



A Child is Helpless You are Not

For over 30 years Child Abuse Prevention Councils have led the way in building awareness, providing education and inspiring hope in the effort to prevent child abuse and neglect in every county in California. **The Greater Bay Area Child Abuse Prevention Council Coalition** represents eleven counties coordinating resources, advocating for public policy, producing conferences and trainings and sharing best practices.

Each of the eleven local Child Abuse Prevention Councils provide leadership as a resource and referral agency. The Councils address issues related to child abuse and neglect and its prevention while working with public and private agencies to pool skills, talents and resources to prevent child abuse.

Child Abuse Prevention Councils are made up of professionals, volunteers, donors and parents who are actively preventing child abuse and neglect. Please join us; together we can make a difference. **A child is helpless. You are not.**



What you can Do

- **REACH OUT FOR SUPPORT IF YOU NEED IT.** Call a friend, a hotline, an organization in your area for help. Remember that no one is a perfect parent or a perfect child. Parenting is the hardest job you will ever do.
- **REACH OUT TO OTHER FAMILIES.**
 - Just be a friend and listen.
 - Offer to help out with household chores.
 - Offer to take care of the children to give parents a break.
 - Help a parent connect with local resources such as a family resource center.
- **REPORT SUSPECTED ABUSE OR NEGLECT.** Sometimes you alone cannot help. Reporting can stop the abuse and get help for the child and the family. Check this brochure for contact telephone numbers in your county. Call the police at 911 if you think a child is in immediate danger.
- **SUPPORT COMMUNITY CHILD ABUSE PREVENTION EFFORTS.**
 - Volunteer your time. Child abuse is a community problem. It takes all of its members to solve it.
 - Donate to child abuse efforts. Financial help is a very important way to support child abuse prevention.
 - Learn more about child abuse and the services in your area.
 - Call your local Child Abuse Prevention Council to obtain more information.
 - Wear a blue ribbon and tell people that it stands for the prevention of child abuse and neglect.

What is Child Abuse?

- **PHYSICAL ABUSE**
Injuries to children that are not accidental: bruises, burns and broken bones.
- **PHYSICAL NEGLECT**
Not providing children with enough food, clothing, shelter, medical care, hygiene and supervision.
- **SEXUAL ABUSE**
Using a child for the sexual needs of adults: exposing, fondling, intercourse, pornography and sexual stimulation.
- **EMOTIONAL ABUSE**
Attacking a child's self esteem: constant criticizing, yelling, belittling, insulting, rejecting and withholding love, support and help.

It Only Takes a Minute
to Make a Difference
in the Life
of a Child





GREATER BAY AREA Child Abuse Prevention Councils

Child Abuse...

April is Child Abuse Prevention Month.

During this time the Child Abuse Prevention Councils spearhead the nationally recognized awareness campaign using the symbol of a blue ribbon in support of child abuse prevention. You can help support child abuse prevention by wearing a blue ribbon pin everyday and by calling your local Child Abuse Prevention Council to see what activities are planned.



ALAMEDA COUNTY

To Report Child Abuse
510-259-1800
Child Abuse Prevention
Council 510-780-8989
Parental Stress Hotline
510-893-5444

CONTRA COSTA COUNTY

To Report Child Abuse
925-646-1680
Child Abuse Prevention
Council 925-946-9961

MARIN COUNTY

To Report Child Abuse
415-499-7153
Child Abuse Prevention
Council 415-507-0181

MONTEREY COUNTY

To Report Child Abuse
831-755-4661
Child Abuse Prevention
Council 831-755-4474

NAPA COUNTY

To Report Child Abuse
707-253-4261
Child Abuse Prevention
Council 707-252-1123
24 hour Stress Hotline
1-866-289-8888

SAN MATEO COUNTY

To Report Child Abuse
650-595-7922
Child Abuse Prevention
Council 888-220-7575
Parental Stress Hotline
650-327-3333

SAN FRANCISCO COUNTY

To Report Child Abuse
415-558-2650
Child Abuse Prevention
Council 415-668-0494
Talk Line 415-441-Kids

SANTA CLARA COUNTY

To Report Child Abuse
408-299-2071
Child Abuse Prevention
Council 408-293-5450
Parental Stress Hotline
408-279-8228

SANTA CRUZ COUNTY

To Report Child Abuse
877-505-3299
Child Abuse Prevention
Council 831-425-3300
Parental Stress Hotline
North 831-426-7322
South 831-724-2879

SOLANO COUNTY

To Report Child Abuse
800-544-8696
Child Abuse Prevention
Council 707-421-7229
Solano Safequest
707-425-3422

SONOMA COUNTY

To Report Child Abuse
707-565-4304
Child Abuse Prevention
Council 707-546-9922 x12
Parental Support Line
707-585-6108



...is everybody's business

The Greater Bay Area
Child Abuse Prevention Council Coalition