

# A Walk Upstream

“Someone or something is pushing these children into the river. We could be here for years pulling dead and injured bodies from the water. I am going to walk upstream until I find out what is causing these children to fall in!”

## What one person can do to prevent child abuse

### Change yourself

- Ask yourself how you are doing as a parent. Promise yourself that you will learn at least one new thing about parenting by reading or talking to other parents.
- Respect your family members. Ask for, and listen to, their opinions.
- Learn to apologize to your children when you are wrong.
- Make time to play together.
- Praise children and 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.
- Try to discipline without hitting your kids. Violence teaches violence.

### Change your community

- Reach out to neighbors or relatives with children. Offer to baby-sit to give them a much-needed break.
- Take action! Arrange for a speaker on child abuse for your club, PTA meeting or adult Sunday school class.
- Volunteer time in a child crisis shelter, parenting support program, drug abuse treatment program or homeless shelter.

### Change the world

- Write letters to your elected representatives. Let them know you want them to support parent education and child abuse prevention.
- Register to vote. Use your vote to reflect your concern.
- Support the child abuse prevention organization in your community.

