

HELPING OUR KIDS AVOID SEXUAL ABUSE

BOUNDARIES AND IMPORTANT QUESTIONS

Boundaries help minimize one-on-one situations between your child and adults. Teach your child that they can place boundaries for their own comfort with others and empower them to protect themselves.



- Discuss boundaries with your child early – they can say no to giving a hug or a kiss, even to Grandma.
- Don't apologize for having boundaries. Explain that boundaries are for safety and are how your family operates – even if it upsets your child to have certain rules.
- Ask who will be in the home when your child is there (including older siblings and their friends).
- Ask about supervision in the home when your child is there.
- Leave doors open during playdates.
- Ask if background checks are completed for coaches, church volunteers or other adults you leave your children with.
- Consider carefully whether sleepovers are appropriate. Consider every person who will be in the home while your child is there and how well you know them.
- Ask if organizations have a policy about adults being alone with children (they should).
- Trust your gut and teach your child to trust theirs – if you or your child are uncomfortable with a situation it is ok to just go home.

TIPS FOR TALKING TO YOUR KIDS

- Keep it simple. They need simple and clear answers.
- Ask kids to re-tell you what you told them so you know they understand what you shared.
- Remember to name body parts and be direct. (If you are uncomfortable you make them feel that these topics are uncomfortable, shameful or something not to talk about.)
- Have small conversations often. Just like you talk often about holding hands in the parking lot or not talking to strangers, you have to talk body safety often.
- Talk to your kids directly about respecting peoples' bodies. This conversation should be ongoing at all ages. As children learn they have to respect others' boundaries they also will take ownership over their own.
- If you have a concern about someone your child is spending time with, ask open ended questions. Remember that potential abusers/abusers may not be seen negatively by your child.

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- 5 GREAT QUESTIONS TO CONSISTENTLY ASK YOUR CHILD WHEN THEY HAVE SPENT TIME AWAY FROM YOU:**
1. How did you spend your time?
 2. What was your favorite part of (insert event)?
 3. What was the least favorite part?
 4. Did you feel safe?
 5. Was there anything else that you wanted to share?

Ask these questions regularly so they become very natural and a regular part of your interaction with your child.

BOOKS THAT MAY HELP YOU TALK TO YOUR KIDS

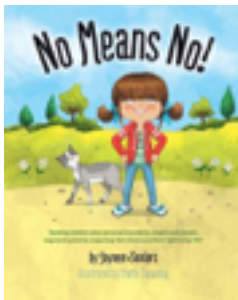
Books About Sex and Sex Education



- Amazing You: Getting Smart About Your Private Parts (2+)
- Who Has What? All about Girls' Bodies and Boys Bodies (3+)
- What's in There? All About Before You Were Born (3+)
- What Makes a Baby (3+)
- God Made All of Me (3+)
- It's So Amazing! A book about Eggs, Sperm, Birth Babies and Families (7+)

Books About Personal Space/ Body Privacy

- Your Body Belongs to You (2+)



- No Means No!: Teaching Children About Personal Boundaries, Respect, and Consent (2+)
- My Body! What I say Goes! (2+)
- An Exceptional Children's Guide to Touch (3)
- My Body is Private (5+)
- Those Are My Private Parts (2+)

- I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private (3+)
- Miles is the Boss of His Body (4+)

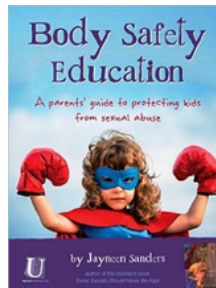
Books About Secrets



- Do You Have a Secret? (Let's Talk About It!) (6+)
- Some Secrets Should Never Be Kept (3+)
- The Trouble With Secrets (4+)

Books For Parents

- From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children
- Exploitation: Helping Kids Develop Healthy Sexuality in a Porn-Driven World



- Body Safety Education: A Parents' Guide to Protecting Kids from Sexual Abuse
- Protecting The Gift: Keeping Children and Teenagers Safe (and Parents Sane)

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BODY SAFETY RULES TO TEACH BY AGE FIVE

- 1 I am the boss of my body – I have the right to say no to hugging, kissing or touching anyone.
- 2 Private parts are to be covered by bathing suit or clothing – We don't look at, touch or play with each other's private parts.
- 3 No one should be asking me to keep a secret, especially if it makes me sad or scared.
- 4 We use the right terms for private parts – they aren't funny or bad.
- 5 I know five people I can talk to if I ever feel sad, scared, or nervous about anything. If someone breaks the rules, I need to tell. Even if I'm too scared to tell at first, it is never too late.

HELPFUL WEBSITES

- www.stopitnow.org
- www.d21.org
- e2publishing.info
- www.meganslaw.ca.gov
- themamabeareffect.org

For questions or information about parent training sessions please contact Samantha Sutherland, MSW, at samsutherland13@gmail.com.