

SEXUAL ABUSE PREVENTION:

Discussions to have with our kids:

Have these discussions slowly; there is no need to overwhelm our kids all at once. Go with the flow of your child's capacity for information.

- Integrate **consent and body boundaries** in your home. (Please see the course on this topic for more).
- **Explain what safe and unsafe touch is.** It is best not to say "good" or "bad" touch because some unsafe touch can feel good, and we don't want to confuse a child further.

Script idea: *"Unsafe touch is being touched anywhere on our body covered by a bathing suit. What body parts are covered by a bathing suit?... Even if we consent, no one can touch these body parts."* Discuss how a doctor may sometimes need to touch their genitals and how **this is never okay without a parent** in the room with them.

- **Use the correct anatomical names** for your child's genitals. Explain how these body parts are covered and that no one else can see their private parts and they can't see anyone else's body parts.
- **Children need to know that if someone touches them in unsafe ways, IT IS NEVER THEIR FAULT.**

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Discussions to have with our kids:

- **No secrets in our home.** Meaning secrets are never okay.

Distinguish the difference between a secret and a surprise.

Script idea: *“Secrets are never okay. If someone ever tells you to keep a secret, you must come and tell me. In our family, we don’t have secrets”. Explaining the difference between a secret and a surprise: “A surprise has an ending. Remember when we prepared daddy’s surprise party? We kept it a surprise till that evening. A secret has no ending; it’s when someone tells us never to tell the secret.”*

- **Share a few safe adults our child can turn to who will ALWAYS believe them.** We want our children to know the individuals who are safe & that they can say anything to them, and that they will always be believed.
- **Explain to kids that it is not okay for others to force them to hug, kiss or touch them in any way.** If someone doesn’t respect their body boundary, they should come and tell us.