

Talking Points for CAP Month

Why Child Abuse Prevention Matters

- Every child deserves to grow up in a safe, stable, and nurturing home.
- Child abuse and neglect can have **lifelong effects** on physical and mental health, but **prevention is possible**.
- Strengthening families and supporting caregivers reduces the risk of child abuse and helps children thrive.

How You Can Help Prevent Child Abuse

- **Be a supportive friend or neighbor** – offer encouragement, lend a helping hand, or check in on families in your community.
- **Know the signs of abuse and neglect**, such as unexplained injuries, fearfulness, or changes in behavior. If you suspect abuse, call the Florida Abuse Hotline at 1-800-96-ABUSE (1-800-962-2873).
- **Support organizations working to prevent child abuse**, like Heartland for Children, by volunteering, donating, or spreading awareness.
- **Advocate for policies and programs** that strengthen families, such as parental support services, early childhood education, and access to mental health care.

The Power of Prevention: Strengthening Families

- Prevention starts with **strong communities**. When families have access to **education, resources, and support**, they are less likely to experience crises.
- **Protective factors** that help prevent abuse include:
 - **Parental resilience** – managing stress and tough situations.
 - **Knowledge of parenting & child development** – understanding a child's needs at every stage.
 - **Social connections** – having a network of support.
 - **Concrete support in times of need** – access to food, housing, and health care.
 - **Social-emotional development in children** – helping kids learn to express emotions in a healthy way.

Symbol of Hope: The Pinwheel

- The blue pinwheel is the national symbol for Child Abuse Prevention, representing hope, joy, and a bright future for all children.
- Pinwheels will be displayed throughout the community in April—when you see them, take a moment to reflect on ways you can help support children and families.

Get Involved in Child Abuse Prevention Month

- Wear **blue** on Friday, April 4th for **Wear Blue Day** to show your support!
- Attend local family-friendly events and awareness activities throughout April.
- Follow and share resources from Heartland for Children to educate others.
- Join the conversation online using #GreatChildhoods, #CAPMonth, #HFCPinwheels.

By coming together, we can **create a world where all children feel safe, loved, and supported**.