

SAFE TALK

Start “Safe Talk” conversations with your kids at an early age, and have the conversations often.

- **Teach children the correct names of their body parts.** When kids have the words to describe their body parts, they may find it easier to ask questions and express concerns about those body parts.
- **Some parts of the body are private.** Let children know that other people should not touch or look at their private parts. If a healthcare professional has to examine private parts of the body, be present.
- **It’s OK to say “no.”** It’s important to let children know they are allowed to say “no” to touches that make them uncomfortable. This message isn’t obvious to children. Support your child if they say no to sharing contact with their bodies. For example, if your child doesn’t want to hug someone at a family gathering, respect their decision to say “no”.
- **Talk about secrets.** Teach your children the difference between good secrets (such as a birthday surprise) and bad secrets (those that make a child feel unsafe or uncomfortable). If they are touched or see someone touching another child, they shouldn’t keep this secret, no matter what.
- **Reassure them that they won’t get in trouble.** Kids fear getting in trouble or upsetting their parents by asking questions or talking about their experiences. Be a safe place for your child to share information about things that make them uncomfortable, or things they have questions about.

If your child tells you that he or she has been hurt by someone, stay calm, listen to them, and never blame the child. Report the abuse right away.

Find out more at: <https://rainn.org/protect-your-children>
Check out: <http://bit.ly/1gN0yX7>

