

LEAN ON ME KENTUCKY FREQUENTLY ASKED QUESTIONS



This is a joint project of Prevent Child Abuse Kentucky and the Department for Community Based Services.



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As one of our "soft launch" participants, you have early access to the Lean On Me Kentucky toolkit and resources, and will also have the opportunity to help shape our full launch. At this time, we are respectfully asking you to refrain from sharing the toolkit with others, so we may continue to refine all tools and messages before April.

Feel free to email pcaky@pcaky.org with questions.

You can also follow our social media to keep up to date with PCAK as we get closer to April and the launch of Lean On Me Kentucky!



@PCAKEY



**Prevent Child Abuse Kentucky
(PCAK)**



@preventchildabuseky

What is Lean On Me Kentucky?

The Lean On Me Kentucky initiative encourages community involvement across the state, helping families thrive. Lean On Me Kentucky is a movement, an imperative, a Call-to-Action for each of us to help build stronger communities so our children grow up healthy and safe, and our families - all families - are valued and thrive.

What does LEAN stand for?

Listening, Empathy, Affirmation, Non-Judgement

How do I use the toolkit?

The toolkit is full of resources you can give to families, however, it also has helpful information to help you understand the struggles families face today. It has resources, results from focus groups, videos, and more about becoming community supporters and how to "LEAN" on the people around you.

How do I become a community supporter?

Have open, honest conversations with those in your community. Not all struggles are the same - knowing what the people around you are going through helps create stronger support systems for everyone.

How can I help families make healthy connections?

Ask questions, share resources, and follow up with them. Don't just give a list of resources and leave it there, keep in touch and make sure they are getting effective help.

What can I do to support children?

You can lend a listening ear, or provide a hot meal, or assist with transportation. A Community Supporter can change the trajectory of a family. A Community Supporter can change a life.

Let us know your thoughts!
**Scan the QR code below for our Lean On Me
Kentucky feedback form.**

