

As with any danger to children, it helps to understand the risk. It is estimated that 1 in 10 children will experience unwanted sexual contact before the age of 18.

The majority of children who experience sexual abuse are abused by someone the child/family knows. It is important to expand our understanding away from “stranger danger” to protect children from abuse.

90%

of children who are sexually abused know their abuser

Schedule a **KNOW & TELL**® workshop to learn more about grooming behavior, body safety and keeping children safe by visiting 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** or your local police department.

For immediate safety concerns, call 911.

NH Child Advocacy Centers

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

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) 788-8201

**Hillsborough-South:
Nashua**
Hillsborough County CAC
(603) 889-0321

**Hillsborough-North:
Manchester**
Hillsborough County CAC
(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) 520-5612

TEACHING CHILDREN BODY SAFETY

Educate. Inform. Protect.

**KNOW
&TELL**®



A program of the
**Granite State
Children's Alliance**™
New Hampshire's Network of
Child Advocacy Centers

cac-nh.org
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 resources can be used as a guide for talking with your child about keeping their body safe.

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

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

Become Familiar With the Signs of Abuse

Learn more by visiting 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 a 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. Keep telling until someone believes them.

Teach Children the Correct Terms for Their Body Parts

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

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

Role Play Difficult Situations With Your Child

“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 is powerful.

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

These 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 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.

RESOURCES

More Resources at KNOWandTELL.org

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 Jayneed Saunders, 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.

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



<https://www.stopitnow.org/ohc-content/what-is-age-appropriate>



<https://www.nctsn.org/>



<https://www.commonsensemedia.org/>



<https://missingkids.org/>



<https://www.safekids.org/>



https://enough.org/resource_center

