



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 & location 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 child abuse.

Talk About It
Learn how to 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 picture, or cover photo.



Learn more at
www.suffolkcac.org