



Keeping kids safe online & offline.

Starting the Conversation With Your Child

**Fill out as
you watch!**



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Section 1: Navigating Healthy Sexual Development



When was the last time a natural moment to discuss sex, body safety, or relationships came up with your child? How can you spot these everyday moments?

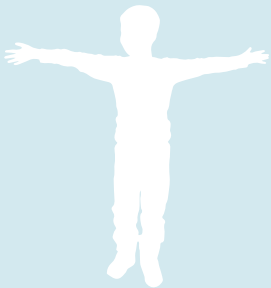
Typical Sexual Development Stages



Infants may explore their own bodies through touch. This isn't sexual in nature, they are just learning.



Toddlers and preschoolers may ask questions about their bodies, such as the differences between boys' and girls' body parts. They may also learn that some areas are private and remain covered, like "swimsuit or underwear areas".



Kids ages 6-8 may want more privacy. They may hear about sexual topics from peers and media.



As **pre-teens** enter puberty, they may ask for even more privacy, explore romantic relationships, and masturbate in private.



In the **teen** years, peers are central. Teens may begin dating or become sexually active.

Typical vs. Concerning Behavior

Read the following examples and use the space provided to reflect on whether the behavior is typical or concerning.

Your child asks, “Do I have to show my private parts if my friend tells me to?”

Imagine you’re at a family reunion and notice your child playing rough with their younger cousin. They pull on their cousin’s shirt and playfully swat their younger cousin on the buttocks.

How do you talk about body parts with your child now? Do you use proper names?

What I do now:

How I *WANT* to talk about body parts with my child:

What might help me feel more comfortable using proper anatomical terms?

Imagine you found pornography in your middle schooler's search history.

How would you respond to this situation using the format suggested in the video?

Be Open

Be Accurate and Truthful

Don't Avoid or Discourage Questions

How could you start a conversation with your teen about their digital footprint? Here is a list of conversation starters that could be helpful.

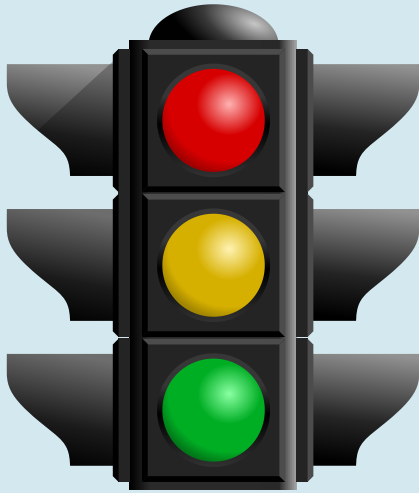
Note which conversation starter seems like it could work for you.

- “What privacy settings do you use on your social media profiles?”
- “You’re about to apply for your first internship! Have you thought about what information potential employers might be able to find about you online?”
- “Did you know that once you post something, it stays on the internet forever, even if you delete it from your profile later?”
- “Have you ever seen someone share messages that were only intended for the recipient to see? How might this affect what you share over text and messaging apps?”

Imagine you witness the interaction shown in the video between the child and their music teacher

What did you notice about this interaction? How would you respond?

Are these scenarios a **red light**, a **yellow light**, or a **green light**? Circle your answer and reflect on your choice. And remember:



Red Light: An unsafe touch which requires immediate intervention

Yellow Light: Something that could be concerning but needs additional monitoring

Green Light: A safe touch or something that is generally not cause for concern

1. A doctor performs an annual physical on a child with the parent in the room. During the physical, the doctor visually examines your child's private parts briefly.

