

Ten things Parents can do to prevent Child Abuse.

1. **Be Violence Free.** Don't use violent or hateful words, avoid expressing jealousy or excessive anger. Model conflict resolution, open communication, and listening and assertiveness skills.
2. **See the Signs of Abuse.** Be willing to intervene. A child may not get help until you make the call.
3. **Know your Neighbors.** Make contact. Calling on a neighbor in an emergency is easier if you already have a relationship.
4. **Mentor a child**, or volunteer, be a presence in a child's life.
5. **Offer Child Care** - Give a parent a Break.
6. **Teach Empathy.** People who use violence do not see people as human being with feelings. Prevent violence by teaching empathy.
7. **Teach Kids to Say NO.** Kids can learn to be assertive. They need to know to say NO if anyone ever makes them feel uncomfortable. They also need to know to get away and talk to a trusted adult.
8. **Listen.** Children are taught to tell a trusted adult about things that are bothering them. Listen, a child may be trying to talk to you.
9. **Take a Self-Defense Class**, if you have a daughter, bring her with you.
10. **Appreciate yourself** in all your efforts to make a difference in the life of a child. Thank you, it really does matter.

-Adapted from 50 Ways to a Safer World, by Patti Giggans and Barrie Levy