



What Can One Person Do to Prevent Child Abuse?

◆ Change Yourself

Ask yourself how you are doing as a parent. Vow to learn one new thing about being a parent by reading or talking to other parents.

Respect your family members. Use a courteous tone of voice with them.

Learn to apologize to your children when you are wrong. Make time to play together. Praise children & teens for being good, for doing the little things that are so easy to take for granted.

Tell your children "I love you" more often.

Violence teaches violence. Forget about hitting your kids.

◆ Change Your Community

Reach out to neighbors or relatives with children. Offer to baby-sit to give them a much-needed break.

Don't wait for someone else to do it...take action! Arrange for a speaker on child abuse come to PTA or adult Sunday school class.

Volunteer time in a child crisis shelter, parenting support program, drug prevention/treatment program, or shelter for the homeless.

◆ Change the World

Write a letter to your elected representatives and let them know it is your choice that they act to support parent education and child abuse prevention.

Register to vote and use your vote to reflect your concern for children.

Child abuse prevention organizations are only as strong as their members. Join the Prevent Child Abuse Texas...for it shouldn't hurt to be a child.



Prevent Child Abuse Texas
13740 Research Blvd. #R-4, Austin, TX 78750
512/250-8438 ♦ 512/250-8753 fax
pca.tx@PreventChildAbuseTexas.org
www.PreventChildAbuseTexas.org



What Can One Person Do to Prevent Child Abuse?

◆ Change Yourself

Ask yourself how you are doing as a parent. Vow to learn one new thing about being a parent by reading or talking to other parents.

Respect your family members. Use a courteous tone of voice with them.

Learn to apologize to your children when you are wrong. Make time to play together. Praise children & teens for being good, for doing the little things that are so easy to take for granted.

Tell your children "I love you" more often.

Violence teaches violence. Forget about hitting your kids.

◆ Change Your Community

Reach out to neighbors or relatives with children. Offer to baby-sit to give them a much-needed break.

Don't wait for someone else to do it...take action! Arrange for a speaker on child abuse come to PTA or adult Sunday school class.

Volunteer time in a child crisis shelter, parenting support program, drug prevention/treatment program, or shelter for the homeless.

◆ Change the World

Write a letter to your elected representatives and let them know it is your choice that they act to support parent education and child abuse prevention.

Register to vote and use your vote to reflect your concern for children.

Child abuse prevention organizations are only as strong as their members. Join the Prevent Child Abuse Texas...for it shouldn't hurt to be a child.



Prevent Child Abuse Texas
13740 Research Blvd. #R-4, Austin, TX 78750
512/250-8438 ♦ 512/250-8753 fax
pca.tx@PreventChildAbuseTexas.org
www.PreventChildAbuseTexas.org

There is no magic age when your children are ready to stay home alone. All children are different, but no child under the age of 8 should be left alone. To help you decide if your children are ready, consider these questions:

- How does your child feel about staying alone?
- Is your child mentally and physically mature enough?
- What responsibilities are you leaving your child? Can your child handle these alone?
- How long will the child be left alone? The first few times should be quite short. Once you feel sure that the child feels safe and secure, extend the time.
- What are the safety risks for your child in your home? (fire, accidents, burglary, etc.) Have you reduced these risks and taught your child how to deal with them?
- Can your child say "NO" to peer pressure if his friends encourage him to break the rules when you are gone?



HOME ALONE

Is Your Child Ready?



PREVENT CHILD ABUSE TEXAS
13740 Research Blvd. #R-4 Austin, TX 78750

512/250-8438 512/250-8733 (fax) pcatx@PreventChildAbuseTexas.org (e-mail)

WHY SHOULD I INVOLVE MYSELF WITH THE CHILD ABUSE PROBLEM?

BECAUSE 3 out of 10 children are abused in one form or another

BECAUSE these children often grow up and inflict the violence they were forced to endure on society in the form of violent crime

BECAUSE 93% of felons convicted of violent crimes state they grew up under the strains of child abuse

BECAUSE 4,000 children die each year from child abuse

BECAUSE abused children carry the feelings of inadequacy and low self-esteem into adulthood thereby, becoming members of society operating at less than their capacity

BECAUSE child abusers often beget child abuse - It's a family tradition

BECAUSE it costs our society too much to cope with its effects

BECAUSE it can be stopped

BECAUSE if you don't get involved...

WHO WILL?



Prevent Child Abuse Texas
13740 Research Blvd. #R-4, Austin, TX 78750
512/250-8438 ♦ 512/250-8733 fax
pcatx@PreventChildAbuseTexas.org
www.PreventChildAbuseTexas.org

Ten Reasons to Prevent Child Abuse

- ⇒ **One** Child abuse can be fatal. Each year, an average of three children a day are fatal victims of maltreatment. The vast majority of these children are under the age of one.
- ⇒ **Two** Child abuse stymies a child's normal growth and development. The emotional and physical damage children suffer from abuse and neglect is extensive. Documented consequences of abuse include chronic health problems, cognitive and language disorders, and socio-emotional problems, such as low self-esteem, lack of trust, and poor relationships with adults and peers.
- ⇒ **Three** Child abuse is costly for many social institutions. Remediating the immediate consequences of serious physical abuse alone costs child welfare agencies, hospitals, and rehabilitation facilities millions of dollars annually.
- ⇒ **Four** Child abuse costs continue to multiply over time. For example, children killed as a result of parental abuse or neglect never have the opportunity to contribute to society. In the past five years these deaths cost over \$3 billion in lost future productivity.
- ⇒ **Five** Child abuse victims often repeat the violent acts that they experienced on their own children. Although some victims can overcome the scars of their abuse, child abuse victims are six times more likely to become abusive parents than non-abused children.
- ⇒ **Six** Treatment services, while critical, are often ineffective in permanently altering parental behaviors. Program evaluations have found that even sophisticated clinical demonstration projects, often consisting of weekly contact for twelve to eighteen months, eliminate the future likelihood for physical abuse or neglect for less than half their clients.
- ⇒ **Seven** Prevention programs targeted at parents before they become abusive or neglectful reduce the likelihood for future maltreatment. Home visitor programs for new parents have consistently demonstrated the most positive outcomes. Specific gains include improved mother-infant bonding, enhanced parenting skills, and more consistent use of health care services. Recipients of these services also have demonstrated a reduced rate of child abuse when compared to comparable groups of parents not receiving services.
- ⇒ **Eight** Prevention programs targeted at children can improve a child's awareness of how best to avoid child abuse and other unsafe practices. Repeated reviews of numerous evaluations of these programs indicate that such efforts can result in increased knowledge for children about safety rules and what they should do if they are being abused. Further, the programs create an environment in which children can more easily disclose prior or ongoing maltreatment.
- ⇒ **Nine** Child abuse prevention efforts serve as a way to combat other social problems of concern to the public and to policy makers. Research has found a strong correlation between a history of abuse and a variety of adult problem behaviors, including substance abuse, juvenile and adult crime, and poor social adjustment. The consistent expansion of prevention services may well lead to the eventual reduction of these problems.
- ⇒ **Ten** Child abuse prevention creates a more compassionate society, one that places a high value on the welfare of children. Insuring the safe and secure rearing of the next generation requires the efforts of all policy makers and all citizens. To the extent all are involved in the battle to prevent child abuse, all are made more aware of the need to nurture human potential in all that we do.



PREVENT CHILD ABUSE TEXAS

13740 Research Blvd #R-4 Austin, TX 78750

512/250-8438 512/250-8733 (fax)

pcatx@preventchildabusetexas.org (e-mail)