

## **Help prevent child abuse by building a support network and getting involved in your community.**

*When neighbors can rely on each other, everyone benefits.*

### **Get to know your neighbors.**

Develop friendly relationships with your neighbors and their children. Problems often seem less overwhelming when you have support nearby.

### **Get involved in your child's school.**

Join the parent-teacher organization and attend school events.

### **Be an active community member.**

Attend town meetings and community events. Join groups that are working to improve your neighborhood and community.

### **Know where to get help.**

Many schools and communities offer programs that support parents and children. Find out what services are available for you and your neighbors.

### **Be a good neighbor.**

### **Reach out to families and children in your community.**

### **Help families under stress.**

If a family you know seems to be in crisis or under stress, offer to help. For example, you could:

- offer to baby-sit
- help with chores and errands
- suggest resources that can help the family

### **Be kind to children.**

Get to know the children in your neighborhood. Be kind and supportive to any child – especially if his or her family is under stress.

**Remember, if you think a child is being abused, report it. Reporting abuse can help protect the child and get the family help.**

**Interested in improving your neighborhood. Talk to your home visitor about getting involved in local community strengthening efforts.**