



**Prevent Child Abuse
Indiana**

A Division of The Villages
9130 Otis Avenue
Indianapolis IN 46216
pcain.org

Resource Manual For Chartered Prevention Councils

Never doubt that a small
group of thoughtful,
committed citizens can
change the world; indeed, it is
the only thing that ever has.

- *Margaret Mead*

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Introduction

- 1. How to Use This Manual**
- 2. What Is Prevention?**
- 3. Practical Ways to Prevent Child Abuse & Neglect**

How to Use This Manual

Every Prevention Council has different strengths and needs. This manual is an attempt to address as many of those as possible.

Please take some time to review each section and become familiar with the resources available to you. If you see a section that seems especially helpful to you, make copies of the information and share it with other Council members.

I expect that additional information will become available for inclusion in this manual, making it a living resource rather than something to sit on a shelf. As other information becomes available, I will send it to you.

Please be sure this manual is shared with new Council members as they join your group.

When you have questions or concerns, don't hesitate to contact me. Thank you for your generosity in sharing your time and talents for the cause of prevention.

Gratefully,

Mary

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What is Prevention?

A comprehensive approach to the prevention of child abuse consists of community programs that are targeted to different populations and reflect phases of the family life cycle. To cope successfully with their roles in the family, both adults and children require certain supports, training, and information.

Prevent Child Abuse Indiana recognizes that child abuse prevention activities must be provided at all three levels of prevention, including:

Primary Prevention - Programs and services designed to promote the general welfare of children and families.

Secondary Prevention - Services identified and provided to families who are at high risk for abuse.

Tertiary Prevention - Services provided after the occurrence of abuse or neglect, designed to prevent the recurrence of abuse.

Prevent Child Abuse Indiana's focus is to be a catalyst at the Primary Prevention level.

Many people still ask, "*How does one know if a program is really a prevention program?*" Ron Biendseil, former chairman of the Wisconsin Prevention Network, has developed a series of questions to help determine whether a program or service is a primary prevention, intervention (secondary), or treatment (tertiary) program.

What response best describes the particular program? (choose only one)

1) Is the program

- A) proactively creating conditions that promote the well being of people, or
- B) reactively promoting change for, or with an individual who has a recognized need, problem or disability?

- 2) **Is the program open to:**
A) the general population, or
B) only to individuals with identified needs, disabilities, or problems?
- 3) **Which of these terms best describes the recipients of services being provided:**
A) participants, or
B) clients?
- 4) **Is the program promoted or advertised as being for:**
A) people who want to increase their involvement, expertise, knowledge, skills or awareness, or
B) people who are experiencing crisis or looking for help in solving a current problem?
- 5) **Are people in the program because:**
A) they want knowledge, skills, expertise that will make them more capable people, or
B) they are experiencing a crisis or need help in preventing their problems from getting worse?
- 6) **Is the focus of the program on:**
A) reducing the incidence of new problems, or
B) reducing the prevalence of people who already have an identified disorder?
- 7) **Is the program designed for the most part to:**
A) keep people healthy and self-sufficient, or
B) provide support for people who are recovering from a problem or who have completed a treatment program?
- 8) **Does the program provide services that are:**
A) basically open transactions available to any interested person, or
B) basically private transactions between individuals (or families) in which the client's confidentiality is protected?
- 9) **Is participation in the program:**
A) voluntary, or
B) mandated, ordered or required by legal authority?

If the answer to all nine questions is "A", the program is most certainly a prevention program. If the answer to all nine is "B", the program is almost certainly an intervention/treatment program. If the responses are mixed, it is probably some type of "targeted" or secondary prevention program, or a very early intervention program.



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Practical Ways to Prevent Child Abuse and Neglect

Raise awareness about child abuse and neglect by:

- Sponsoring a pinwheel campaign to remind the community of the number of children born in the past year
- Writing a letter to your newspaper
- Writing public officials
- Talking to your friends

Support parents by:

- Taking time to listen and share your own parenting experiences
- Sharing your favorite parenting books
- Offering child care as a gift
- Making a meal for a family
- Sponsoring a “lunch and learn” program for parents at work

Teach parents the “how to” basics of parenting such as:

- Calming a crying baby
- Responding to temper tantrums
- Mediating conflict between siblings
- Setting limits for their teenager
- Asking for help when they don’t know what to do

Teach parents how to manage stress by:

- Eating a balanced diet
- Taking time for themselves
- Counting to twenty when angry
- Taking a walk or other exercise
- Talking with a friend

Help parents make their homes safe by:

- Making sure windows cannot be opened more than 6 inches
- Making sure blinds and drapery cords are tied and out of reach
- Placing all electrical cords out of reach
- Closing all dresser drawers
- Keeping matches, lighters and burning cigarettes out of reach
- Storing plastic and dry cleaning bags out of reach
- Storing all hazardous bathroom, kitchen and cleaning items out of reach
- Keeping all firearms and weapons safely locked with no access to children

Help parents prevent drowning by:

- Never leaving a child alone around any body of water including lakes, pools, bathtubs, and toilets
- Never leaving toys in the water
- Emptying wading pools immediately after use
- Using Coast Guard-approved life jackets and floatation devices
- Enrolling themselves and their child in water safety classes
- Taking CPR and first-aid classes
- Dialing 911 if their child or any child is in distress

Build support for families in your community by:

- Providing family-friendly practices at work
- Providing quality childcare
- Creating a parent support group at your school or place of worship
- Encouraging low cost family activities at your local park or neighborhood center
- Distributing helpful parenting tips to new parents
- Remembering that child abuse and neglect is “our” problem, not “their” problem

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