



How You Can Help Prevent Child Abuse

Parenting is one of the toughest and most important jobs, and we all have a stake in ensuring that parents have access to the resources and support they need to be successful.

Entire communities play a role in helping families find the strength they need to raise safe, healthy, and productive children.

Here are some things you can do:

- Get to know your neighbors. Problems seem less overwhelming when support is nearby. Learn the names of kids in your neighborhood, and get to know their parents.
- Help a family under stress. Offer to babysit, help with chores and errands, or suggest resources in the community that can help.
- Reach out to children in your community. A smile or a word of encouragement can mean a lot.
- Be an active community member. Lend a hand at local schools, community or faith-based organizations, children's hospitals, social service agencies, or other places where families and children are supported.
- Keep your neighborhood safe. Start a Neighborhood Watch. You will get to know your neighbors while helping to keep your neighborhood and children safe.
- Learn how to recognize and report signs of child abuse and neglect (www.protectioncoalition.org/resources/). Reporting your concerns may protect a child and get help for a family who needs it. For Oklahoma information, visit www.okdhs.org. To report child abuse, call 1-800-522-3511.

*Source: www.childwelfare.gov