

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.