

# The Building Blocks of Prevention



Utilizing the Building Blocks of Prevention all year long is a key way to prevent abuse and neglect of Kentucky's children, ensuring that all children experience happy and healthy childhoods.

Thanks to sponsorship from The Ridge, we are promoting our Building Blocks of Prevention as a tool for anyone to use, not just during Child Abuse Prevention Month, but every day! Read more about each Building Block in the following pages, and use the blocks to build a healthier Commonwealth for children and families!

The Ridge

Learn more about The Ridge:  
(859) 269-2325  
<https://ridgebhs.com>  
<https://www.facebook.com/TheRidgeBH>

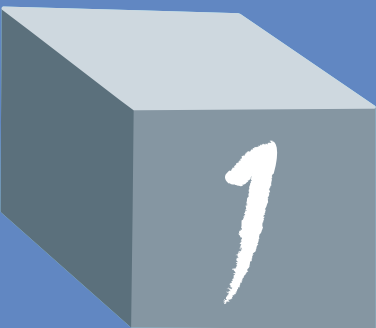
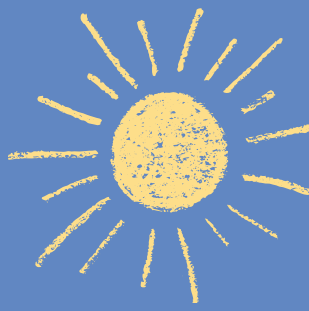
The Ridge

#BUILDINGBLOCKSOFPREVENTION



**Prevent Child Abuse**  
Kentucky™

# The Building Blocks of Prevention

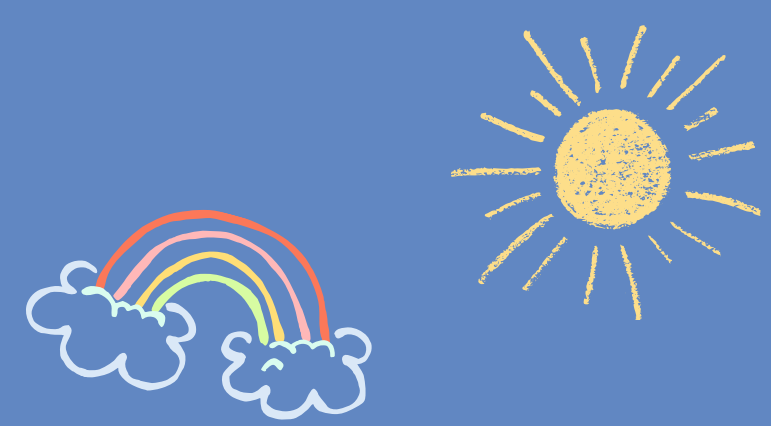
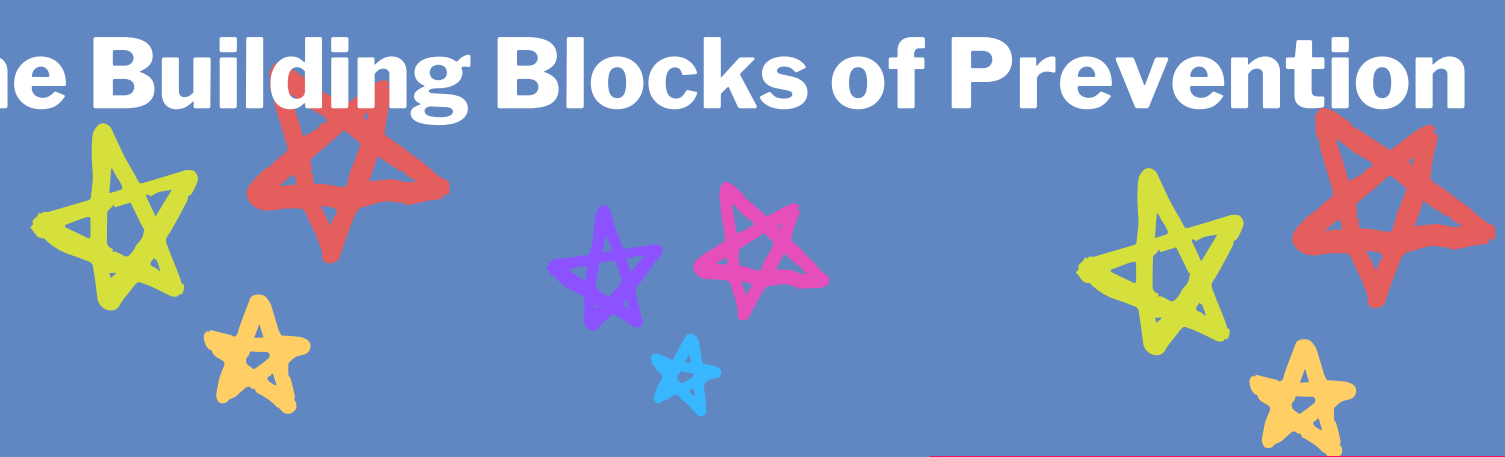


