

Five Important Steps to Prevent Child Abuse



CARE FOR YOURSELF

When problems of everyday life pile up and you feel overwhelmed – take time out so that you don't take it out on children. Learn the facts about child abuse and pay attention to the children in your life.

CARE FOR CHILDREN

Spend time listening to a child, reading to a child or playing a computer game with a child. Children need to know that they are appreciated, loved and capable of following their dreams.

CARE FOR OTHERS

Support others with the children in their lives. Child abuse and neglect is a community issue and we can create our homes, schools and communities to be places where children are treated with respect.

GET INVOLVED

Ask your community leaders, groups and institutions to develop services to meet the needs of children and families. Volunteer at agencies that support children and families. Stay informed about local, state and national policies that impact children.

REPORT

If you have any reasonable suspicion that a child has been or is in danger of being harmed, call the Virginia Child Abuse and Neglect Hotline at 1-800-552-7096.

FOR MORE INFORMATION ON HOW TO KEEP CHILDREN SAFE FROM ABUSE AND NEGLECT, VISIT WWW.PCAV.ORG OR CALL 1-800-CHILDREN.



Prevent Child Abuse
Virginia