

Conversations That Matter



TheMamaBearEffect.org



How To **Rock the Talk** On Body Safety

and keep kids safe from sexual abuse

#1
KNOW
the risk

1 in 4 women and 1 in 6 men are estimated to have been sexual abused during childhood.*

Approximately 95% of offenders are people known, trusted, and often related to the child, many whom are juveniles themselves.

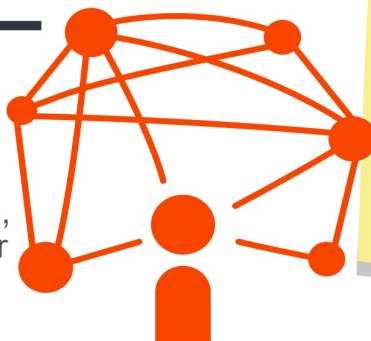
Empower Kids #2

1. Use proper names of body parts.
2. Private parts are special and not meant to be shared.
3. Secrets are not allowed.
4. Support their right to body autonomy - no forced touching!
5. It is important to tell if a rule is broken. The child is never to blame and it is never too late to tell.

#3

Build a Safety Circle

Educate family, friends, caregivers, and community members that your child is in contact with about your family's body safety rules.



Be Vigilant. It's Our Job to Keep Kids Safe.

#4

Minimize Opportunity



The majority of abuse occurs in 1:1 situations - often within the home, while under the authority of another, or in a social setting.

Increasing supervision and being cognizant of these situations can improve protection and deter offenders.

Know the Warning Signs #5

Offenders often use 'grooming' tactics on children and adults to gain trust, control and break down personal boundaries.

Children often respond to the trauma of abuse by regressing, acting out sexually, or with a change in behavior.

Some children will show no signs.



This is only a start. There is much more to learn.

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U.S. Center for Disease Control Adverse Childhood Experience Study