

Protecting Your Child Against Sexual Abuse

- Let your children know that they can tell you anything, and that you'll be supportive.
- Teach kids that no one, not even a teacher or close relative, has the right to touch them in a way that makes them feel uncomfortable, and that it's alright to say "no," "get away," and tell a trusted adult.
- Don't force kids to kiss or hug, or sit in a grown-up's lap if they don't want to. This gives them control and teaches them that they have the right to refuse.
- Always know where your children are and who they are with.
- Tell kids to stay away from strangers, especially around playgrounds, restrooms and schools.
- Be alert for changes in the child's behavior. This could signal sexual abuse such as sudden secretiveness, withdrawal from activities, refusal to go to school, unexplained hostility toward a baby-sitter or relative or increased anxiety. Some physical signs of abuse include bedwetting, loss of appetite, venereal disease, nightmares, complaints of pain or irritation around the genitals.
- If your child has been sexually abused, report it to the Police and child protection agency immediately.



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For more information please contact the 733d Security Forces Squadron or visit:

<https://www.umassmed.edu/publicsafety/crimeprevention/bulletins/cpstrkid.aspx>
<http://www.ncpc.org/resources/files/pdf/>

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Security

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Raising a Streetwise Kid



What Would Your Child Do If

- He or she is lost in a shopping mall?
- If a nice looking and friendly stranger offered him or her a ride home after school?
- If a friend dared him to drink beer or smoke a joint?
- If the baby-sitter or a neighbor wanted to play a secret game?

Kids have a natural trust in people, especially adults. It's hard for parents to teach children to balance trust with caution. Kids today need to know common sense rules that can help keep them safe, and build the self confidence they will need to handle emergencies.

Start With Basics

- Children should know their full name, address and phone number with area code.
- Teach kids to call 911 or "O" in emergencies and how to use a public phone. Practice making emergency calls using a play phone.
- Tell them to NEVER accept rides or gifts from someone they don't know well.
- Teach children to go to a store clerk, security guard or Police Officer if they get lost in a mall or store on the street.
- Set a good example with your actions. Lock doors, windows and see who's there before opening a door. Take time to listen to your children's fears and feelings about people or places that scare them or make them feel uneasy.



At School and Play

- Encourage kids to walk and play with friends, not alone and avoid places that could be dangerous such as alleys, vacant buildings and parks with broken equipment.
- Teach kids to settle arguments with words, not fists, and walk away from others who argue. Remind them that taunting and teasing can hurt friends and make enemies.
- Teach kids to take a safe route from school, stores, friends houses. Show them the way.
- Teach kids to be alert, and to tell an adult, teacher, neighbor, or Police Officer about something that is not right.
- Check out school policy on absent students. Are the parents called?
- Check out daycare and after school programs. Look at certifications, staff qualifications, rules on permission for field trips, reputation in the community, policies and parent visits.

At Home Alone

- Leave a phone number where you can be reached. Post it by the phone, along with numbers for the neighbors and emergency services such as police, fire department, paramedic and the poison control center.
- Have your child check in with you or neighbor when he or she gets home.
- Agree on rules for having friends over and going to a friends house when no adults are home.
- Make sure your child knows how to lock the windows and doors.
- Tell your child not to let anyone into the home without your permission and never to let a caller at the door or on the phone know that there is no adults at the residence. Children can always say their parents are busy and can take a message.
- Work out an escape plan in case of a fire or any other emergency. Rehearse with your child.

