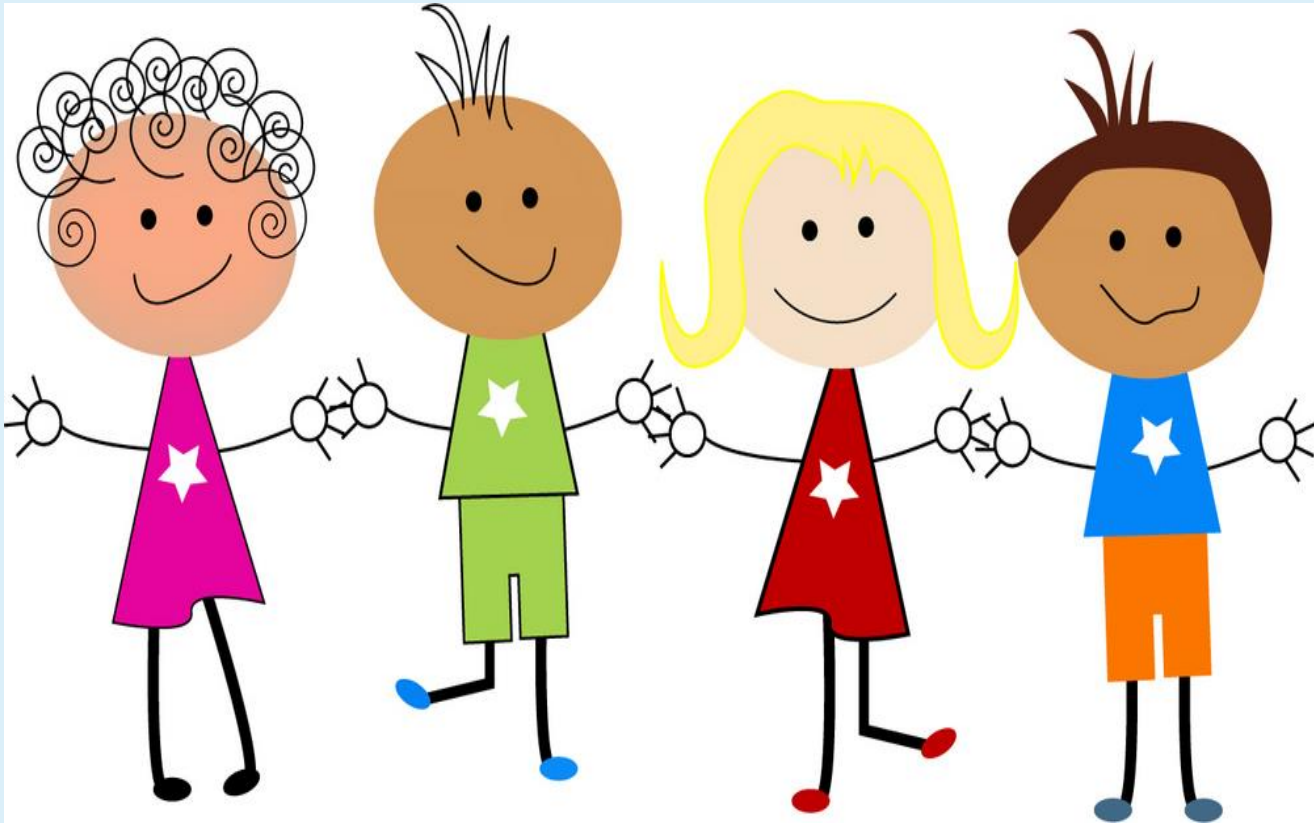




# MY BODY BELONGS TO ME

A PERSONAL SAFETY EDUCATION PROGRAM FOR CHILDREN

# My Body Belongs to Me

## Workshop Agreements

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- ✓ Maintain confidentiality and privacy
- ✓ Respect and learn from others within the group
- ✓ Silence phones
- ✓ Share speaking time
- ✓ Ask questions and help support a positive learning environment
- ✓ Expect to hear different experiences & beliefs about sexual behavior
- ✓ Be good to yourself