 Red Light

 Yellow Light

 Green Light

2. A youth group leader tells a child to not tell anyone about their “secret game” where the child sits in their lap.

 Red Light

 Yellow Light

 Green Light

3. School bus driver rubs child's back as they are getting off the bus. It seems to last just a moment too long.

 Red Light

 Yellow Light

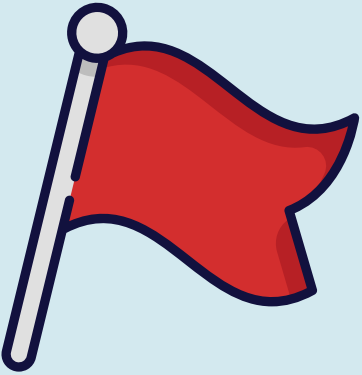
 Green Light

Section 2: Child Safety



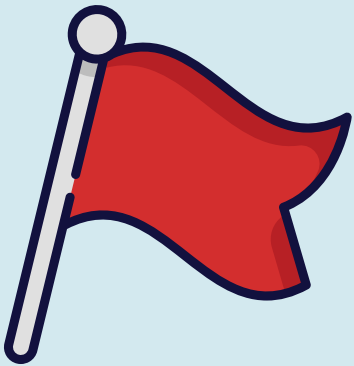
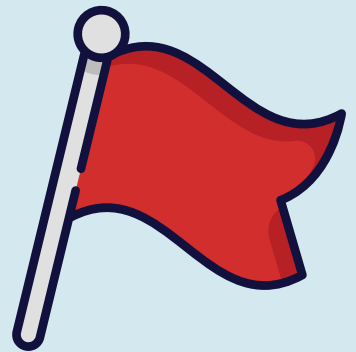
SIGNS OF GROOMING

Subtle tactics predators use to **build trust** before abuse



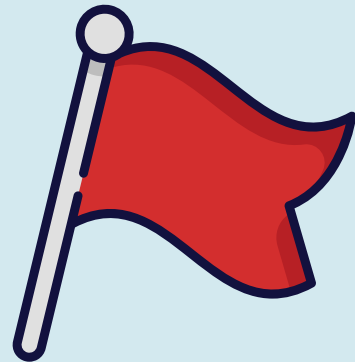
Making the child feel special or different such as giving gifts/excessive compliments, paying special attention to the child, telling the child they are mature for their age, or talking to them about adult topics

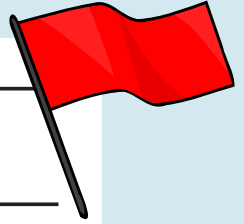
Asking the child to keep secrets. Before abuse begins, predators often first cultivate a relationship where secrecy is normal. They may tell the child their own embarrassing secrets, learn secrets about the child or urge them into prohibited activities such as drug and alcohol use so that they can later use it as blackmail



Creating intense emotional turmoil, predators often begin creating dramatic scenarios where they demand the child's time and emotional support. This behavior often becomes even more drastic if the child starts to pull away or tries to get help

Building trust within the family and community. By appearing trustworthy and helpful, family and community members are less likely to question their involvement in their child's life. They also can leverage these dynamics to pressure the child into staying silent about the abuse



[illegible]

If you or someone you know has experienced sexual assault, you are not alone. RAINN's National Sexual Assault Hotline offers free, confidential, 24/7 support in English and en Español

**Call 800.656.HOPE(4673)
Chat at RAINN.org/hotline
Text "HOPE" to 64673**





Helpful Questions



These questions provide one example of how to talk about child safety with potential childcare providers. While there is not one “right way” to do this, we encourage including questions around the following topics.

We would love to hear some of your thoughts on teaching body safety, such as topics like personal space and being able to say no.

Would you be willing to provide references from your previous childcare roles?

Would you be able to provide an email so that we can send a link for you to complete a background check? It will be quick and I will cover the cost!

Have you received any training in child sexual abuse prevention?



Showing Persistence

In your conversations surrounding child safety you may encounter resistance, especially from individuals who are not educated about child sexual abuse prevention. Here are some examples of ways to firmly advocate for your child's safety while staying respectful and helping the provider learn as well

Yeah, I can explain what I mean by body safety. It's all about helping kids feel safe and confident setting boundaries. We teach our kids that they can always say no to any kind of physical contact. Even just a hug.

I hear your concerns about background checks. I want to be clear that it's not because I suspect anything negative. It's about consistent safety practices. If you were working at a school or daycare, a background check would be standard. Since you're caring for my child, I want to use the same safety standard.

I get it can be tricky to get ahold of people at times. Even so, it's really important to me to have an outside perspective on your experience. If you have their contact information, I'm happy to reach out myself.

