

## **FOLLOWING SIMPLE RULES MAY PREVENT CHILD ABUSE**

According to national statistics, each day more than three to four children die as a result of abuse or neglect in the home. On average, a child abuse report is made every 10 seconds-a total of approximately three million child abuse reports annually. The following tips can help protect your children-or those you care for-from becoming one of the statistics, according to Childhelp USA®.

- Never discipline your child when your anger is out of control.
- Participate in your child's activities and get to know your child's friends.
- Never leave your child unattended, especially in the car.
- Teach your child the difference between "good touches," "bad touches" and "confusing touches."
- When your child tells you he or she doesn't want to be with someone, this could be a red flag. Listen to them and believe what they say.
- Be aware of changes in your child's behavior or attitude, and inquire into it.
- Teach your child what to do if you and your child become separated while away from home.
- Teach your child the correct names of his/her private body parts.
- Be alert for any talk that reveals premature sexual understanding.
- Pay attention when someone shows greater than normal interest in your child.
- Make certain your child's school or day care center will release him/her only to you or someone you officially designate.

For additional information about child abuse and neglect, call the Childhelp USA® National Child Abuse Hotline at 1-800-4-A-CHILD® (1-800-422-4453). The 24-hour hotline is staffed with professional crisis counselors who offer crisis intervention, literature, information and referrals to more than 55,000 emergency, social service and support resources. A TDD line is provided for the hearing impaired: 1-800-2-A-CHILD (1-800-222-4453). For more information, visit [Childhelp USA](http://ChildhelpUSA.org) .