Emotions
Attachment
Communication
Self-Regulation

STEPHEN W. PORGES

THE POCKET GUIDE TO THE POLYVAGAL THEORY

*The Transformative
Power of Feeling Safe*

STEPHEN W. PORGES

HEALING FROM TRAUMA





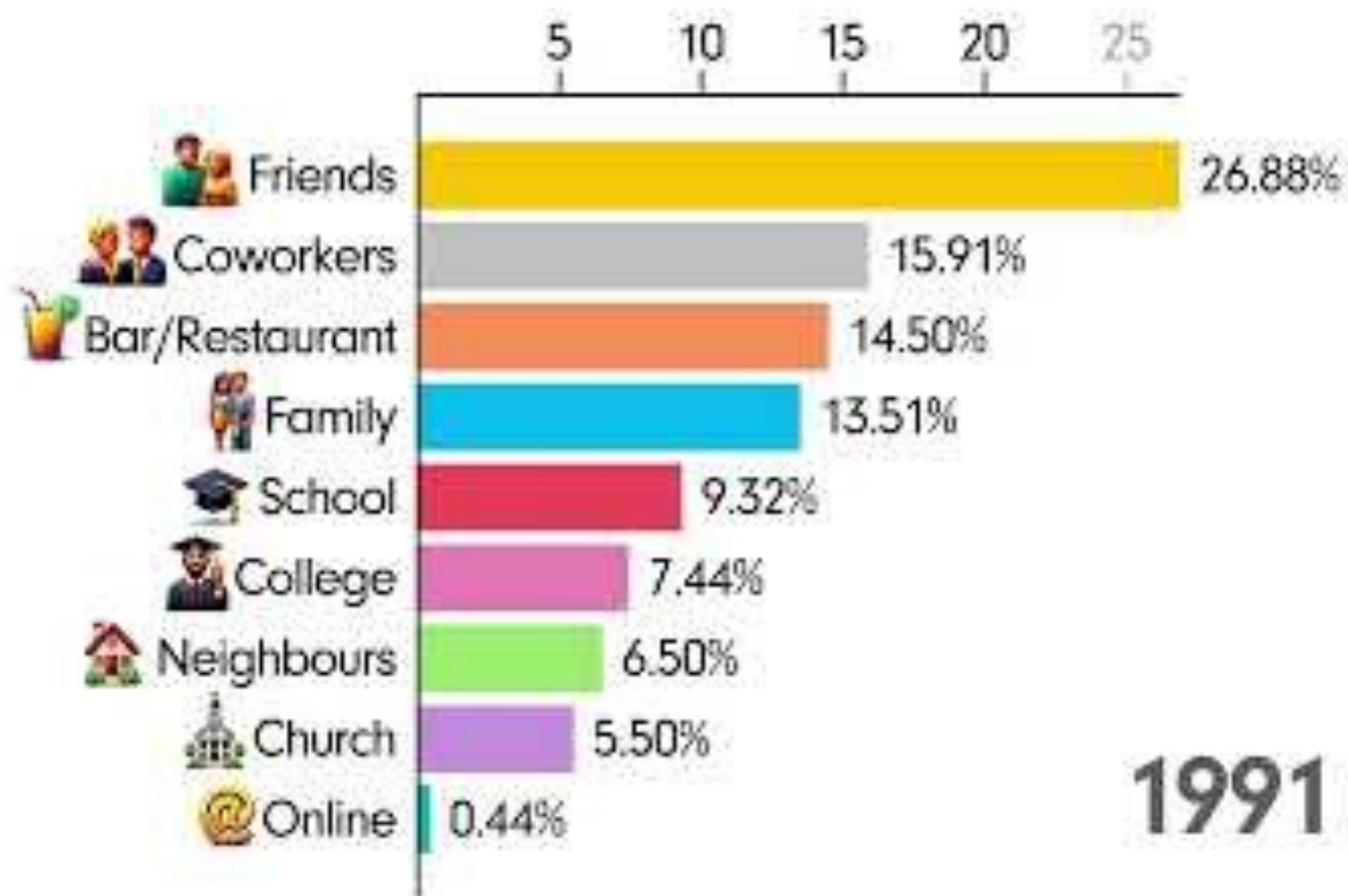












Source: Data is Beautiful, Rosenfeld, Michael J., Reuben J. Thomas, and Sonja Hausen. 2025.
How Couples Meet and Stay Together 2017-2020-2022 combined dataset. [Computer files].
Stanford, CA: Stanford University Libraries.





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“You can never get enough books into the hands of enough children.”

Dolly





Family Testimonials





Thank you for joining us for our anniversary celebration and for all your love and support!