# Discussion

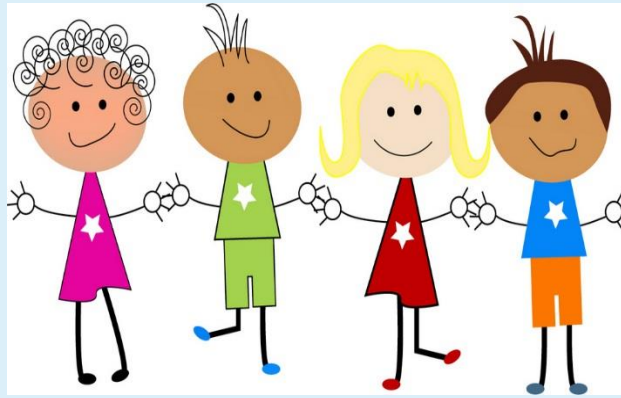
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**SILENCE** about  
**CHILD SEXUAL ABUSE**  
protects who?

# Discussion

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TALKING about  
**CHILD PERSONAL SAFETY**  
protects who?



# Lets Talk Education

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FOR CHILDREN

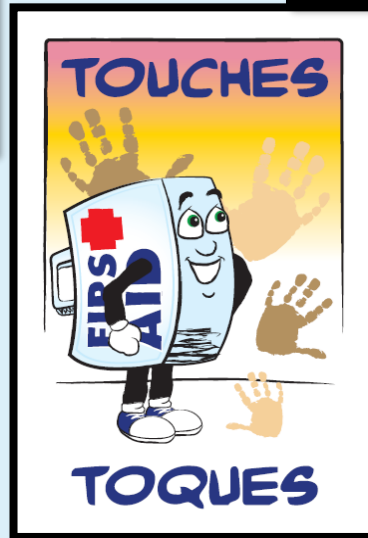
# Seven Signals

When to say “No!”, Get Away & Tell an Adult Helper

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1. Swimming Suit covered areas (Private Parts)
2. Secret
3. Scary
4. Say, “Ouch!”
5. Simply don’t like
6. Shocked or Confused
7. Self Talk

# Child Personal Safety Flip Chart: Preschool – 2<sup>nd</sup> Grade

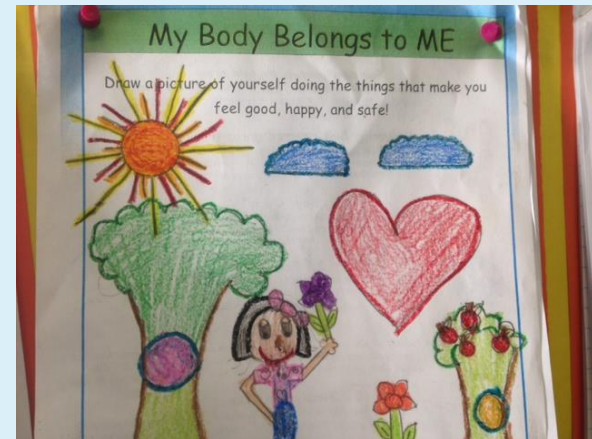


# Classroom Presentation:

## 3<sup>rd</sup>-6<sup>th</sup> Grade

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- ✓ Safety Rules: You are Important
- ✓ Touches: Just in Case
- ✓ Ok Touches vs. Not Ok Touches
- ✓ My Body Belongs to Me Chant
- ✓ Power Voices & Body Language
- ✓ Boundaries
- ✓ Short Video
- ✓ Seven Signals
- ✓ Get Away & Tell an Adult Helper or Safe Grown Up



# My Body Belongs to Me Chant

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**YOU: “From the Top of my head”**

**KIDS: “From the Top of my head”**

**YOU: “To the bottom of my feet”**

**KIDS: “To the bottom of my feet”**

**YOU: “And everything else that’s in between”**

**KIDS: “And everything else that’s in between”**

**YOU: “MY BODY BELONGS TO ME!”**

**KIDS: “MY BODY BELONGS TO ME!”**



# Power Voices

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“No”

“I don’t like that”

“Stop!”

