



Kalamazoo CAN  
(269) 552-4430  
[www.KalamazooCAN.com](http://www.KalamazooCAN.com)

## 7 Easy Ways to Help

**Preventing child abuse** isn't "rocket science." You don't need an advanced degree in social work or professional training to make a difference. Here are seven 7 ways you can get started today!

- 1 Teach your younger children the names of their body parts. Let them know that the body parts that are typically covered by a swimsuit are "private" parts.

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- 2 Think carefully about where your children spend most of their time. Help them identify one or two trustworthy adults in each place to whom they can turn for help if they feel threatened or uneasy. Let those adults know that they are designated "go to" people. Help your children understand safe vs. unsafe settings.

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- 3 Talk regularly with your children about all aspects of their safety, from crossing the street or being home alone to avoiding bullies and strangers.

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- 4 Take care of yourself so you can be a good caregiver. We live in very stressful times and raising children is a big job. Have a pre-arranged plan for what to do when you find yourself becoming angry or upset.

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- 5 Support educational programs at your local school or church to teach children about the difference between "good touch" and "bad touch." Become a member of KalamazooCAN (details on our website).

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- 6 Get to know your neighbors. Encourage a friendly, supportive spirit among parents in the area. If a parent appears to be struggling, offer reassurance and support, or just a friendly ear for listening.

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- 7 Be a friend to a child you know. Remember their names and show them you care. Pay attention to the children around you, even if they aren't yours.

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For more information, and additional prevention tips, visit [www.KalamazooCAN.com](http://www.KalamazooCAN.com). Or call our office today at **(269) 552-4430**. Working together, we can make sure that all kids are safe.

*If you find this helpful, please share a copy with your friends, neighbors and co-workers. Thank you!*