

# You Can Help

- Join Exchange
- Understand that taking care of families is the best method of child abuse prevention
- Offer support if you see a stressed parent
- Start parent support groups for your neighborhood, church or school
- Help raise awareness in your community
- Ask your local and state leaders how they help to prevent child abuse
- Volunteer at your local Exchange Child Abuse Prevention Center, or other prevention programs

## If you suspect a problem

Sadly, as much as we work to support families and protect children, child abuse and neglect will still occur. If you suspect abuse or neglect is occurring, report it.

Contact one or more of the following:

- Child Protective Services (Check your local phone book)
- Police Department (911) or Sheriff's office
- Child Help 1.800.422.4453

## How big is the problem of child abuse and neglect in the U.S.?

- More than 3 million children are reported as abused and neglected each year
- More than 750,000 children are determined to be abused or neglected annually
- More than 4 children die every day as a result of child abuse and neglect
  - Nearly 80% of these are children younger than 4 years of age
  - Nearly 50% of these children are younger than 1 year of age
- 80% of young adults who were abused as children meet the diagnostic criteria for at least one psychiatric disorder by the age 21
- Child maltreatment occurs across socio-economic, religious, cultural, racial, and ethnic groups
- Most professionals agree that much more abuse and neglect occurs than is ever reported



# EXCHANGE

THE NATIONAL EXCHANGE CLUB  
*America's Service Club*

### *Our Mission*

Exchange, America's Premier Service Club, working to make our communities better places to live.

### *Our Motto*

Unity for Service

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# Our National Project CHILD ABUSE PREVENTION



# EXCHANGE

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# Child abuse is a community issue



## Child Abuse: A Community Problem

## Child Abuse: A Community Answer

## Child Abuse: A Community Effort

Child abuse and neglect hurts more than our children and families, it hurts our entire community.

The most immediate victims are children and families. Children suffer physical and emotional injuries, and parents suffer remorse and regret.

A greater problem develops as the cycle of violence impacts the community. Childhood abuse is a significant predictor for juvenile delinquency, early pregnancy, substance abuse, mental health issues, and adult criminal activity.

**Child abuse and neglect  
hurts our entire community.**

## The National Exchange Club strives to make a difference in the lives of children.

The National Exchange Club provides a community answer in the network of Exchange Child Abuse Prevention (CAP) Centers.

The first center opened in 1981, two years after the adoption of child abuse prevention as Exchange's National Project. There are now more than 65 Exchange CAP Centers located across the country.

Exchange is a service organization with clubs throughout the United States and Puerto Rico. Exchange Clubs strive to make a difference in the lives of children, families and communities through the prevention of child abuse and services dedicated to youth, communities and country.

Exchange CAP Centers are established by Exchange Clubs working to prevent child abuse in their communities. Most centers have a variety of programming that provide support to children and families, but the signature program in all centers is the Exchange Parent Aide Program.

The Exchange Parent Aide Program provides support and education to parents. The staff meet with families in their homes and are sources of information, referrals, encouragement and concern during stressful and challenging times.

The Exchange Parent Aide Program has received national attention\* for its effectiveness in fostering positive outcomes and strengthening families.

\* The program has been cited in the *Journal of Child Abuse and Neglect* and lives on the California Evidence-Based Clearinghouse.

