

What if my child has questions?

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

If your child 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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TEACHING KIDS ABOUT BODY SAFETY

Talking to your kids about body safety can be scary and difficult. But it is important to talk **openly** and **often**. Here are some tips to help you get started!



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How do I begin?

Tips for when and how to start the conversation

Any time is a good time to talk. Try to find times in your daily routine to work in a short conversation.

For example:

- *Bath time (name the body parts INCLUDING genitals)
- *Play time (talk about wanted and unwanted touches)
- *Getting ready to leave the house (talk about privacy in getting dressed and using the bathroom)
- * Driving in the car (side by side conversations are especially good times)
- *Cooking a meal together (ask questions about their day and the people they see outside the home)
- *Story time (read stories that talk about body safety and boundaries)



What do I talk about?

Create a family safety plan

Start young and create body safety rules for your family!



They might include:

- * They can say no to any unwanted touches from **anyone**. This includes family members
 - *Use the proper names for private parts
 - *What is privacy? Unless they need help, children should have privacy when dressing and using the bathroom
 - *Surprises are ok but secrets are not
- *Talk about who their safe adults are. Best practice says they should have at least one safe adult outside of the family
- *It is never their fault if someone breaks these rules, and it is never too late to tell. They should always tell if a safety rule is broken