

listen.

A major first step in ensuring child safety is assuring your child that they can discuss anything of concern when it comes to them and their body.

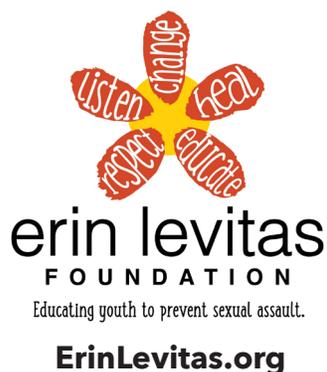
Help them know you are there to LISTEN and help if they want to talk about anything.

Conversation starters:

- What traits do you look for in friends? Did you have a chance to be kind to anyone today?
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- How do you show someone you love them? How do you like to be loved?
- Is there anything you don't like that a friend does to you or anyone else? Do your friends ever do things that make you uncomfortable?
- How do you know when someone doesn't feel comfortable with something you're saying or doing? How do you share when someone does something you don't like?
- Who gets teased at school? Why do they get teased? Does anyone ever stand up for the kids being teased? How do you think it makes them feel to be teased?

At the end of a conversation: Is there anything else you wanted to talk about?

VeryWellFamily.com, RAINN.org



change.

Let's CHANGE the statistics.

1 in 5 women have experienced attempted rape or rape in their lifetime. *nsvrc.org*

24.8% men in the US experienced some form of contact sexual violence in their lifetime. *nsvrc.org*

47% of transgender people are sexually assaulted in their lifetime. *transequality.org*

We focus on early education to nurture healthy relationships because more than 73% of rape survivors knew the person who harmed them.

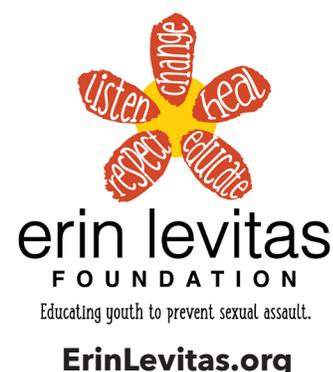
Nothing provokes harm. It doesn't matter what someone is wearing or how they are acting - no one asks to be raped. *acesdv.org*

DO: Teach young people to put consent first! Teach them to ask first, and to understand that only "yes" means "yes". You can model these skills in everyday life by asking:

- "May I take your shoes off now?"
- "May I sit next to you?"

DO: Talk through upcoming situations and let kids know you're there to help or listen. This can sound like: *(For older kids, this can sound like:)*

- "Have fun going out! Remind me who you're going with? I'll be up if you need me. I want to make sure you feel safe."
- "How was your night? Was the party what you expected? Did you think everyone was kind or respectful to each other?"



heal.

Ever heard of restorative practices?

Restorative practices are used to help HEAL relationships through new ways of conflict resolution.

In our work, we use them to give children tools to think through social interactions to help build healthy interpersonal skills.

Adults can use restorative questions to help kids build healthy relationships with peers.

Here are 5 questions you can ask a young person who may have caused harm at any level.

- What happened?
- What were you thinking of at the time?
- What have you thought about since?
- Who has been affected by what you have done?
- In what way have they been affected?
- What do you think you need to do to make things right?

International Institute for Restorative Practices

educate.

Nearly half of middle school students report experiencing sexual harassment.

National Institute of Justice

Often sexual harassment goes without consequences because it appears to be not “that bad.” But sexual harassment is harmful, and can also be a precursor to escalated acts of harm.

Some examples of sexual harassment:

- Inappropriate or lewd comments.
- Saying bad things about someone (or about a group of people) based on gender identity or sexuality.
- Gender-based or sexuality-based slurs.
- Unwanted emails, texts, messages, videos, or photos of a sexual nature.
- Gossip about someone’s personal relationships or sex life.
- Unwanted touching of any body part, clothing, face, or hair.
- Staring, leering, or making gestures of a sexual nature.
- Blocking someone’s way in a physically threatening or intimidating way.
- Inappropriate touching, kissing, or hugging.
- Flashing or mooning.

Remember to be sensitive with the way you respond. Listen when kids share what happened, and keep in mind that sharing can be difficult or painful. It’s important to recognize and discuss these early signals of boundary crossing.

equalrights.org

respect.

“Please don’t touch my wheelchair”

“That’s not something I want to do”

“I’d like my space”

Phrases like these help teach children to set and RESPECT boundaries. This can help prevent future sexual harm.

Boundaries can be digital, physical, emotional and sexual. Help young people establish their own boundaries and learn to respect the boundaries of others.

Here are just a few examples of ways you can help children develop different boundaries:

Ask: “Is that something you want to share with your friends?” (*Emotional boundary*)

Acknowledge: “It’s okay to not feel comfortable with something you’re watching. You can walk away or ask not to see that.” (*Digital boundary*)

Reinforce: “Did you hear Jordan say they didn’t like your hands on their face? We respect when people ask us not to touch them.” (*Physical boundary*)

Educate: Share that consent is about making sure your partner is comfortable at all times, by asking or reading their body language. “Is this okay?” “Are you comfortable?” Everyone has the right to change their mind at any time, so it’s important to keep checking in with your partner. (*Sexual boundary*)

spunout.it