KEEP YOUR KIDS SAFE FROM BULLYING.

WATCH FOR:

- Unexplained injuries
- Lost or destroyed clothing, books, or personal items
- Frequent headaches, feeling sick, or faking illness
- Changes in eating habits, such as suddenly skipping meals or binge eating; kids may come home from school hungry because they did not eat lunch
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to attend school

- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self-esteem
- Self-destructive behaviors, such as running away from home, harming themselves, or talking about suicide

WHAT TO DO IF YOU SUSPECT YOUR CHILD IS NOT SAFE:

- Talk with your child; talk about what bullying is and how to safely stand up to it
- Talk with your child often, and listen to him/her
- Model how to treat others with kindness and respect
- Encourage your child to speak to a trusted adult if he/she is bullied, or see others being bullied
- Talk about safety strategies, such as staying near adults or groups of other kids
- If you know or suspect bullying has occurred, talk to the school
- Learn what your state requires schools to do under anti-bullying laws

Child Abuse Prevention website:
  www.PreventChildAbuse.com
  www.BelieveInTheBlue.org
For additional information: www.StopBullying.gov

CHILDREN CAN EXPERIENCE ABUSE AND NEGLECT AT THE HANDS OF BABYSITTERS AND CARETAKERS.

WHEN CHOOSING SOMEONE TO CARE FOR YOUR CHILD, WHETHER FOR AN HOUR OR A DAY, CONSIDER THE FOLLOWING:

- Ask for suggestions from people you know – friends, church members, local schools, and your coworkers
- Ask a potential babysitter for references
- Check the babysitter’s knowledge of experience with children
- Have the babysitter meet your child and watch how they interact
- Discuss your family rules with your child and the babysitter, and always leave a phone number where you can be reached
- Call home to check in with your child
- Pay close attention to changes in your child’s behavior or moods; this may indicate a problem
- Ask the babysitter to tell you about the time spent with your child
- Ask your child what they did
- Compare your child’s and the babysitter’s version of the events together
- It’s ok to question your babysitter, even if he/she is a friend or family member
- If something doesn’t feel right, listen to your intuition and find a new babysitter

Child Abuse Prevention website:
  www.PreventChildAbuse.com
  www.BelieveInTheBlue.org
For additional information: www.Care.com

SAFETY ON THE COMPUTER

INTERNET PREDATORS AND EXPOSURE TO PORNOGRAPHY ARE VERY REAL THREATS TO CHILDREN. CONSIDER THE FOLLOWING TIPS TO KEEP YOUR CHILDREN SAFE FROM DANGEROUS SITUATIONS.

TALK WITH YOUR CHILD REGULARLY TO REMIND THEM:

- Never meet someone or have someone visit without a parent’s permission
- Not to reveal personal information about themselves
- People online may not be who or what they say they are
- Tell an adult if anything feels weird or makes them uncomfortable
- Know your child’s online passwords
- Limit the time your child spends on the computer
- If your child turns off the computer when you walk in the room, find out why
- Check into filtering software for your computer
- Establish rules for computer use
- If concerned, keep the computer in a common area
- Report anything suspicious to local law enforcement

Child Abuse Prevention website: www.PreventChildAbuse.com
www.BelieveInTheBlue.org
For additional information: www.FBI.gov
The Blue Ribbon Campaign had its origin in 1989 with a grandmother’s tribute to her grandson, who died as a result of abuse. She wrapped a blue ribbon around her car antenna as a way to remember him and to alert her community to the dangers of child abuse. The campaign has spread across the nation and The National Exchange Club each year observes National Child Abuse Prevention Month in April with its Believe in the Blue campaign.

Helping create strong, healthy families plays an important role in preventing child abuse.

For more information, contact
The National Exchange Club
419.535.3232
info@NationalExchangeClub.org
www.BelieveInTheBlue.org
www.PreventChildAbuse.com