

# I will

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# to prevent child abuse.

Everyone has a role in preventing child abuse.

For ideas on how you can help see reverse or visit

[www.ParentForTheFuture.org](http://www.ParentForTheFuture.org)

#oregonkidsmatter #icanpreventchildabuse



# How you help is up to you.

## **Be a nurturing parent.**

The best gift you can give your child is YOU. The love and attention you give now will stay with your child forever.

## **Be available.**

Develop the kind of relationship that allows your children to come to you for help and support for themselves or their friends.

## **Get involved.**

Get to know your child's friends and the homes where your children play. Volunteer in their classrooms or coach their teams.

## **Help yourself.**

If the big and little problems of your everyday life pile up to the point you feel overwhelmed or out of control – take time out. Don't take it out on your child. Seek help and care for yourself so that you will be able to be more effective for your child.

## **Monitor your child's activities.**

Keep the computer in a family area where you can keep an eye on its use. Supervise all internet and cell phone activities closely. Be choosy about television and video viewing.

## **Help a friend, neighbor, or relative.**

Being a parent isn't easy. Offer a helping hand to take care of children so the parent(s) can rest or spend time together.

## **Develop parenting resources.**

Learn about prevention programs in your school and throughout your community. Teaching children, parents, and teachers prevention strategies can help keep children safe.

## **Talk.**

Talk to your child about the ways someone might try to "trick" them into going along with the "secret touching". Remind your child that "secret touching" is never the child's fault.

## **Report suspected abuse or neglect.**

Trust your intuition: If you believe a child has been or may be harmed.

## **Be empathetic.**

Prevention is up to our entire community. Being a parent isn't easy. Offer a helping hand or kind word to parents showing signs of stress and those you see losing patience with their children.

## **Be child-friendly.**

Not only are family friendly practices good for your employees, they're good for your business. Develop and maintain child friendly spaces that engage the children of parenting adults you do business with.

## **Know your neighbors.**

Be aware of what is happening in your own neighborhood. Get to know your neighbors. Join the local neighborhood association.

## **Hire wisely.**

Screen all applicants for all positions that will have contact with youth.

## **Train all staff.**

Provide training to employees so they understand general information about child abuse and its prevalence.

## **Speak out.**

Shining a light on the subject protects children. Child sexual abuse thrives in an atmosphere of silence and denial. Therefore, openly addressing the potential risk of abuse taking place can protect both children and your community.

## **Ensure safe environments.**

Select spaces that are open, visible, and easily monitored.

## **Trust my intuition.**

If you feel something is not right in a relationship of a child you know, act on it.

## **Seek professional help.**

Seek the help of a professional who is trained to interview children about abuse. Professional guidance could be critical to the child's healing and to any criminal prosecution.