## Building Block 1

**Keep your word and offer specific help. Following through with people builds trust. Be realistic about what you can and cannot provide to others. If you can't address their problem, remind them they are not alone. If you are able to help, provide specific actions you can take to ease their burdens.**



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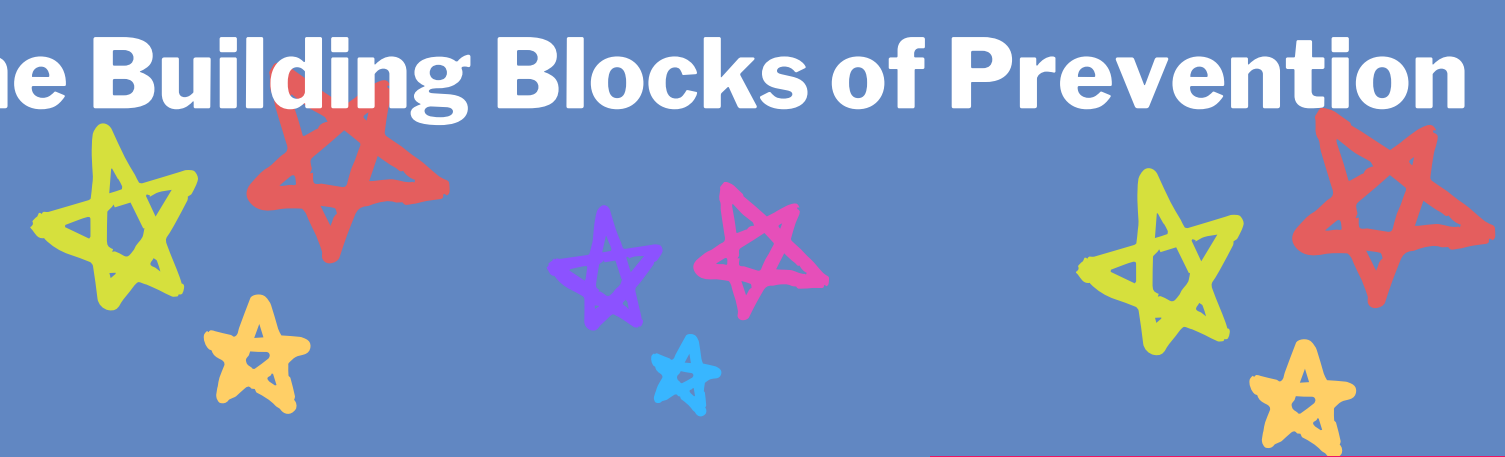
## Building Block 2

Keep children safe at home by implementing our home safety tips. Check out our resources and learn even more about home safety with PCAK's Home Safety Checklist.

Unintentional drownings is one of the leading causes of unintentional death in children and youth that CAN be prevented. Find out how you can support prevention of these occurrences by checking out PCAK's Water Safety Tip Sheet! It's also available in Spanish.



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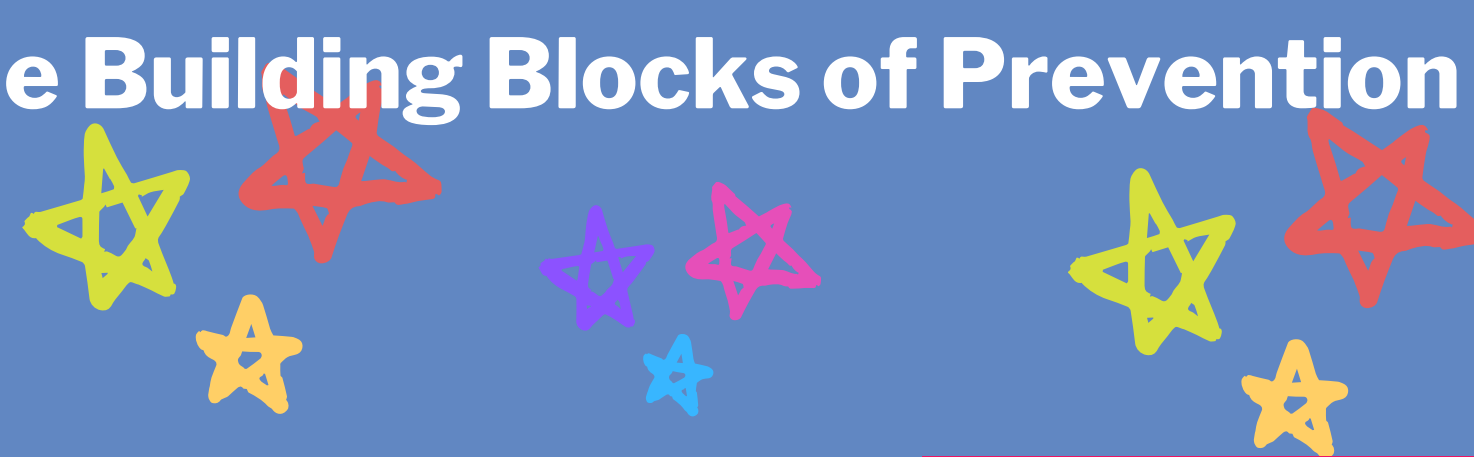
**Building Block 3**  
Understand abusive head trauma and safe sleep. Share the information with new parents and caregivers and those who encounter young children. It only takes a few seconds to save a life. Watch this video to learn more - <https://www.youtube.com/watch?v=VixgUYwQilY>



