

# 20 Ways to Prevent Child Abuse and Neglect

## Prevent Child Abuse Illinois

Child abuse is one of the greatest tragedies of our times. It doesn't have to be. We can prevent it by building communities that are committed to families and to the services they need to raise strong, healthy, and successful children. **April is National Child Abuse Prevention Month** and by participating you are joining thousands of communities, organizations and individuals across our nation who are putting children first. Here are 20 suggestions to help prevent child abuse and neglect and support the mission and vision of Prevent Child Abuse Illinois.

### Put Children and Families First!

1. Care enough to call! Call the Child Abuse Hotline if you suspect a child is being hurt.  
**In Illinois call 1-800-25ABUSE (1-800-252-2873)**
2. Be a positive and nurturing parent or caretaker and help other family members, friends, and neighbors be positive parents too.
3. Make children a priority. Make sure they are safe and have healthy environments.
4. Allow yourself a time-out when needed. Taking care of yourself is as important as taking care of your family.
5. Seek help if you need it. If you feel out of control or worried about your parenting, get help.



### Participate in Child Abuse Prevention Month

6. Wear a blue ribbon the entire month of April and attend Child Abuse Prevention activities in your area.
7. Organize a Pinwheel planting or Blue Ribbon campaign in your area. Visit our website to learn how.
8. Provide in-service education or a lunchtime workshop on child abuse prevention for your office.
9. Decorate your home, office, classroom or business with Pinwheels and Blue Ribbons.
10. Involve Girl Scout and Boy Scout troops, church youth groups, school groups or classes as volunteers to cut, pin or distribute Blue Ribbons in your community.



### Engage Your Community

11. Join or start a Child Abuse Prevention Coalition. Visit our website to learn more.
12. Organize a parent support group in a local church, library or social service agency.
13. Partner with local businesses to host community workshops, health fairs, or fun events for families.
14. Encourage schools, grocery stores, faith organizations and others to incorporate positive parenting tips and messages into their newsletters and bulletins.
15. Ask elected officials to support programs and services that help children and families.



### Support Prevent Child Abuse Illinois

16. Sign up to be a walker in the Illinois Walk for Children. Not available that day? That's okay you can walk online!!
17. Follow Prevent Child Abuse Illinois on Pinterest and join our Cause on Facebook!
18. Buy pinwheels, blue ribbon car magnets, bracelets and more. Visit [www.preventchildabuseillinois.org](http://www.preventchildabuseillinois.org)
19. Host a Blue Jeans Day at your office, school or club with the proceeds benefiting PCA Illinois.
20. Donate to Prevent Child Abuse Illinois!



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