

## **Gatekeepers**

Don't drive someone else's child/teen anywhere without asking the parent first.

Don't give a child something without first asking the parent.

Don't ask a child/teen to babysit or do something without first asking the parent.

Babysitters should be driven home by the same sex parent.

Remove off color jokes or jesting from your vocabulary.

Stop using the word secrets. Use the word surprise. Tell children there are no secrets.

Know that children who are awkward or shunned or handicapped are more at risk for abuse. (They are more vulnerable and looking for attention.)

Teasing can be the first steps to abuse. Stop it whenever you see or hear it.

Tickling or rough play can be the first steps to abuse. Don't allow it. (Keep your hands to yourself.) Wrestling is a sport, not a casual activity.

## **Parents/Caregivers**

Use the correct terms for their anatomy. Someone who is abusing them will use baby names or slang. If those words start appearing you will know to investigate.

Use a swimsuit to show private areas. No one should be touching them on areas covered by the swimsuit. They should also let you know of any touch that makes them uncomfortable even if not in the swimsuit area. Lingering touch would be in this category, also someone touching their hair.

Listen to a child who is uncomfortable with a person or situation. They may see a red flag you don't. They should be allowed to opt out of something that makes them uncomfortable.

Give children permission to say, stop, all done, no more.

Role play with your child. What would you do if you were lost in a store? (Stand still and look for a mother with children) What would you do if an adult asked you for help? (Don't respond. You don't have to be polite. They should not be asking a child for help.)

Know what technology your child is using such as internet, e-mail, instant messaging, facebook, cellphones, electronic photo exchanges.

## **Parents – Be suspicious of...**

Someone that gives your child gifts without asking you.

Someone that wants to spend time alone with your child.

Someone that offers to change your child's diaper or take them to the bathroom to be "helpful".

Someone that picks up or holds your child without permission.

Someone that is always touching, tickling or roughhousing with your child.

Someone that knows your child better than they know you.

Someone that doesn't have friends their own age. (Focuses on relationships with children or teens.)

An adult that shares emotional/personal/private issues with your child or teen. If they want to discuss personal problems they should find someone their own age or see a counselor.

An adult who wants to be your child's friend on facebook.

Karen Pickering August 2013 – [www.lytrooretreat.wordpress.com](http://www.lytrooretreat.wordpress.com)

## **Don't Let Others**

- Set the agenda
- Control the situation
- Ignore reasonable standards of conduct

## **Tolerating small transgressions –**

- Creates opportunities for molesters to gain safe access to children.
- Fails to model to children the very behaviors they also need to learn and practice.

Learning to say "no" with grace and certainty to those whose behavior seems problematical does not interfere with friendship, but does send potential molesters away.

Carla van Dam, PhD. Identifying Child Molesters Preventing Child sexual Abuse by Recognizing the Patterns of the Offenders. Binghamton: The Haworth Press Inc., 2001.

## **Safety List for kids.**

Memorize – Your name, your caregiver’s name, address, phone number.

If you get lost stand still. Look for a mother with children and ask for help.

You don’t have to kiss or hug anyone (even Grandma).

My body is private. Swimsuit area is off limits.

Tickling or lingering touch is off limits.

Personal space is important. If someone is too close to you back away and tell your caregiver.

Some things are private (bathroom, changing)

Never take anything from anyone without asking your caregiver.

Never go anywhere with anyone, even a trusted adult, without first asking your caregiver.

No secrets allowed. If someone asks you to keep a secret, tell your caregiver.

Stranger issues. Strangers are only strangers until they introduce themselves.

Listen to your inner sense or inner voice.

It is ok to say no to something or someone that makes you uncomfortable.

Role play – Stop touching me. Yell for mom. Turn away with confidence.

You don’t have to be polite when you are uncomfortable.

Define boundaries/roles – Your coach/teacher should not be driving you home, taking you shopping, taking you somewhere special. Those are jobs for your parent/caregiver.