Protecting Children from Abuse During COVID-19

Join the #CommunitySafetyNet

**Create Space**
- to talk with children and show you're interested in how they're doing.

**Coping**
- Teach children how to identify their feelings.

**Online Safety**
- Establish a family online safety agreement. Review app privacy settings together.

**Body Safety**
- Teach children about their bodies and safe vs. unsafe touches.

**Learn the Signs**
- of child abuse.

**Know how to Respond**
- if you suspect abuse.

**Talk About It**
- Talk with children about safety.

**Seek Help**
- Call the 24/7 Child Protection Hotline (1-800-792-5200) if you suspect abuse.

**Check In**
- Reach out to a parent and ask them how they're doing. We're all in this together.

**Social Network**
- Join an online support group or community cafe, or call friends & family.

**Self Care**
- This is a stressful time. Find time to take care of yourself, even in small ways.

**Show Support**
- Add our banner, filter, or frame to your email signature, profile pic, or cover photo.

Visit www.suffolkcac.org/support-resources/communitysafetynet to be counted as a member of the Net!