

FSA

What Can I Do to Prevent Child Abuse?

As a citizen...

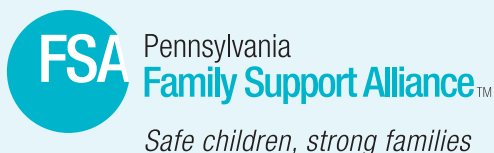
- Wear your blue ribbon every day in April -when people notice your blue ribbon, talk about the many ways families receive help and support to prevent child abuse.
- Distribute blue ribbon pins.
- Write a letter to the editor of your local paper to discuss the problem – and prevention – of child abuse.
- Give your time, energy and money to programs in your community that prevent child abuse and strengthen families.
- Know how to recognize and report child abuse.
- Contact elected officials and request that they support programs that strengthen families; remember their responses next time you vote.

As a parent....

- Remind other parents that it's OK to ask for help.
- Ask the groups you belong to – clubs, churches, recreational facilities – to provide good child care so more families can participate.
- Reach out to a child. A word of encouragement, a friendly smile and a compliment are important to a child.
- Focus on the positive. Remember the many things you do to nurture your children each day.
- Take care of yourself. When you nurture yourself, you are giving your child a happier, healthier parent.

As a neighbor....

- Plan a special event to mark Child Abuse Prevention Month – an educational workshop, family fun night, or religious observance may be a good place to start.
- Offer help to an overwhelmed parent or caregiver. Maybe you can watch their children for a while so they can have a break.
- Get to know your community and neighbors. Make your neighborhood an extended family and reach out to the children who live near you.



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