

## *Parent Resources*

### *Safety Tips for Younger Children*

- If we ever get separated at the mall or other public place, go to a clerk and say that you lost your parents.
- Don't ever get into a car with someone unless we have said it's okay.
- Strangers should always ask other grownups for help. If a stranger asks you for help, walk away without answering.
- Don't answer the door if we're not at home.
- If a car pulls up near you, walk away quickly in the opposite direction that the car is traveling.
- Never believe anyone who tells you that we're in trouble and he is going to take you to us.
- Yell, scream, and kick if someone tries to take you somewhere. Shout. "This is not my daddy/mommy!"
- Never go places alone; always go with a friend.
- Never leave the yard or play area without telling us.
- Your body is special and private. No one should ever touch you on the parts of your body that your bathing suit covers. If anyone ever does this, tell us right away.
- Let us know if someone tells you a secret that makes you feel weird or uncomfortable and doesn't want you to tell us.
- Tell us immediately if someone gives you a gift, especially if it is supposed to be a secret.
- Just because someone calls you by name doesn't mean that he knows you.
- Never give personal information over the Internet. Never agree to meet someone you have met on the Internet.

### *Best Practices for Parents*

- Make time to communicate with your children—and don't forget that the most important part of communication is listening.
- Be familiar with your children's friends and activities. Know where your children are—and with whom they spend their time.
- Acquaint yourselves with the family composition of the homes where your children spend time. Is there adult supervision? Are there older brothers and/or male teenagers around? Does the single mom have a boyfriend present?
- Screen babysitters carefully; check references before entrusting your children to anyone.
- Never force children to touch, hug, or kiss someone whom they don't want to. Forcing them to do this teaches them that it is okay for adults to impose themselves on children.
- Perpetrators start young: be aware of any children who violate the boundaries of other children. Older siblings perpetrating on young siblings is a very common form of child abuse.
- Teach your children to trust their instincts and give them permission to say "No" to what they think is wrong.
- Teach your children that a good secret is one that will eventually be told, like a surprise party. Bad secrets are often used to cover up wrongdoing.
- Understand that abusers often build trust with parents for the sole purpose of gaining access to their children.
- Teach your children to tell you if anyone makes them feel uncomfortable, or touches them inappropriately—and believe them if they do.
- Be alert to your child's expressing fear or sudden dislike of someone.
- Monitor your children's Internet use and keep computers in a public area of the house.
- Be sensitive to changes in your children's behavior; talk to them about the changes when you notice them.

## ***Print Resources for Parents***

**Keeping Our Children Safe**, Linda S. Preczynski, Esq. National Pastoral Life Center, 2003, 1-212-431-7825, [www.nplc.org](http://www.nplc.org)

This leaflet is for parents, teachers and other adults who live and work with children and discusses myths surrounding child abuse offenders, the importance of talking straight with children, how to recognize signs and symptoms and what to do if a child has been abused.

**Preventing Child Sexual Abuse-A Parent's Guide**, second edition, Mary A. Lentz, Esq. Stellar Resources, Inc., 2003, 1-800-558-2292, ext. 140, [www.peterli.com](http://www.peterli.com). (Also available in Spanish)

Contents include description of child abuse, pedophiles and ephobophiles and the methods used to attract and “groom” victims, signs and effects of sexual abuse, ways for parents to keep children safe, internet safety and self esteem of children.

## ***Print Resources for Parents to Use with Children***

**It's My Body**, Lory Freeman and illustrated by Carol Deach. Parenting Press, Seattle WA—1-800-992-6657, [www.ParentingPress.com](http://www.ParentingPress.com).

Teaches children how to distinguish between “good” and “bad” touches, and how to respond appropriately to unwanted touches. 3-8 year olds. Spanish version **Mi Cuerpo Es MIO**.

**Loving Touches**, Lory Freeman and illustrated by Carol Deach. . Parenting Press, Seattle WA—1-800-992-6657, [www.ParentingPress.com](http://www.ParentingPress.com).

Teaches children how to ask for and give positive and nurturing touches. Children also learn how to respect their own and other's bodies. 3-8 year olds.

**Something Happened and I'm Scared to Tell**, Patricia Kehoe, Ph.D. and illustrated by Carol Deach. Parenting Press, Seattle WA—1-800-992-6657, [www.ParentingPress.com](http://www.ParentingPress.com).

A story of a young sexual abuse victim who learns how to recover self-esteem. 3-7 year olds. Spanish version **Algo Pasó y Me Da Miedo Decirlo**. Could be used with a child who has been abused.

**The Trouble with Secrets**, Karen Johnsen and illustrated by Linda Johnson Forssell. Parenting Press, Seattle WA—1-800-992-6657, [www.ParentingPress.com](http://www.ParentingPress.com).

Shows children how to distinguish between hurtful secrets and good surprises. 3-8 year olds. Spanish version **El Problema Con Los Secretos**.