

Bridging Movements

FAMILY SUPPORTS AS VIOLENCE AND ABUSE PREVENTION

Resources that help families thrive protect against violence and abuse and build the health and wellbeing of children and families. This includes access to affordable child care, recreation opportunities, parenting supports and education, support groups, services and resources for families and children who have special needs, meaningful workplace benefit policies, other financial supports, and more.

- Family supports that are proven to **help keep families together** (especially those that are identified by families and communities as useful resources for their unique situations) are key to the overall prevention of violence and abuse. When families are supported and have access to relevant and appropriate resources they are better able to thrive.
- Organizational policies that provide high quality and affordable benefits and wages, as well as public financial aid to address cost gaps, help address economic stress which can contribute to family conflict. **Financial supports** like these promote access to safe resources and help maintain individual and family health and autonomy which can help protect against violence and abuse.
- Connecting parents to other parents, and families to other families, **promotes community**. It also offers peer-to-peer opportunities to build skills, resources, and supports that can help address risk factors for violence and abuse.
- When **opportunities for recreation, activities, and connection exist that are inclusive and accessible** for all children and families in our communities, we help increase belonging and connection while addressing factors that make it less safe for people to exist.
- The most effective supports are those that are **developed in partnership with families, parents, caregivers and youth** to address the needs they identify as important to them and their communities.