



HERE ARE FIVE THINGS **YOU** CAN DO TO **PREVENT CHILD ABUSE:**

1. **Discipline Your Children Thoughtfully:**

- Never discipline your child when you are upset. Give yourself time to calm down. Remember that discipline is a way to teach your child.

2. **Educate Yourself & Others:**

- Simple support for children and parents can be the best way to prevent child abuse.

3. **Examine Your Behavior:**

- Abuse is not just physical. Both words and actions can inflict deep, lasting wounds.

4. **Know What Child Abuse Is:**

- Physical and sexual abuse clearly constitute maltreatment, but so does neglect, or the failure of parents or other caregivers to provide a child with needed food, clothing, and care.

5. **Know The Signs:**

- Unexplained injuries aren't the only signs of abuse. Depression, fear of a certain adult, difficulty trusting others or making friends, and more may indicate a child is being abused.

**WE
CAN**
WORK TO END
CHILD ABUSE