Prevention actually goes beyond doing the right thing yourself. It's about empowering kids and keeping them safe. Would you be willing to learn more about sexual abuse prevention if we provided some resources?

What is Sexual Abuse?

- Sexual Abuse involves inappropriate behavior that violates a child's boundaries.
- Typically occurs across a power differential
- Spans in person and online world
- Can include
 - Sexual Acts
 - Sexual Contact
 - Sexual Behavior without Contact
 - Showing Sexual images
 - Creating Child Sexual abuse material

Children may react to sexual abuse in different ways. The following are some common signs that could indicate a child has experienced abuse.

Physical Signs

- Bleeding, bruises or swelling in the genital or anal regions
- Bruises on roof of mouth
- Bloody, torn or stained underclothes
- Difficulty walking, standing, or using the bathroom
- Frequent urinary or yeast infections or STI's
- Pain, itching or burning in the genital area

Behavioral Signs

- Suddenly loses interest in an activity or expresses not wanting to see an individual
- Sexual knowledge or behaviors that are not developmentally appropriate
- Nightmares or bed-wetting
- Unusually withdrawn or aggressive
- Returns to regressive behaviors, like thumb sucking

Signs of Sexual Abuse (cont.)

- Appears withdrawn, sad or fearful, particularly after going somewhere or seeing someone
- Changes in hygiene- either refusing to bathe or bathing excessively
- Overly protective and concerned for siblings, potentially assuming a caretaker role
- Runs away from home or school
- Receives special attention from an adult or older peer – such as gifts, one-on-one practices, excessive compliments

Abuse also happens over the internet

Signs of online abuse may also include:

- Secrecy around devices and online habits
- Sudden changes in internet use
 - Using devices late at night
 - Using devices more than normal
 - Only using devices in private
- Defensive or angry when you ask them about their online activities



WHAT TO DO IF A CHILD DISCLOSES THEY HAVE BEEN SEXUALLY ABUSED

Stay Calm

Learning a child has been sexually abused is distressing. It is important to regulate your own feelings to ensure that the child feels safe, supported and able to talk about their experience without fear of upsetting you



Don't Push or Investigate

Do not press for more details than the child is comfortable with sharing. It is normal for a child to not be ready to talk about everything they may have experienced. Let them lead the conversation and listen.

Believe Them

Children rarely lie about sexual abuse. It is important to let the child know that you believe them and will help them get the help they need.

Contact the proper authorities

Reach out to your local Child Advocacy Center (CAC), Child Protective Services (CPS), or the police to make a report.

