

What Can I Do to Prevent Child Abuse?

As a citizen...

- Wear your blue ribbon every day in April (Child Abuse Prevention Month). When people notice your blue ribbon, talk about the many ways families receive help and support to prevent child abuse. Distribute blue ribbon pins to others.
- Attend a Front Porch Project training in your community. Learn what to do and how to step in to help a child.
- 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 that prevent child abuse and strengthen families.
- Know how to recognize and report child abuse. Learn about the child welfare system.
- 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. Share ideas, support and resources.
- 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.
- Take care of yourself. When you are good to yourself, you are giving your child a happier, healthier parent.

As a neighbor...

- Plan a special event to mark Child Abuse Prevention Month – workshop, family fun night, or religious observance may be a good place to start.
- Offer to help an overwhelmed parent or caregiver. Maybe you can watch her children for awhile so she 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 nearby.