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**Building Block 4**  
Seek mental health support when needed. You can call, text, or chat 9-8-8, the Suicide and Crisis Lifeline when you or someone you know needs help.



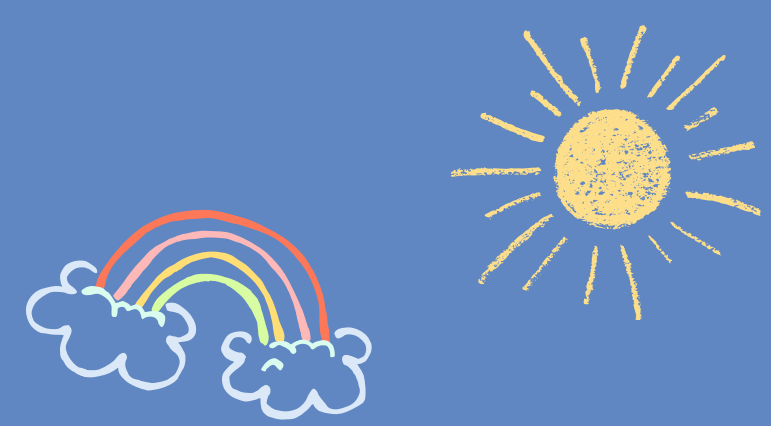
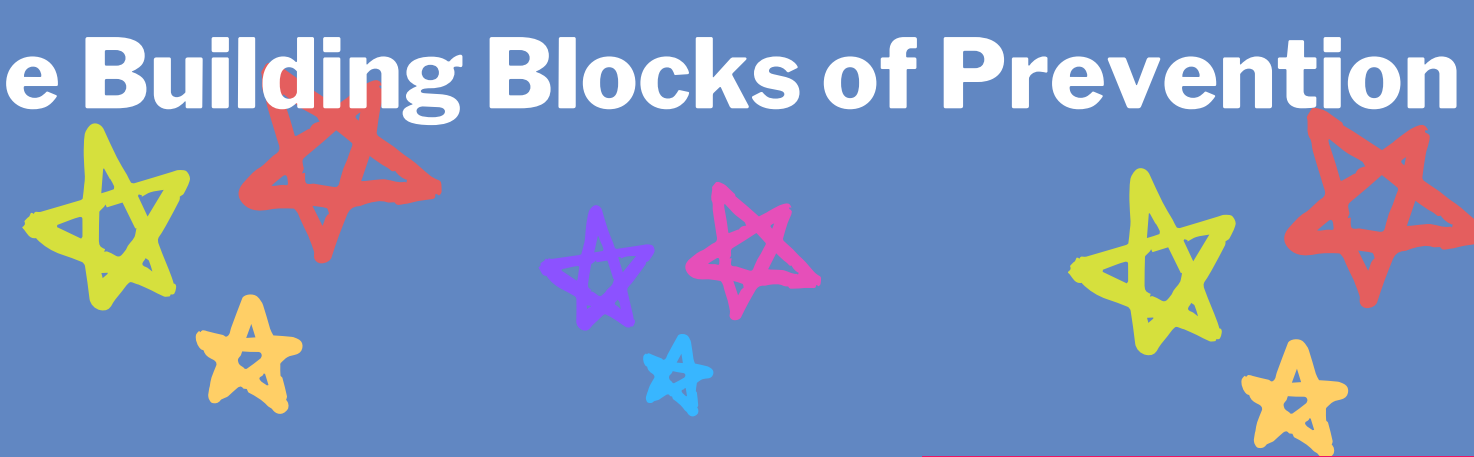
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**Building Block 5**  
Utilize 1-800-CHILDREN. Anyone can call 1-800-CHILDREN to have a conversation with staff members or trained volunteers who can provide information, support and/or referrals in their local communities.

