

ACT—Adults and Children Together— Against Violence Program



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What is ACT?

ACT is a program developed by the American Psychological Association (APA) and the National

Association for the Education of Young Children (NAEYC) to educate adults and communities to protect children from violence. ACT has a media campaign (TV and radio ads, billboards), a Web site, publications, and training programs in the communities.

What Do We Want Adults To Learn?

1. Violence is mostly learned, and often early in life.
2. The first years are very important because what children learn at early ages can last for life.
3. Violence can be prevented if you start early.
4. Adults can help prevent violence in the lives of their children by:
 - **Paying** attention to what they say and do to a child or in front of a child, because children learn from observing and imitating people around them;
 - **Knowing** what children are capable of understanding and doing at different ages and as a result, asking children to do only things they can do. Adults will be

then less frustrated with children and hopefully will become less aggressive toward them;

- **Using** nonviolent methods of discipline;
- **Controlling** their anger and teaching children to do the same;
- **Teaching** children to solve problems and conflicts with other people using words and not violence;
- **Monitoring** what children see on TV, computer, videos, and games, because violence on TV, videos, computers, and games can make children aggressive; and
- **Getting** involved in the schools and in the community to create violence-free environments.

How Can Adults Learn All That?

By getting informed about and involved with the ACT Against Violence Program!

How?

1. **Visit** the ACT Program Web site and get more information.
2. **Download** free or purchase the ACT booklets through the Web site.
3. **Attend** a workshop and be trained to help spread the messages to other adult—find out if there is an ACT Program site near you!

What Do Participants Learn at the Workshops?

How to disseminate to other adults:

- Basic elements about child development
- Roots and consequences of violence in children's lives
- Early violence prevention skills: anger management, social-problem solving, positive discipline, and media literacy

And also,

- How to work with diverse groups of adults, and
- Program implementation strategies and action plan design

To get involved, contact **Julia Silva** at the American Psychological Association at jsilva@apa.org.



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Visit us at www.actagainstviolence.org