

October 2011



Upcoming Events:

Domestic Violence Awareness Month

Cycle of Violence 3D Free Exhibit—
October 3-14 at
Operation Care. Call
223-2897 for info.

Child Abuse Prevention Council Meeting
10:00-11:30am,
October 17th

Mandated Reporter / Shaken Baby Syndrome Prevention Training - 9am-11am,
October 19th at
Operation Care

Got (unused) Drugs?
Drop off unused or expired medications on October 29th from 10-2pm at the GSA parking lot. Call 223-6500 for info.

Amador Child Abuse Prevention Council
(sponsored by the
Amador Community Foundation)
845 E. State Hwy. 88, #183
Jackson, CA 95642
209-223-5921
Email: info@amadorcapc.org
www.amadorcapc.org

Take the pledge:

“I will not use my hands or my words for hurting myself or others.”®

...fourteen words to help people pay attention to the things we say and do to ourselves and others that causes pain.

The Pledge encourages dialogue about all forms of abuse and violence...from name calling, belittling, put downs, and negative self talk (I'm stupid, ugly...) words that can escalate to physical violence and abuse.

Please join with hundreds of thousands of children and adults around the world who have taken the “Purple Hands & Words Pledge:”

- ♥ Trace your hand on purple paper, sign your name and age.
- ♥ Post your pledge wherever people live and work together to serve as a visual reminder of your personal commitment to stop and think before you say or do anything hurtful.
- ♥ Discuss with your family the choices that every member makes when they become angry or upset. Everyone gets angry. Everyone has disagreements.



- ♥ Anger is a feeling. **Abuse and Violence is Always a Choice.**
- ♥ Discuss what you will not do with your hands and words when you are angry.
- ♥ Promise not to call each other names, put each other down, hit, slap, kick, spit...
- ♥ Never touch anyone when you are angry.
Important! Never shake a baby or young child. If you become angry or frustrated when caring for a baby or young child, do not have the child in your arms. Put the child in a safe place until you are calm or someone else can care for the child.

It is always OK to ask for help.

Reprinted with permission from the Hands and Words Are Not for Hurting Project®. Visit www.handsproject.org for more information.

Amador County 24/7 Crisis Line:
209-223-2600
Operation Care Domestic Violence and
Sexual Assault Services
209-223-2897
National 24/7 Child Abuse Hotline
1-800-422-4453
California 24/7 Youth Crisis Line
1-800-843-5200