

What we do...

- We *educate* families, communities and policy-makers about how to prevent child abuse and neglect.
- We *promote* positive attitudes, behaviors and policies that value children.
- We *support* adults in their roles so they can better nurture and care for children.
- We *inform* about child maltreatment trends to raise awareness about child abuse issues.



9130 East Otis Avenue
Indianapolis, IN 46216
Phone 317-542-7002
Fax 317-542-7003
www.pcain.org

For parenting concerns, call 1.800.CHILDREN
(1.800.244.5373), our toll-free phone line
answered by certified professionals.

Visit www.pcain.org for more information about
Prevent Child Abuse Indiana.



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Partially funded by the Indiana Department of Child Services,
402 W. Washington Street, Indianapolis, IN 46204-2739.
The Department of Child Services does not discriminate on
the basis of race, color, religion, sex, age, disability, national
origin or ancestry.

Lend a Hand to Help Prevent Child Abuse Indiana!



Prevent Child Abuse Indiana

Since 1977, **Prevent Child Abuse** Indiana, Inc. has worked to educate and inform Hoosiers about the importance of preventing the pain of child abuse and neglect. Our most basic premise is that, as a society, we should cherish the children —

they are the future...

parents...

leaders...

workforce...

They are the future.

Our vision—

To live in a state where children flourish free from
abuse and neglect.



What you can do...

Reach out

Anything you do to support children and parents can help reduce the stress that often leads to abuse and neglect.

- Be a friend to a parent you know. If a parent seems to be struggling, offer to baby-sit or run errands, or just lend a friendly ear.
- Be a friend to a child you know. Remember their names; smile when you talk with them; ask about their day at school; send them a card in the mail.
- Talk to your neighbors about looking out for one another's children. Encourage a supportive spirit among parents in your neighborhood.
- Give your used clothing, furniture and toys to organizations that help families. This can relieve the stress of financial burdens that parents sometimes take out on their children.
- Give your time and money for activities in your community that support and serve the needs of children and families.
- Encourage adults who are struggling to seek assistance. Tell them about 1.800.CHILDREN (1.800.244.5373), our toll-free phone line for parenting concerns.

Raise the issue

By educating yourself and others, you can help your community prevent child abuse and neglect from happening in the first place.

- Visit our website www.pcain.org and print our information to post in your workplace, apartment building, library, beauty parlor, gym, church, supermarket or school.
- Contact your school district, library or faith group about support programs for parents. If none exist, encourage groups to sponsor classes and distribute printed materials for parents. (see our website for materials).
- Wear a blue ribbon and tell people that it stands for the prevention of child abuse and neglect. Suggest a blue ribbon campaign at your workplace—it's simple (call us for details at 317.634.9282).
- Call or write your elected officials and ask them to back funding for parent support and child abuse prevention. Visit our website www.pcain.org to reach your elected representatives.
- Write to the editor of your local newspaper to share what you have learned about preventing child abuse and neglect.

Remember the risk factors

Child abuse and neglect occur in all segments of our society but the risk factors are greater in families where parents:

- Seem to have economic, housing, or other personal problems
- Are isolated from their family or community
- Have difficulty controlling anger or stress
- Deal with physical or mental health issues
- Abuse alcohol or drugs
- Appear uninterested in the care, nourishment or safety of their children

By helping parents who are struggling, you reduce the chance that their children will be abused or neglected.

Recognize the warning signs

A child's behavior may signal abuse or neglect long before any change in physical appearance. Some of the signs may include:

- Nervousness around adults
- Aggression toward adults or other children
- Inability to stay awake or to concentrate for extended periods
- Sudden, dramatic changes in personality or activities
- Unnatural interest in sex
- Frequent or unexplained bruises or injuries
- Low self-esteem
- Poor hygiene

Report suspected abuse or neglect

If you **suspect** abuse or neglect of a child, Indiana law requires that you report it. Call 1.800.800.5556 with all the information you have. If you get no answer, call your county's local Child Protection Services office. If you think a child is in *immediate danger*, call your local law enforcement.

If you are interested in supporting our prevention efforts, please complete the following form and mail with your contribution to:

Prevent Child Abuse Indiana, Inc.
32 East Washington Street, Suite 1200
Indianapolis, IN 46204

Name _____

Street address _____

City _____

County _____

State _____ Zip _____

Daytime phone _____

E-mail address _____

Check enclosed Mastercard Visa

Credit Card #: _____

Name on card _____

Expiration date _____ / _____

Amount \$

Please dedicate my gift to:

- General Operating Fund (for existing programs)
- Program Development (for new programs)
- Prevention Education
- Community Outreach
- 1.800.CHILDREN
- Advocacy
- Endowment Fund

On behalf of Indiana's children, thank you!

www.pcain.org 1.800.CHILDREN (1.800.244.5373)

Contributions to this 501(c)(3) are deductible to the extent of the law. Federal Tax I.D. # 35-1445159.