



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
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