

SEXUAL ABUSE PREVENTION:

Things we need to understand as parents:

This course is not meant to create fear; it aims to gain knowledge and feel equipped to prevent sexual abuse.

Predators are on the lookout for two main things:

- **uneducated kids**
- **kids who lack a connection with their parents**

*We want to empower our kids to recognize **unsafe behaviours** rather than saying things like “stranger danger”. The unfortunate truth is that individuals who are close to children (friends/family) are more likely to sexually abuse than strangers.*

Parenting through emotional connection and not punishing our children protects them from being sexually abused. When a child isn't punished for “bad” behaviours, they are more likely to be completely honest about everything with their parent(s).

- It's important to empower kids against sexual abuse, AND it is **never a child's responsibility to keep themselves safe.**
- **Accept as many “NO”s** from your child so that they can say it to others.
- Please **be aware of individuals who show interest in your child.**
- **Trust your gut feeling;** it's not worth taking a chance. If something doesn't feel right, trust yourself.
- **Sexual abuse prevention is not a one-time thing** but an ongoing process we integrate into our home.
- **Do not rely on institutions to keep your child safe.** Have uncomfortable conversations to make sure your child is safe.