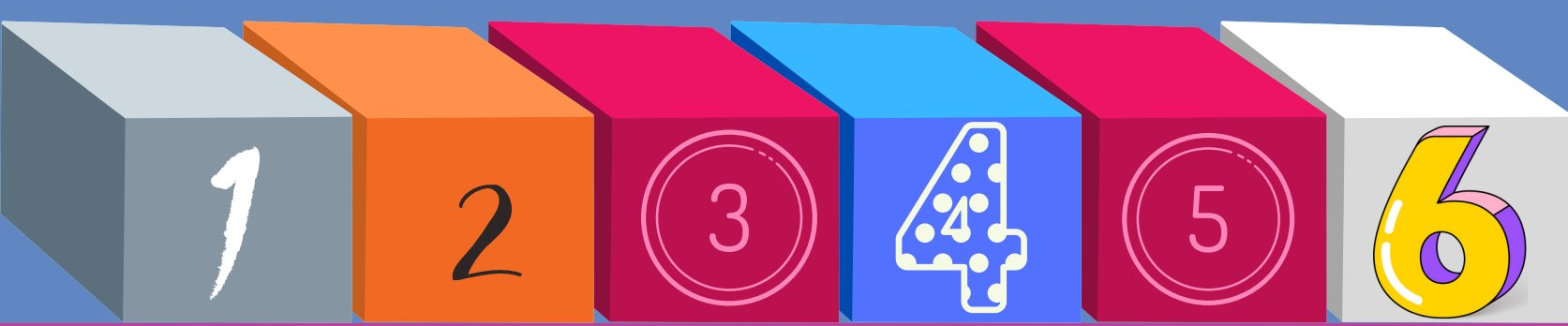
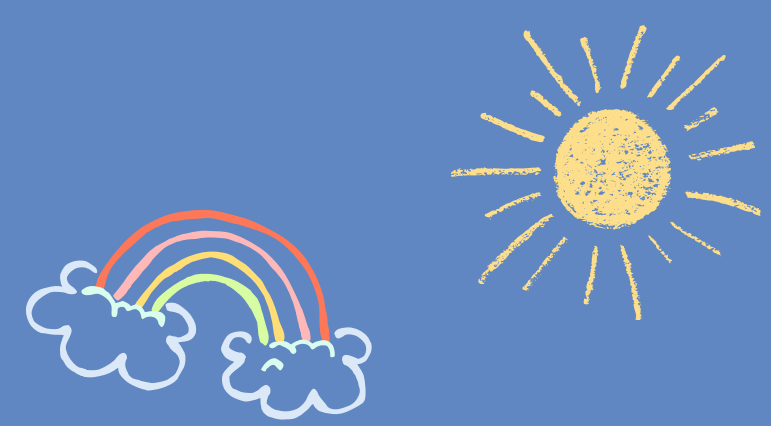
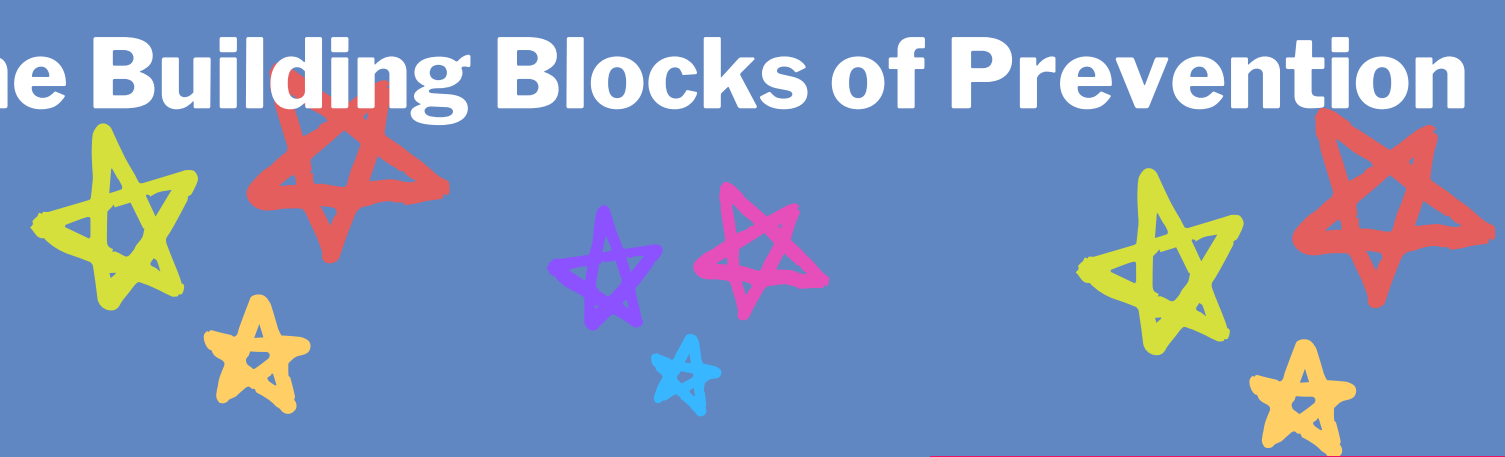


