### You Can Make a Difference

Child abuse and neglect in the U.S.?

- Join Exchange.
- Understand that taking care of families is the best method for preventing child abuse.
- Offer support if you see a stressed parent.
- Start parent support groups for your neighborhood, church, or school.
- Help raise awareness in your community.
- Ask your local and state leaders how they help to prevent child abuse.
- Volunteer at your local Exchange Club Child Abuse Prevention Center, or with other prevention programs.

lf You Suspect a Problem

Sadly, as much as we work to support families and protect children, child abuse and neglect will still occur. If you suspect abuse or neglect is occurring, report it.

Contact one or more of the following:

- Child protective services (check your local phone book)
- Police department (911) or sheriff's office
- Child Help 800.422.4453

### Michigan City Exchange Club

- More than 3 million children are reported as abused and neglected each year.
- Nearly 725,000 children are determined to be abused or neglected annually.
- More than 4 children die every day as a result of child abuse and neglect.
  - Nearly 80% of these are children younger than 4 years of age.
  - Nearly 50% of these children are younger than 1 year of age.
- 80% of young adults who were abused as children meet the diagnostic criteria for at least one psychiatric disorder by the age 21.
- Child maltreatment occurs across socioeconomic, religious, cultural, racial, and ethnic groups.
- Much more abuse and neglect occurs than is ever reported.



Our Vision A strong America, safe communities, and unified people.

Our Mission Exchange, inspiring our communities to become better places to live.

> Our Motto Unity for Service

> > NationalExchangeClub.org/cap cap@nationalexchangeclub.org 04/19/518.11



National Project PREVENTION of CHILD ABUSE

## Child Abuse is a Community Issue

# Child Abuse:

Child abuse and neglect hurts more than our children and families, it hurts our entire community.

The most immediate victims are children and families. Children suffer physical and emotional injuries, and parents suffer remorse and regret.

A greater problem develops as the cycle of violence impacts the community. Childhood abuse is a significant predictor for iuvenile delinguency, early pregnancy, substance abuse, mental health issues, and adult criminal activity.

Child abuse and neglect hurts our entire community

Child Abuse:

The National Exchange Club strives to make a difference in the lives of children.

Exchange is a service organization with more than 630 local clubs throughout the United States and

Puerto Rico. Exchanae Clubs strive to make a difference in the lives of children, families, and communities through the prevention of child abuse and services dedicated to youth, communities, and the country.

The National Exchange Club provides a community answer through the network of Exchange Club Child Abuse Prevention Centers and the Exchange Parent Aide Program.

The first center opened in 1981, two years after Exchange adopted the prevention of child abuse as its National Project. There are now more than 63 Exchange Club Child Abuse Prevention Centers and Exchange Parent Aide Programs located throughout the country.

#### Michigan City Exchange Club



Exchange Club Child Abuse Prevention Centers are established by Exchange Clubs working to prevent child abuse in their communities. Most centers have a variety of programs that provide support to children and families, but the signature program in all centers is the Exchange Parent Aide Program.

The Exchange Parent Aide Program provides support and education to parents. The staff meet with families in their homes and are a source of information, referrals, encouragement, and concern during stressful and challenging times.

The Exchange Parent Aide program has received national attention\* for its effectiveness in fostering positive outcomes and strengthening families.

\* The Exchange Parent Aide Proaram has been cited in the Journal of Child Abuse and Neglect and lives on the California Evidence-Based Clearinghouse.