

Parent's Safety Checklist for Children

1. Make sure your child knows that not only strangers could try to trick them into unsafe touches or going places with them. It could also be people they know.
2. Teach your children the “touch safety rule”: If anyone talks to, touches, or bothers you in a way that makes you feel uncomfortable, icky, sad, or scared, you should say “**NO**”, **RUN AWAY**, and **TELL SOMEONE** you trust.
3. Know as much as possible about people around your children: neighbors, friends of older siblings, relatives, babysitters, etc. Most sexual assaults are by people who know your child.
4. Your boys are just as vulnerable as your girls.
5. Teach children that there are no secrets about touch. Urge them to tell you or another adult if someone causes them to feel uncomfortable.
6. Give your child permission to break promises or lie if it means keeping safe. For example, they may promise not to tell about touching private parts, but tell someone later once they get away.
7. Instruct your child of ways that adults or older kids may try to trick them:
 - "Your parent is hurt, come with me."
 - "I am supposed to pick you up today."
 - "I have kittens in my car/home and you can have one. Just come with me and pick one out."
8. Practice with your child responses they may say if someone tries to trick them or makes them uncomfortable.
9. Teach your child to get away immediately from strangers or persons they know who try to trick them. Remind children that even “nice” people do mean things.
10. Be aware if someone seems to be showing your child too much attention; find out why.

11. Warn children about accepting rides, gifts, money, or allowing adults to take pictures of them.

12. To help your children identify strangers your child may ask themselves:

- Does the stranger know my parents' names?
- Does the stranger know his/her address?
- Does the stranger know what parents do for a living, etc.?
- Does the stranger know how old I am?

13. You may choose to have fingerprints, recent photos, and/or dental records in a safe place. Instruct child to know his/her full name and name of parents.

14. If your child tells you they do not want to be alone with someone, ***listen, believe, and find out why***. Encourage them openly, do not demand information. If your child ever tells you that they have been sexually abused, support them with ***praise, belief, and sympathy***.

15. Be open to fears or concerns your child may have. Talk with your child about body safety and good/bad touch before anything happens. Let them know that you will believe them.

16. ***Even if a child breaks a rule or does not take precaution, it is not their fault if someone sexually assaults them.***