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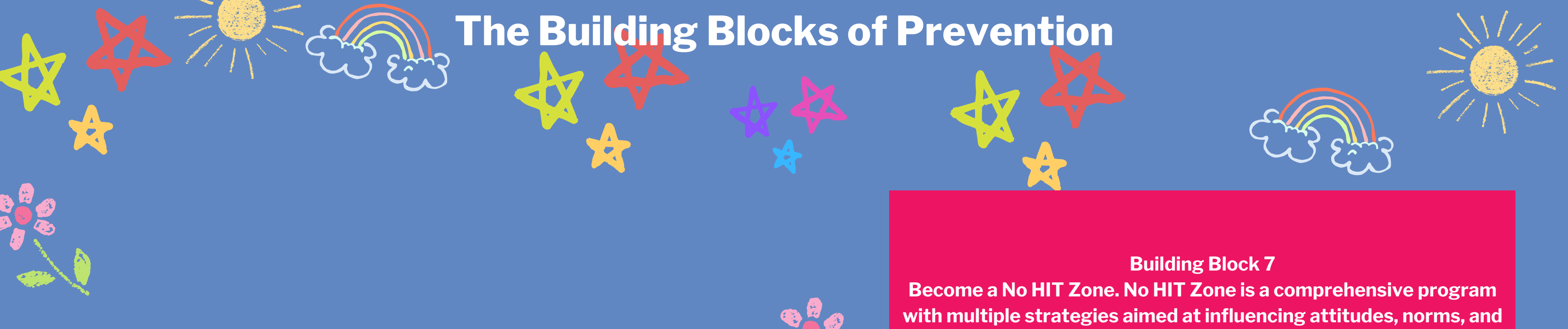
**Building Block 6**  
**Advocate. Contact your elected officials or write letters to the editor in favor of child and family friendly policies. States with expanded assistance for families, such as Medicaid expansion, housing assistance, and paid family leave, experience a decrease in reported maltreatment.**



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**Building Block 7**  
Become a No HIT Zone. No HIT Zone is a comprehensive program with multiple strategies aimed at influencing attitudes, norms, and behaviors to ensure a safe and healthy environment for people of all ages within a facility. To learn more about this, visit <https://pcaky.org/home/no-hit-zones/>





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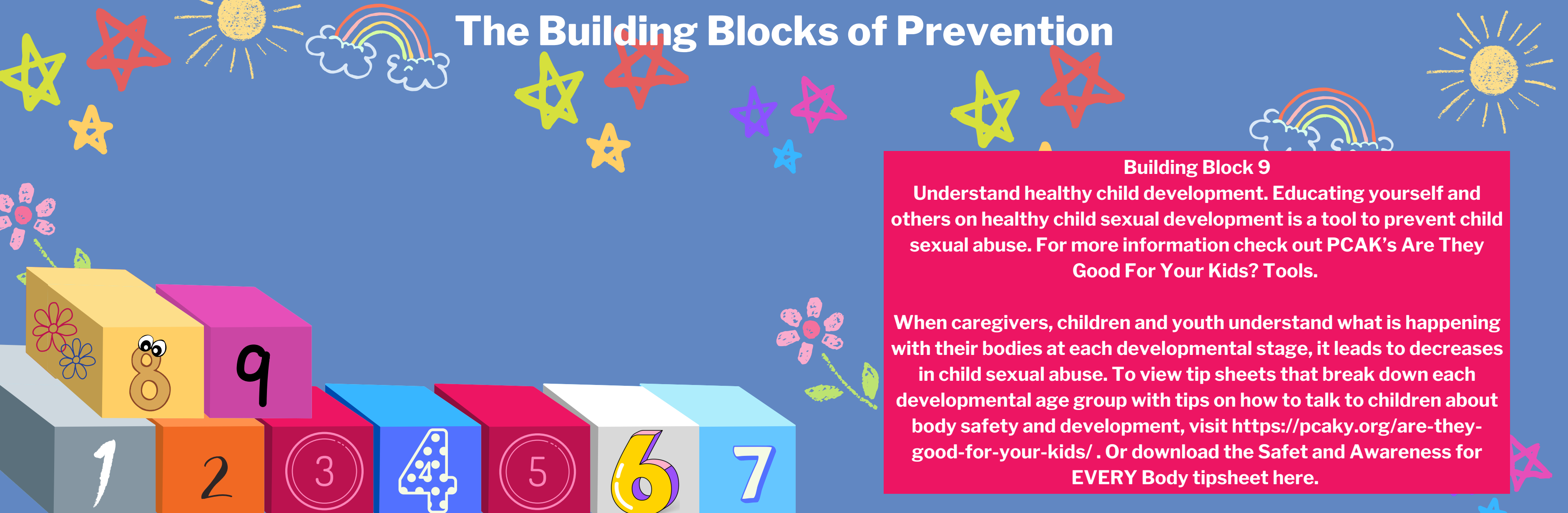


