

SOME THINGS YOU CAN DO WITH YOUR PARENTS OR GUARDIAN

- Play a sport together
- Take a walk
- Read together
- Take pictures of your family
- Ask a parent or guardian to read you a story
- Make dinner together
- Have a family outing
- Visit a neighbour
- Make a necklace from beads
- Collect leaves
- Go to the beach
- Go to church together
- Talk about your family history

WE CAN HELP TOO

IF YOU ARE BEING
ABUSED, CALL THE
CRISIS CENTRE
P.O. Box EE-17910
Nassau, Bahamas

24-HOUR HOTLINE:

328-0922

FAX: 328-7824

e-mail:

bahamascrisiscentre@yahoo.com

Website:

www.bahamascrisiscentre.org

Child Abuse Hotline:

322-2763



IS SOMEONE HURTING YOU?





- * Is someone touching you in a way that makes you feel uncomfortable?
- * Is someone beating you?
- * Is someone calling you bad names?
- * Do you feel no-one loves you?

If you answered
YES
to any of the
questions,
PLEASE tell
someone you trust.

Ask for their
HELP

If they do not
listen, keep telling
until someone
listens.

Visit the web site
at

www.bahamascrisiscentre.org

WORDS CHILDREN NEED TO HEAR

- I'm so lucky to have you
- You're a great helper
- I like it when you try hard
- Let's talk about it
- I'm sorry
- You're very special to me
- Thank you for your help
- I love you
- You're great!
- Well done!