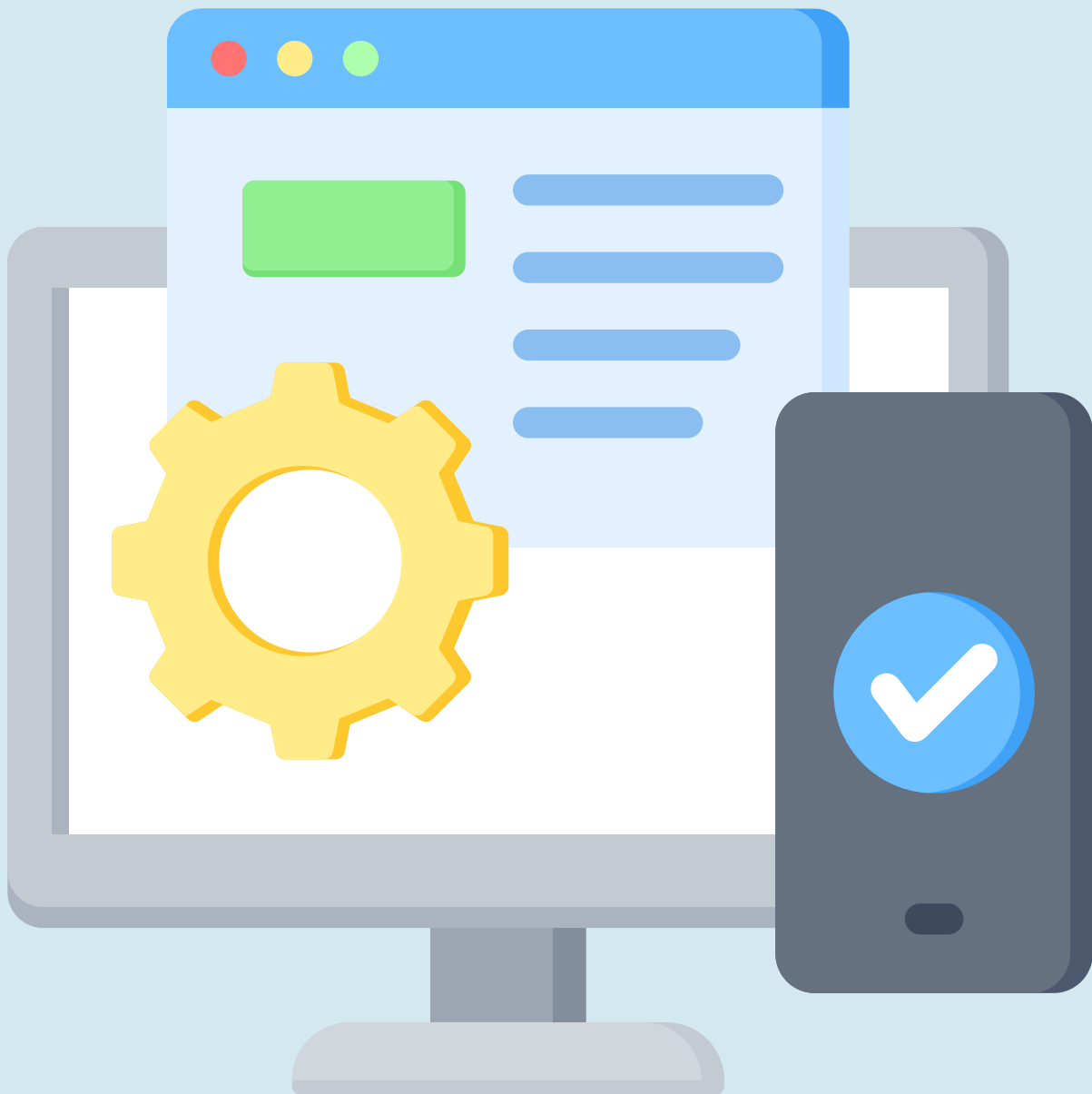
Find a local Child Advocacy Center near you at nationalchildrensalliance.org or call 1-800-239-9950

Disclosures often contain inconsistencies, this is a characteristic of traumatic memory, not a sign that the child is not telling the truth. It is not your responsibility to verify the facts, it is your job to listen.



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Section 3: Digital Hygiene





B.A.S.H

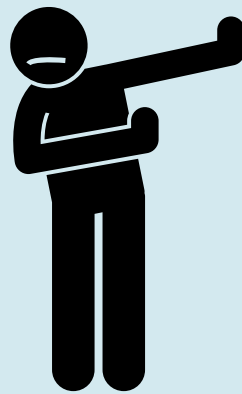


unsafe online influences

Block



Avoid



Seek

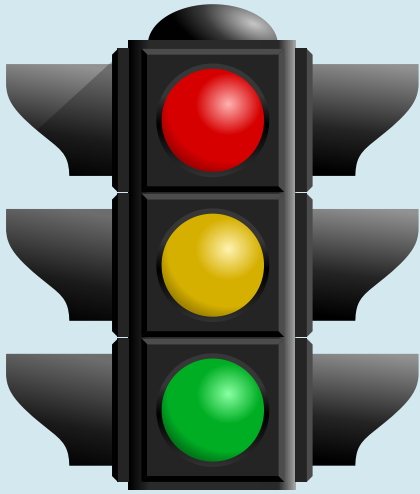


Help



Use the space below to brainstorm some ways
you can start a conversation about digital
hygiene with your child

Are these scenarios a **red light**, a **yellow light**, or a **green light**? Circle your answer and reflect on your choice. And remember:



Red Light: unsafe internet activity

Yellow Light: requires concern or discussion

Green Light: safe internet activity

1. Your child's friend from school writes down your child's username and asks your child to add them on a new app.

 Red Light

 Yellow Light

 Green Light

2. Your child is playing an online game that connects them to other anonymous players around the world. One of the other players compliments their gaming skills over the game's built-in voice channel. Then, this anonymous player asks your child to add them on a separate, private messaging app. They say it's to talk gaming strategy and become better friends

 Red Light

 Yellow Light

 Green Light

3. Your child gets a new friend request. They can't remember if they know the other child, but they list that they go to the same school and have a lot of mutual friends.