## Building Block 8

Show off your pinwheels. Whether you wear a pinwheel lapel pin, utilize your new pinwheel garden flag and kit, or change your profile picture on social media, getting the conversation started about what pinwheels represent is a great way to teach those around you.



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## Building Block 9

**Understand healthy child development. Educating yourself and others on healthy child sexual development is a tool to prevent child sexual abuse. For more information check out PCAK's Are They Good For Your Kids? Tools.**

**When caregivers, children and youth understand what is happening with their bodies at each developmental stage, it leads to decreases in child sexual abuse. To view tip sheets that break down each developmental age group with tips on how to talk to children about body safety and development, visit <https://pcaky.org/are-they-good-for-your-kids/> . Or download the Safet and Awareness for EVERY Body tipsheet here.**



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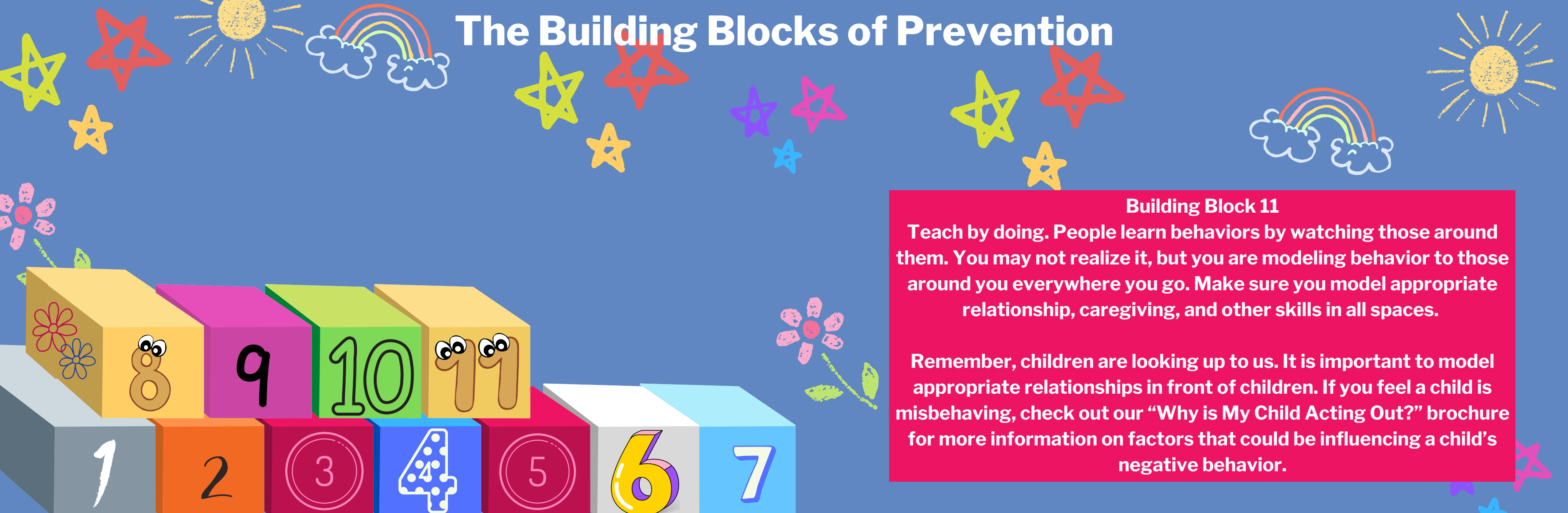


## Building Block 10

Care about kids. Acknowledge the feelings of the children in your life. Help teach kids to make friends, be kind, and talk about their emotions. Show them they are valued and loved. Let them know they can talk to you about anything, no matter how difficult the subject.



