



WAYS TO PREVENT CHILD ABUSE

- Volunteer with a local program. Parent support groups, crisis centers, emergency shelters, Big Brothers and Big Sisters, Boys and Girls Clubs, local schools and child abuse telephone hotlines are typical programs that welcome volunteers.
- Report suspected abuse and neglect to your county Department of Family and Children Services (DFCS) or the police. Keeping children safe means each of you has an obligation to inform the authorities if you suspect children are being mistreated. Your concern may protect a child from further abuse.
- Advocate for services that strengthen families. Communities need comprehensive services that address issues that affect families. Health care, parenting programs, employment and housing are all important to maintaining healthy families.
- Contribute to a child abuse prevention organization. Your donations are put to good use in much-needed community programs that are crucial to prevent abuse and neglect.
- Help a neighbor, friend or relative. Someone you know may be struggling with his or her parenting responsibilities. Offer a sympathetic ear or a helping hand. Offering to baby-sit once in a while or helping locate community resources can be a tremendous boost to someone under stress.
- Support and suggest programs on child abuse prevention sponsored by local organizations. Many groups, including churches and men's and women's clubs, offer excellent opportunities for raising awareness in the community.
- Promote school programs that teach children how to protect themselves.
- Help yourself. Recognize the signs that indicate you may need some outside help. If you feel overwhelmed, constantly sad, angry and often out of control, talk to somebody and get help. Remember, it is a sign of strength, not weakness, to ask for help.

Promotes Positive Parenting in Your Community



Division of Family and Children Services

Adapted from information from the National Committee to Prevent Child Abuse.