

What if my teen has questions?

What if they have to tell me about something that has happened to them?

If your teen has questions or starts to tell you about abuse that has happened, try to follow these steps:

1. Listen carefully
2. Repeat back what they have said
3. Ask open ended questions
4. Get help- call DCF to file a report



Childhelp 1-800-4-A-CHILD

Parent Stress Hotline 1-800-632-8188

Massachusetts
Department of Children
and Families
mass.gov/how-to/report-child-abuse-or-neglect
1-800-792-5200

More resources listed here!



Children's Advocacy Center
Hampshire County

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EMPOWERING TEENS AGAINST SEXUAL ABUSE

As a teen, your child will be exploring their sexuality. This can make them vulnerable to abuse. Here are some tips for talking to your teen, and empowering them against abuse.



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How do I begin?

Tips for when and how to start the conversation

Sometimes teens are difficult to engage in conversation. It helps if you can build it into times throughout the day where you can be side by side, so that they don't feel on the spot.

For example:

- * Riding in the car. These opportunities are great because they can also be private.
- * Cooking a meal together. Ask open ended questions while you work.
- * Watching TV or a movie. Allow the content of what you are watching to be a conversation starter.

Make conversations a regular part of your routine so that they become a normal part of your interaction with your teen.



It is most important that your teen knows you are available and safe to talk to!

What teens should know...

* The difference between consent and coercion. Consent means to say yes freely. Consenting one time does not mean consenting every time. Coercion is feeling pressured to say yes to something.



- * To expect respect from others, and to stay away from people who do not respect them.
- * To be clear about their boundaries. Let others know what they do not want to do.
- * If someone crosses their boundary, or makes them feel uncomfortable, they should trust their instincts. They should speak their mind or leave the situation.
- * Avoid drinking and drugs. If they do choose to drink or use drugs, it does not give anyone permission to assault them.
- * Pour their own beverage and keep it in their sight at all times.
- * Have a backup plan. If they are at a party and no longer feel safe, they should have a person they can call. Download the Uber or Lyft app, and use it if need be. Let them know they can call you anytime and will not be in trouble.