

As with any danger to children, it helps to understand the risk. It is estimated that one in ten children will experience unwanted sexual contact before the age of 18.

The majority of children who experience sexual abuse are abused by someone the family knows. We must expand the conversation from “stranger danger” to protect children from the very real possibility of abuse by someone known to the family.

90%

of children who are sexually abused know their abuser

Parents/Caregivers often wonder how to begin the conversation and talk with children about body safety. This brochure lists some basic tips to use as a guide.

What you need to **KNOW** and how to **TELL** children about their bodies starts early and happens often throughout childhood.

Schedule a KNOW & TELL Workshop to learn more about grooming behavior, body safety and keeping children safe by visiting www.KNOWandTELL.org

If you suspect child abuse, you must contact the **NH Division for Children, Youth, and Families** (open 24/7) at **1-800-894-5533**.

For immediate safety concerns, also contact your local law enforcement.

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NH Child Advocacy Centers

New Hampshire Child Advocacy Centers (CACs) are community partnerships dedicated to ending child abuse by pursuing the truth in child abuse cases and coordinating social services for child victims. To find out more, visit our website at www.cac-nh.org or contact your local CAC.

CAC Directory by County

Belknap

Greater Lakes CAC
(603) 524-5497

Carroll

The CAC of
Carroll County
(603) 569-9840

Cheshire

Monadnock Region CAC
(603) 352-0413

Coos

CAC of Coos County
(603) 636-1999

Hillsborough: Nashua

Hillsborough County CAC
(603) 889-0321

Hillsborough: Manchester

Hillsborough County CAC-N
(603) 623-2300

Grafton/Sullivan

CAC of Grafton &
Sullivan Counties at
Dartmouth Hitchcock
Medical Center
(603) 653-9012

Merrimack

Merrimack
Advocacy Center
(603) 219-0627

Rockingham

CAC of Rockingham
County
(603) 422-8240

Strafford

Strafford County CAC
(603) 516-8100

Granite State

Children's Alliance
(603) 864-0216

TEACHING CHILDREN BODY SAFETY

Educate. Inform. Protect.

**KNOW
& TELL**

KNOWandTELL.org



Child Sexual Abuse is a Risk for Every Child

Teaching children body safety can be a powerful prevention tool for your family. The following is to be used as a guide for talking with your child about keeping their body safe. Prevention starts with you!

Become Familiar With the Signs of Abuse

Learn more by visiting www.KNOWandTELL.org

Encourage Children to TELL You About Things That Happen That Make Them Feel Sad, Uncomfortable or Scared

Help them identify a safe adult if you are not immediately available.

Use a Book From the Booklist to Begin a Conversation With Your Child

Add a couple of books to your bookshelf and use them as starting point.

Teach Children What to Do if Someone Shows Them Their Private Parts

TELL a parent/caregiver or other trusted adult as soon as they can.

Teach Children the Correct Terms for Their Body Parts

If a child is touched inappropriately, being able to clearly communicate to you or anyone else what happened is incredibly important.

This can start as early as diapering and potty training up through puberty.

Ask Your Child Questions to Help Them Think Through Possible Situations

“What would you do if someone touched you on your _____?”

“Who would you tell?”

“What if they said it was ‘our secret’?”

Discuss the Difference Between Secrets and Surprises

An abuser may “test” a child with keeping a secret as innocent as an ice cream cone.

Do Not Force Children to Hug, Kiss, or Touch People – Even Relatives

It is important a child feels “in charge” of their body. The simple act of listening if they do not want to hug, kiss, or touch a person speaks volumes.

Teach Children Which Parts of Their Body Are “Private” Body Parts

These are parts of the body that are kept private with a bathing suit.

Body parts that no one touches (unless assisting with toileting, bathing, or part of a doctor’s exam).

This can also start as early as potty training.

Explain that they are not to touch anyone else’s private body parts.

Talk about who may touch them there and why. For example, during a doctor’s visit and only with a parent/caregiver present.

Encourage Children to Trust Their Feelings

If something feels “weird” or “off” listen to that feeling. It is your instinct giving a signal that danger may be near.



Books for the Bookshelf

Street Smarts for Kids–What Parents Must Know to Keep Their Children Safe

by Detective Rick Bentz and Christine Allison, 1999. A book for parents/caregivers.

No Means No!: Teaching Children About Personal Boundaries, Respect and Consent

Empowering kids by respecting their choices and their right to say, ‘No!’ by Jayneen Sanders, 2015: Ages 3-9

I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private

by Kimberly King, 2008. Ages 4 and up.

Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane)

by Gavin de Becker, May 9, 2000. A book for parents/caregivers.

More Resources at KNOWandTELL.org

No Trespassing – This is My Body!

by Pattie Fitzgerald, 2011.

Your Body Belongs to You

by Cornelia Maude Spelman, January 1, 1997.

Say “NO!” and TELL!

By Kimberly Perry, 2016