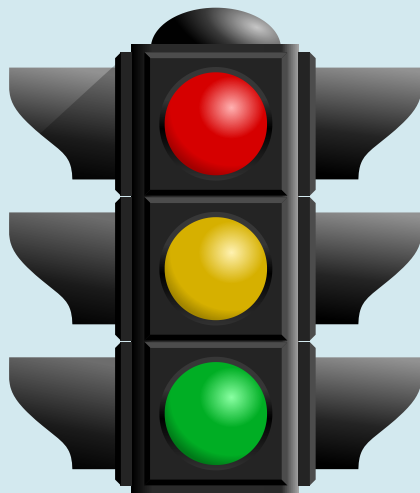
 Red Light

 Yellow Light

 Green Light

4. Your child makes a post that says “Ugh, sometimes parents are the worst.” A user they don’t recognize comments, “U need to get outta there, ur better of on ur own. DM me”

-  Red Light
-  Yellow Light
-  Green Light



Using the spaces provided, answer the questions and reflect on your own and your family's digital hygiene.

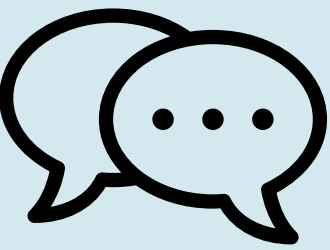
How much time do you spend online every day? What about your child?

Does the content you consume make you feel better or worse? What about your child?

What important activities could your family's online activity be crowding out? What offline activities do you want to prioritize?

Section 4: Understanding Online Dangers





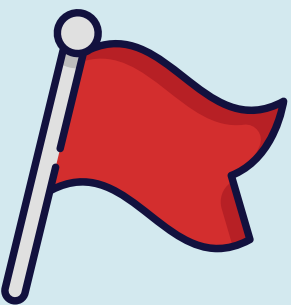
Online Safety Conversation Starters



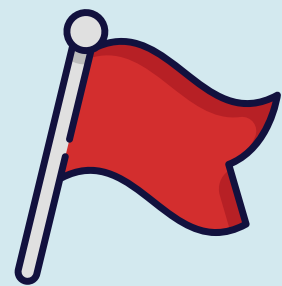
What would you do if you received a friend request from someone you didn't know?

How could you tell if someone was trying to get you to reveal personal information?

What would you do if you received a message that made you uncomfortable?



Signs of online grooming or harassment



Secrecy around their phone or other devices- May hide certain apps, photos or messages in secret folders or behind extra passcodes

Sudden changes in the frequency in which they use their devices



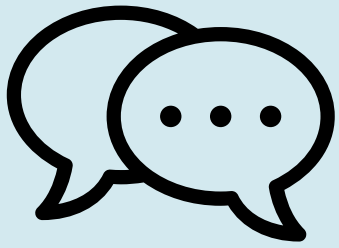
Staying up late to have **unsupervised online time**

Adult content or hookup apps in their search history

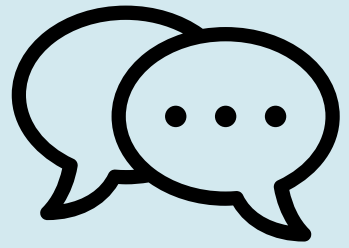


Emotional signs such as **withdrawal, distress or sleep deprivation**





Sexting and Sextortion Conversation Starters



Note which conversation starter seems like it could work for you.

What would you do if someone asked you for a sexy picture?

What do you think is the difference between flirting and sexting?

What do you think could be signs someone has suspicious intentions when they message you?

