

Project Be Someone



**A report of child abuse
is made every 10 seconds.**

You can do a lot of things in 10 seconds.

You can take a selfie. Post on Facebook. Wash your hands. Play a game of hopscotch.

It's not a lot of time, yet so much can happen.

A toddler can be sent to daycare in shorts and sandals in frigid weather. A teacher can notice horrifying bruises on a student. A teenager can contemplate suicide because of the sexual abuse they've endured for years.

But we have good news.

The cycle of abuse does not have to continue. There is hope. Communities are coming together, pooling their resources and making a difference. Slowly but surely, we're flipping the script – the statistics are improving.

Together, we can end child abuse.

END IT. But to do this – to really do this – we all have to have a stake in it. You have to have a stake in it. You are part of the solution.

10 seconds is not a lot of time.

But it's enough time to be someone.

Take the pledge to be someone
in the life of a child today at
ProjectBeSomeone.org

Project 
Harmony

The 5 Steps to Protecting Our Children™

Follow these simple and practical steps to prevent, recognize and react to child abuse. Learn more about the 5 Steps to Protecting Our Children at www.d2l.org

- 1. Learn the facts.** The facts about child abuse can be staggering, but understanding the risks children face can help you better protect them.
- 2. Minimize opportunity.** If you eliminate opportunities for children to be in isolated, one-on-one situations with adults and older youth, you can dramatically reduce the risk of abuse.
- 3. Talk about it.** Children often keep abuse a secret, but talking in age appropriate ways about our bodies, sex and boundaries can encourage children to share.
- 4. Know the signs.** Signs are often there, but you have to know what you're looking for – signs can be physical, emotional or behavioral.
- 5. React responsibly.** Be prepared to react calmly and responsibly if a child discloses abuse to you, or if you suspect or see that boundaries have been violated.

If you suspect a child has been abused or neglected, call:

Nebraska: 1.800.652.1999 (CPS Hotline)
or local law enforcement

Iowa: 1.800.362.2178 (DHS Hotline)
or local law enforcement

Together, we can end child abuse.

Project Harmony is boldly focused on ending the cycle of child abuse and neglect in our community. We have reimagined how communities can come together by leveraging resources to respond to, treat and ultimately prevent child abuse. Project Harmony restores courage, facilitates healing and empowers each of us to be someone in the life of a child.



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