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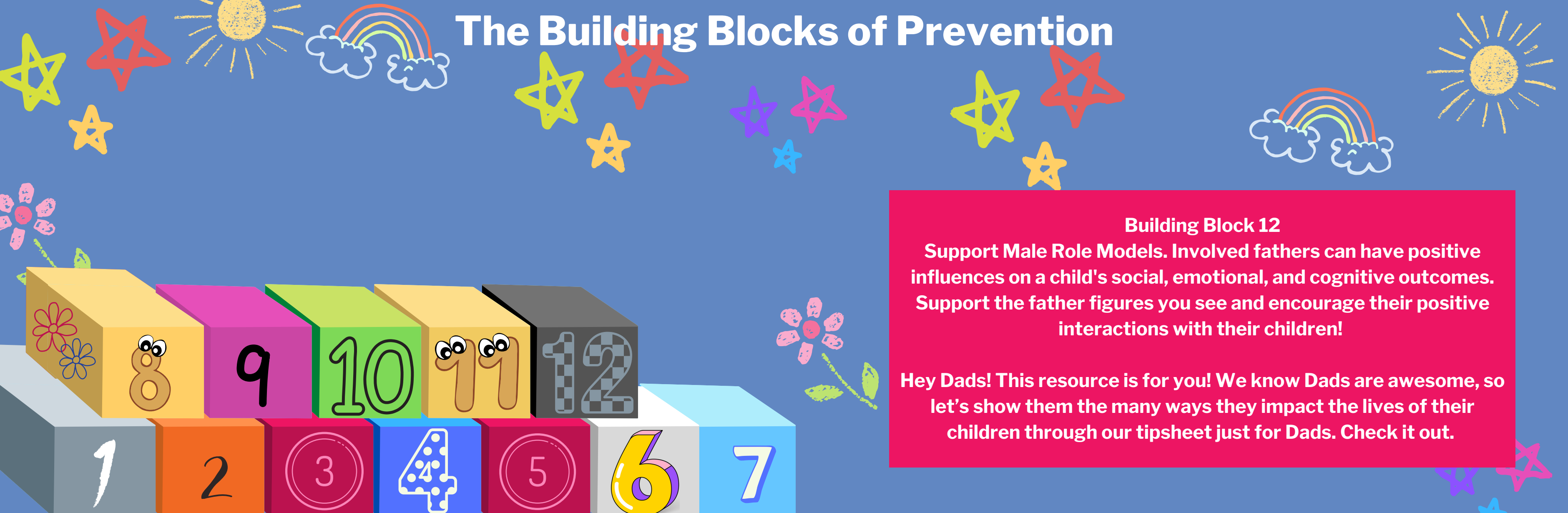
## Building Block 11

**Teach by doing. People learn behaviors by watching those around them. You may not realize it, but you are modeling behavior to those around you everywhere you go. Make sure you model appropriate relationship, caregiving, and other skills in all spaces.**

**Remember, children are looking up to us. It is important to model appropriate relationships in front of children. If you feel a child is misbehaving, check out our “Why is My Child Acting Out?” brochure for more information on factors that could be influencing a child’s negative behavior.**



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## Building Block 12

**Support Male Role Models.** Involved fathers can have positive influences on a child's social, emotional, and cognitive outcomes. Support the father figures you see and encourage their positive interactions with their children!

**Hey Dads!** This resource is for you! We know Dads are awesome, so let's show them the many ways they impact the lives of their children through our tipsheet just for Dads. Check it out.





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## Building Block 13

Familiarize yourself with community resources. Understanding what help is available to your family and others in your area is important. When a need arises, you'll be prepared to connect those in need with a service close by.



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## Building Block 14

Be an “Awareness Volunteer” for Prevent Child Abuse Kentucky (PCKA) by agreeing to use your spheres of influence to distribute awareness materials. Contact [pcaky@pcaky.org](mailto:pcaky@pcaky.org) to order materials.

Write a Letter to the Editor for your local newspaper or create awareness through planting pinwheel gardens. Pinwheels for Prevention is a national awareness campaign used to educate communities on the importance of safe, healthy, and happy childhoods for all children.