Who can you talk to if someone tries to force you into sending a sexual picture? It's okay if it's not me. Let's just think about who you could talk to.

Section 5: Family Safety Planning



FAMILY SAFETY PLAN

This template will help you and your family create a Family Safety Plan to help your child know what to do if they are in a situation or with a person that makes your child feel unsafe, in-person or online.

Fill out this worksheet together as a family and review it often. If there are multiple children of different ages in your family, you may have to modify the plan to be developmentally appropriate for each child. The Family Safety Plan writing process should be collaborative and ongoing.



LET'S GET STARTED

WHO IS THIS PLAN FOR?

List all children and family members.

COMPLETION DATE



SELF-ASSESSMENT

WHAT ARE CURRENT SAFETY CONCERNS FOR YOUR FAMILY?



WHAT ARE CURRENT STRENGTHS OF YOUR FAMILY?



WHAT DOES YOUR FAMILY'S CURRENT INTERNET USE LOOK LIKE?

What devices do children have access to and how are they supervised? Are there any current rules around children's internet use (duration, form, what apps/sites are allowed)? Do you have concerns around anyone's current internet use? What kinds of conversations do you already have about internet safety?



BASIC SAFETY ESSENTIALS

Who are safe people your child(ren) can call if they are in trouble or feel unsafe? How can they get in touch with their safe people?

List names, phone numbers/contact info.



Where are safe places your child(ren) can go if they feel unsafe?
At home? In our neighborhood? At school? At practice? Other places?

What is your family's 2-3 word safety phrase?

A safety phrase refers to a 2-3 word phrase your child can say whenever they are in trouble, feel unsafe, or need your help. A safety phrase can be especially helpful in situations where children may feel scared or embarrassed to ask for help directly, or don't want others in the situation to know they are asking for help.



How do you use the safety phrase?

I can say it to:

I can text it to:

FAMILY GOALS

Physical Environment Safety

What changes you want to make to your family's home environment to increase safety? List your top 3.

Potential examples: creating access to private spaces for each family member, installing locks on bathroom/bedroom doors, bathroom schedules to increase access to private time, creating safe play areas, safe sleeping arrangements, etc.

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Supervision Safety

What changes do you want to make to your family's supervision practices to keep everyone safe? What is your timeline for making these changes and how will you hold yourselves accountable to these changes?

Potential examples: Any specific days, areas, or activities where increased supervision is needed? Barriers to supervision (ex: work schedules), supervision plans for playdates and/or sleepovers, etc.

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FAMILY GOALS (CONT'D)

Online Safety and Habits

What changes do we want to make to the way our family uses the internet? List your top 3.

Potential examples: How does your family balance online safety and monitoring with privacy and independence? How will you know if online behavior is interfering with real-life activities we value? Do we have expectations around screen time or which devices and apps can be used when? How often do we talk about internet use? How will our child(ren) know when certain online activity is unsafe or unhealthy? How will our child(ren) get help if they encounter unsafe content or people online?

Family Boundaries

What family boundaries, rules for privacy, or expectations for communication around boundaries do you want to implement for your family? List your top 3.

Potential examples: rules about knocking before entering certain rooms/bathrooms, how is affection shown between family members and extended family/friends, clothing expectations in shared spaces, expectations of private time/spaces for family members, do family members currently feel respected when they assert boundaries, etc.

FAMILY GOALS (CONT'D)

Healthy Relationships & Communication

What changes do you want to make to your family's current approach to healthy relationships and communication about sex, relationships, and safety?

Potential examples: Where do your children learn about sex and healthy relationships? How are sex and relationships spoken about in your family? What would support open communication between parents and children? How can you encourage your children to ask questions? Are there certain anatomical terms you expect your family members to use? How can parents model healthy romantic relationships?

MONITORING PROGRESS

How will we know if we are following the plan? What are the accountability mechanisms for following this plan and who is in charge of them?



When do you next plan to review this Family Safety Plan?

We recommend at least yearly, but you may choose to review it as often as every 3 months.



SIGNATURES

We recommend all family members sign the plan to indicate their commitment to the plan. All family members should feel comfortable with the plan and feel like they collaboratively contributed to the plan before signing.

