

We have to make child abuse a priority.....
Our future is our children and the only way our children are going to be strong is that we have to quit talking about child abuse and do something about it. Together we can do it; together through prayer, together through networking, and the most important thing of all, in loving each other, being kind to each other. You as adults, take that next step.... our children need it now.

Cecilia Fire Thunder, Oglala Sioux



In 2002, there were **13,607** American Indian/Alaska Native children who were victims of child abuse and neglect.

21.7% of all child abuse and neglect victims in the country were Native American. This is the highest rate for any one ethnic group in the country.

Together, as a community, we CAN change these numbers.



Star Shield Family Wellness
Native American Rehabilitation of the NW

1776 SW Madison

Portland, OR 97205

Phone: 503.224.1044

Fax: 503.274.4251

www.NaraNorthwest.org



CHILD ABUSE
PREVENTION
IS
EVERYONE'S
RESPONSIBILITY

A community approach to
protecting
Native American children.



What can I do about Child Abuse and Neglect Prevention?

- ◇ Be a friend to a parent you know. If a parent seems to be struggling, offer to baby-sit, run errands, or just lend an ear. Show you understand.
- ◇ Be a friend to a child you know. Show you care; ask them about their day, smile when you talk to them, send them a card in the mail.



- ◇ Talk to your community members about looking out for one another's children. Show that you are involved.
- ◇ Give your used clothing, furniture or toys to another family. This can help relieve the stress of financial burdens that parents sometimes take out on their kids.
- ◇ Volunteer your time and money for programs in the community that support children and families
- ◇ Realize the tremendous benefit of every small act of kindness and what it can do for a family's well-being.

KNOW THE PROTECTIVE FACTORS FOR FAMILIES

- ◇ Secure attachment; positive and warm parent-child relationship
- ◇ Supportive family environment
- ◇ Household rules/structure; parental monitoring of child
- ◇ Extended family support and involvement; including care-giving help
- ◇ Stable relationship with parents
- ◇ Parents have good coping skills
- ◇ Family expectations of pro-social behavior

REMEMBER THE RISK FACTORS FOR PARENTS

- ◇ Seem to be having economic, housing or personal problems.
- ◇ Are isolated from their family or community
- ◇ Have difficulty controlling anger or stress
- ◇ Are dealing with physical or mental health issues
- ◇ Abuse alcohol or drugs
- ◇ Appear disinterested in the care, nourishment or safety of their children

RECOGNIZE THE WARNING SIGNS OF CHILD ABUSE

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



We have many blessings in our lives that often go unnoticed. Tribal people believe that our children are blessings from the Creator. Sometimes we need to remember the value of our children. They are gifts from the spirit world. In these modern times, it is easy to forget this basic principal.

As Native Americans, living in an urban setting, we may find ourselves consumed with the tasks and stressors of surviving in the city. Take a few minutes each day to let our blessings know how much we value them.