

## **“What can I do?”**

If you think a child has been abused or neglected, you must ring your local child protection authority or the police.

But in order to help **prevent** getting to such a tragic situation in the first place, there are lots of things you can do to help protect children. The following tips are not definitive or exhaustive, but are a good start.

### **Parents and relatives: look out for children!**

1. Teach all the children in your family how to be safe with people. Learn about child abuse and neglect and the warning signs.
2. Listen to, reassure and believe children. Children who have experienced abuse may try to tell an adult several times before somebody hears them. If you're worried about a child in your family, there are lots of things you can do.
3. Reach out to help parents of young children in your extended family - parents need all the support they can get. Let them know that it is okay to ask for help. Parenting is hard and all parents will benefit from help at times.