


# Child Abuse Awareness and Prevention



## How you can help prevent child abuse and neglect

- Be a good neighbor**  
 BEING A PARENT ISN'T EASY. OFFER TO BABYSIT SO PARENT(S) CAN RUN ERRANDS. TAKE A TIME-OUT OR SIMPLY SPEND TIME TOGETHER.
- Learn the signs of abuse and neglect.**  
 ENCOURAGE LOCAL SCHOOLS OR COMMUNITY ORGANIZATIONS TO OFFER **parenting education.**
- Take care of yourself**  
 WHEN BIG AND LITTLE PROBLEMS BECOME TOO MUCH, TAKE A TIME OUT! DON'T TAKE IT OUT ON YOUR CHILD.
- Know the risk factors.**  
 SUBSTANCE ABUSE  
 SOCIAL ISOLATION  
 STRESS  
 ECONOMIC PROBLEMS  
 ALL INCREASE THE LIKELIHOOD OF ABUSE OR NEGLECT.
- Start a parent support group**  
 SOMETIMES IT HELPS TO HAVE SOMEONE TO TALK TO WHO HAS BEEN THERE BEFORE.
- Learn how to cope with crying.**  
 CRYING IS NATURAL FOR BABIES BUT IT CAN BE VERY FRUSTRATING WHEN YOUR BABY WON'T STOP!
- Volunteer in your community.**  
 FIND OUT ABOUT OPPORTUNITIES TO BE INVOLVED WITH PREVENTION PROGRAMS. CONTACT YOUR LOCAL CHILD ADVOCACY CENTER, BECOME A GUARDIAN AD LITEM OR USE YOUR VOICE TO ADVOCATE FOR FAMILY FRIENDLY PROGRAMS AND SERVICES.
- Help distribute parent education materials.**
- Find resources**  
 LEARN WHAT SERVICES ARE AVAILABLE TO SUPPORT PARENTS IN YOUR COMMUNITY AND SHARE THE INFORMATION WITH YOUR NEIGHBORS AND FRIENDS.
- Mentor a new parent**  
 CHILDREN DON'T COME WITH INSTRUCTION MANUALS.
- Make a donation**  
 TO AN ORGANIZATION THAT WORKS TO PREVENT ABUSE. DONATE YOUR TIME, MONEY OR OTHER RESOURCES TO SOCIAL SERVICES AGENCIES IN YOUR COMMUNITY THAT SUPPORT PARENTS.
- Promote Respect**  
 TREAT CHILDREN THE WAY YOU WOULD LIKE TO BE TREATED. THIS WILL SERVE AS A MODEL TO EVERYONE WHO SEES YOU.
- Report suspected abuse or neglect.**
- Adopt a family.**  
 FAMILIES NEED HELP WITH LOTS OF DIFFERENT ISSUES. BUSINESSES AND INDIVIDUALS CAN HELP GET FAMILIES THROUGH STRESSFUL TIMES.

Source: Children's Advocacy Center of Southwest Florida

Family Service Center of Galveston County (FSC) is a non-profit counseling agency in Galveston County. The Family and Youth Success (FAYS) program helps families deal with everyday struggles by providing free short-term individual, family and group counseling services to youth under age 18 in Galveston, Liberty, and Chambers Counties. Available at FSC offices, schools, and community-based settings, we help youth learn to overcome challenges and develop and succeed in healthy ways.



Angela Christian, MA, LPC-Associate  
 supervised by Michele Bachman, MA, LPC-S  
 FSC Therapist at Odyssey Academy Bay Area

Family Service Center  
 2200 Market St., Suite 600  
 Galveston, Texas 77550  
 (409) 762-8636

Contact Me:  
 Call or text (281) 909-7428  
 achristian@fscgal.org

\*AVAILABLE BY APPOINTMENT ONLY\*