

Protecting Our Children: 10 Ways to Prevent Child Abuse

- **Volunteer Your Time** – Get involved with other parents, support vulnerable children, and help build a strong, safe community.
- **Discipline with Care** – Never discipline when angry. Use time-outs and positive reinforcement to teach, not punish.
- **Be Mindful of Your Actions** – Abuse isn't just physical. Words and actions can leave lasting wounds. Model kindness and conflict resolution.
- **Educate Yourself and Others** – Advocate for programs like after-school activities, parenting classes, and mentorship to keep children safe.
- **Teach Children Their Rights** – Help children understand they are special, deserve safety, and should speak up if they feel unsafe.
- **Support Prevention Programs** – Back efforts like family counseling and home visits that help prevent abuse before it starts.
- **Know What Abuse Is** – It's not just physical or sexual harm. Neglect and emotional abuse can also cause deep damage.
- **Recognize the Signs** – Changes in behavior, fear of adults, secrecy, and unexplained injuries can all be warning signs.
- **Report Suspected Abuse** – If you see harm or signs of abuse, report it to child protective services or the police. Listen to children and reassure them it's not their fault.
- **Invest in Kids** – Support policies and community efforts that create safe, nurturing environments for children to grow and thrive.