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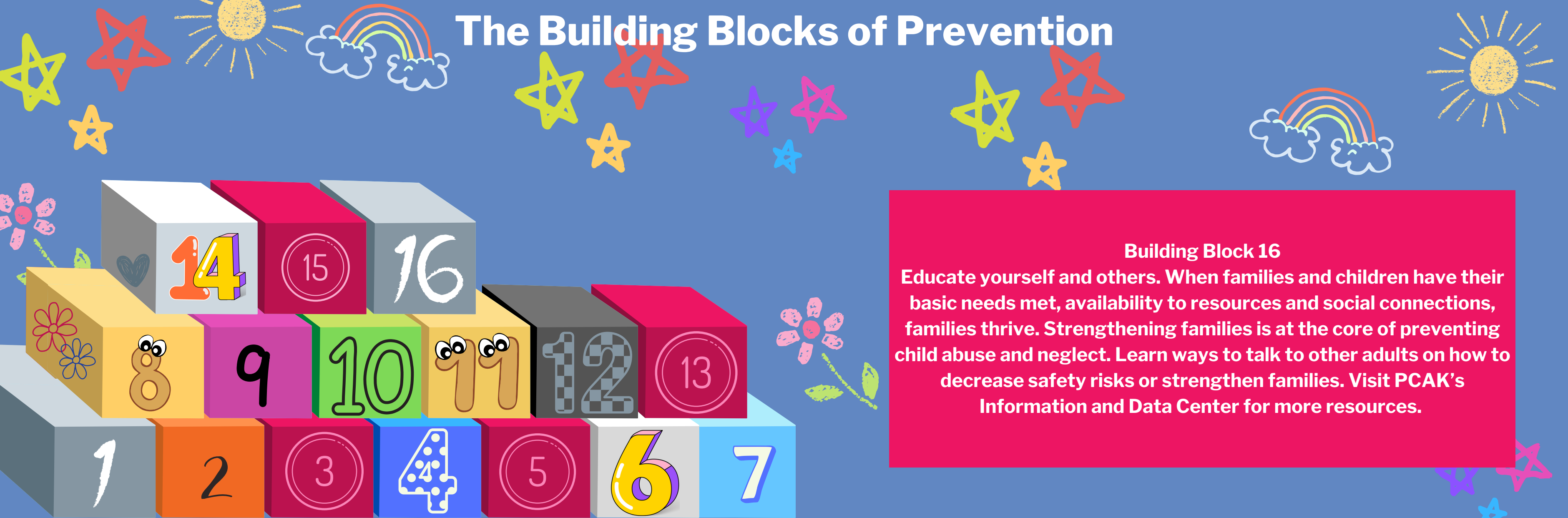


## Building Block 15

Participate in Child Abuse Prevention Month each April to help raise awareness, increase communities' capacity to strengthen families, educate adults on their role to keep kids safe, and expand policy makers' understanding of child abuse prevention.



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## Building Block 16

Educate yourself and others. When families and children have their basic needs met, availability to resources and social connections, families thrive. Strengthening families is at the core of preventing child abuse and neglect. Learn ways to talk to other adults on how to decrease safety risks or strengthen families. Visit PCAK's Information and Data Center for more resources.





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## Building Block 17

Ensure children's programs implement policies that decrease risk of abuse and increase safety. Take a quick assessment at **Self-Assessment Questionnaire for Organizations** for a quick reference or download the full protocol manual at **Digital Downloads**.

Child sexual abuse decreases when organizations implement policies that decrease risk. Did you know PCAK has a **Child Sexual Abuse Risk Reduction Protocol for Youth-Serving Organizations**?

Check it out here: <https://pcaky.org/wp-content/uploads/2021/04/PCAKYSOToolkitCVTF2020.pdf>





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## Building Block 18

Take care of yourself! When big and little problems become too much, take a break! We've heard a lot about the importance of taking care of oneself—physically, mentally, and emotionally. Self-care looks different for everyone, and all of us need to take care of ourselves.

Taking care of ourselves is important, especially for parents. Check out our new Parenting Slick with action steps to help deal with daily stressors!



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**Building Block 19**  
Help parents and caregivers learn how to choose a safe caregiver for their child or children. Download the Choosing a Safe Caregiver Tip Sheet or take the self-assessment!



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**Building Block 20**  
Educate children and caregivers on safe television, video, and internet usage. Watch PCAK's free Online Internet Safety training or download the Internet Safety Toolkit Digital Downloads.



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## Building Block 21

Reach out to a friend, neighbor, or relative. Being a parent isn't easy. Offer a helping hand or listen. Social connections are important for caregivers and children.

Want to prevent child abuse, but not sure where to start? Being there for a friend, neighbor or relative during times of need or a listening ear at anytime is one way to start. Check out the Ten Things You Can Do Tipsheet and get started!





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**Building Block 22**  
Volunteer for child abuse prevention programs, schools, libraries, after school programs or other places that support families and children.





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## Building Block 23

Be a Community Supporter prior to abuse or neglect ever occurring. If you believe a family is struggling with basic needs, stress, or lack of support, reach out and see what help you can provide! Or, if you believe a child to be a victim of maltreatment or has disclosed abuse to you, make a report! Always believe a child or youth if they disclose abuse. Contact the Kentucky Department for Community Based Services Centralized Intake on Monday-Friday 8:00 a.m. - 4:30 p.m. at 1-800-752-6200 or the Statewide Hotline at 1-877-KYSAFE1 (1-877-597-2331) after hours, holidays, and weekends.