“No, thank you”

“Help”



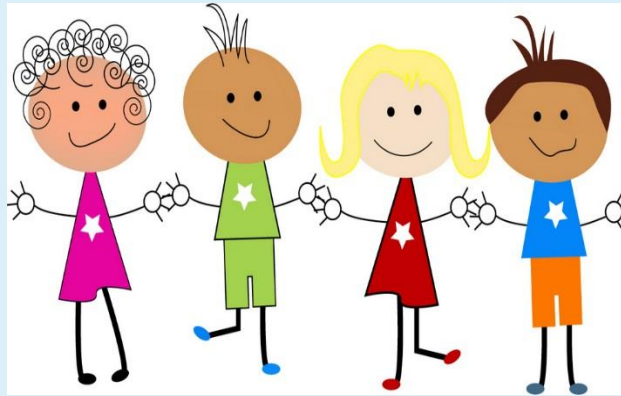
# Video & Discussion

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By Jill Starishevsky

<http://www.youtube.com/watch?v=a-5mdt9YN6I>



# Lets Talk Education

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FOR ADULTS

# Why is this program so Important?

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- ✓ **1 out of 3 girls and 1 out of 6 boys** will experience some form of sexual abuse before the age of 18.
- ✓ Research suggests that **fewer than 1/3** of child sexual abuse incidents are identified or reported.
- ✓ When a child has been taught to say “No! I’m going to tell”, **over 90% of offenders will STOP.**

# Child Sexual Abuse is...

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- ✓ Any sexual activity between an adult and child under the age of 18 years old.
- ✓ Sexual activity between two children of significantly unequal power or development can also be abusive.

# Types of Sexual Offences

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✓ Touching

✓ Non – Touching

✓ Sexual Exploitation

# Who sexually abuses children?

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- ✓ **93%** of victims were abused by someone they knew.
- ✓ **34%** of victims were abused by family members.
- ✓ **40%** of Victims were abused by peers or older children.



# Child Sexual Abuse: *Grooming Stages*

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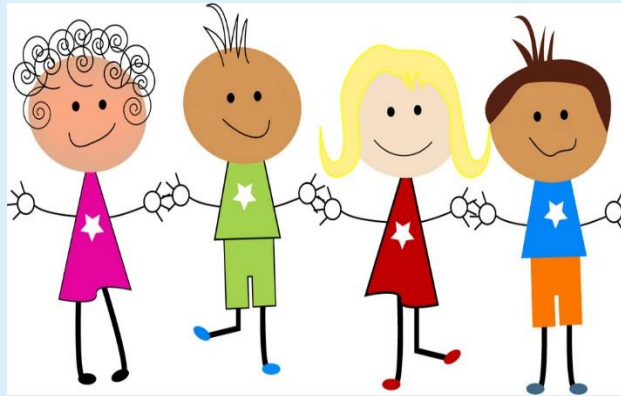
- Targeting the victim
- Gaining the victim's trust
- Filling a need
- Isolating the child
- Sexualizing the relationship
- Maintaining control



# What can you do to protect your child?

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# Lets Talk Prevention

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ADULTS

# Boundaries

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A boundary is a limit, a border, a line, a rule.

Setting boundaries is important when it comes to PREVENTION.

**Discussion:** What are some safety boundaries you have set or can set for you children?



# Boundaries for Parents

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When parents and caregivers set healthy boundaries for children –  
they are able to follow them!

But there are some boundaries children have no control over.  
It's up to adults to enforce them.

