



Get help with alcohol

Many may not know that alcohol can sometimes lead to child abuse due to the fact that a parent/guardian is under the influence therefore does not have any control of them selves.



Watch your words

Words can be very affective when it comes to children. When children hear the wrong things coming from the person they look up to, it puts the child in a very depressed mood. Angry or punishing language can leave emotional scars for a lifetime.

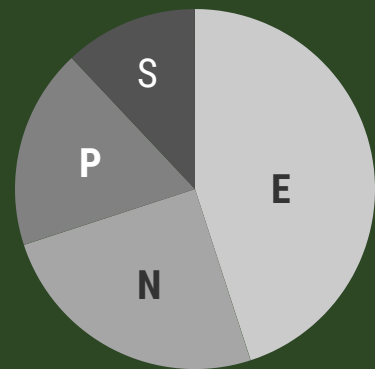


Keep your children healthy

keeping your children healthy is important because denying kids food, sleep or healthcare is abuse by neglect.

WHAT CAN WE DO?

To prevent this from increasing --->



● Emotional 45% ● Neglect 25% ● Physical 18% ● Sexual 12%



Take a time-out

Stop if you begin to act frustrated or other emotions physically. Not being able to take time to yourself while angry could lead to physical abuse. Find someone to talk to or watch your kids while you take a walk.



Therapy/program

Join a program around your community for parenting skills or prevention of child abuse. you can also go to therapy and speak to someone that can help.



See something, say something

Don't be afraid to report any abuses you see happening around you. Report suspected child abuse or child neglect. Remember that your call can save a life and together we can all make a difference.

