

# Help Prevent Child Abuse

Snow White

## Nurture your child.

- Make sure your child knows you love them even if they did something wrong.
- Ask for your child's opinion and ideas. What makes a good friend? Where is a place you would want to travel someday?

## Help families under stress.

- Offer to babysit.
- Help a family member or friend with chores, errands, or lend a listening ear.

## Know where to get help.

- Don't feel like you have to "do it all." Let your friends, family, or neighbors help. Don't be afraid to ask for help. We all need help sometimes.
- Look at the back of this calendar for resources or visit [HelpAndHope.org](http://HelpAndHope.org). Share the information with a friend who might need help.

## Protect your child.

- Listen to your child if they say they don't feel comfortable around someone.
- Tell your child to say "no" and "get away," and to tell you right away if anyone tries to touch or hurt them.
- Abusers often tell their victims to keep what they do a "secret." Teach your child the difference between a good secret, like a surprise party, and a bad secret, like something that makes them feel bad or uncomfortable. Make sure your child understands that it's OK to tell you "bad secrets."

April is Child Abuse Prevention Month. Get involved! Visit [HelpAndHope.org](http://HelpAndHope.org) this month to learn about activities in your area. Source: Prevent Child Abuse America and [HelpAndHope.org](http://HelpAndHope.org)