## Examples:

- ✓ Supervision/Childcare Expectations
- ✓ Safe Decisions
- ✓ Communication





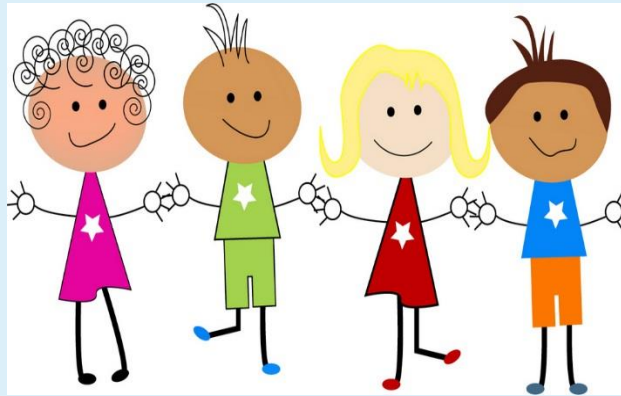
# Communication

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Children need and crave: **3A's**  
**Affection, Attention, & Acceptance**

- ✓ Listening and Responding
- ✓ Find opportunities for conversation
- ✓ Family Safety Plan and Activity (Pages #26-34)
- ✓ Discussing Sexual Matters (Pages #20-23)





# Lets Talk Intervention

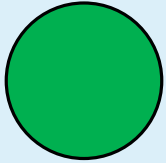
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WHAT YOU CAN DO

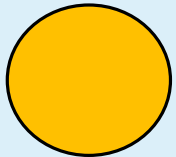
# Sexual Behaviors in Children

*...“Is this behavior normal!?”*

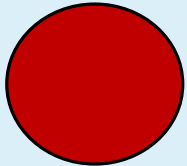
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= Behaviors that are typical and can be easily *redirected* to provide opportunities to talk, explain and show support.



= Behaviors that are outside of the typical terms that signal the need to *monitor* children and provide extra support.



= Behaviors that are not typical and signal the need to provide *immediate protection* of children and follow up support.

# *Responding to Sexual Behaviors*

**Respond** | **React**  
A Mindful Difference



# Possible *Physical* or *Visible* Warning Signs of Abuse

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- Possession of unexplained gifts or money
- Complaints of stomach and abdominal pain
- Signs of exhaustion or lack of sleep
- Radical change of appearance
- Pain or injury around genital or anal area
- Self mutilation



# Possible *Behavioral* Warning Signs of Abuse

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- Abnormal sexual knowledge or acting out specific adult sexual activity
- Sudden noticeable changes in behavior
- Is afraid or refuses to be alone with a person
- Increased outbursts of anger, fear, and/or anxiety
- Excessive nightmares or other sleep disturbances



# How do / respond If a child discloses abuse?

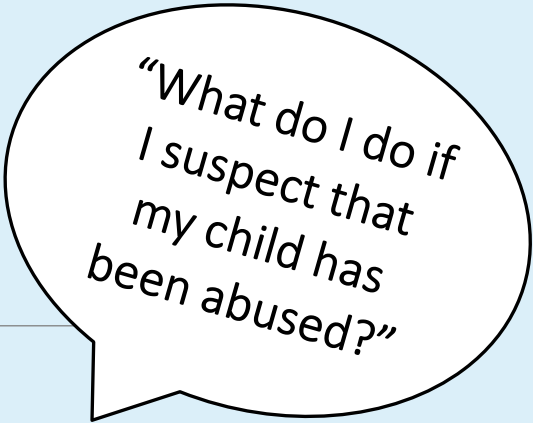
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- Keep calm, Don't shame
- Believe the child
- Praise the child for being brave enough to tell
- Reassure the child that it is NOT his/her fault and they are not in trouble
- Listen carefully
- Try to identify who the abuser is
- If possible, get the child away from the abuser

# Local Resources

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*“What do I do if  
I suspect that  
my child has  
been abused?”*

## Therapist /Mental Health Counseling

- Program to Treat and Evaluate Child Sexual Abuse  
Child Abuse Treatment Program 485-6114 ext. 662

## Child and Family Services

- To report child abuse to the county child abuse line  
654-3200, 24 hour hotline - 7 days a week

## Police Officer

- To report child abuse  
9-1-1 or your local police department

# We can't control everything!

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*BUT...*

# We can recover!



## *Resilience -*

The human capability to *recover, heal*, and be *strong* after something bad happens.

# *Self Care*

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*Thank You!*