



# Counselor's Corner



by [Tina Nightingale](#) on April, 30, 2018

April is the Child Abuse Prevention month and to help support and prevent child abuse students will be taught a lesson about “Body Privacy & Appropriate and Inappropriate/Uncomfortable Touching.” The lessons are designed to teach young children to distinguish between “ok” touches and “not ok” ones. Children will learn that their bodies are special, and they shouldn’t allow touches that are unsafe. The lesson will also consist of educating students about what to do if they are touched inappropriately or asked to engage in inappropriate behaviors. The lessons were designed in collaboration with the Child Prevention Council and are developmentally appropriate for each grade.

## TIPS FOR PARENTS:

As parents there is no way we can completely protect our children from sexual abuse but there are some ways we can lessen the chance it could occur. Unfortunately, just teaching our children not to talk to strangers or unusual people isn’t enough. In fact, approximately 85% of sexual offenders are known to the child and 50% are parent figures.

Here are some tips I have compiled from various sources on how to prevent child sexual abuse:

- Tell children that if someone tries to touch their bodies in a way that makes them feel "funny" or "bad" to say no then go tell an adult they trust.
- Talk to children every day about their contacts with other people. Ask them about their feelings. This helps to encourage your children to feel comfortable talking to you about anything.
- Do not teach your children blind obedience to adults. Don't teach children to do everything a babysitter or teacher tells them. Instead teach them that most adults are good people to be respected but that they should listen to their own hearts; tell them that it's OK to say no to an adult if they want the child to do something they know is wrong.

- Teach your children the correct names for their body parts, as well as any nicknames you might use. Take away the embarrassment children have about talking about "private parts".
- Teach children the difference between good touches and bad touches. Explain to them that while it is OK for a doctor to touch their stomach to see what's wrong, it is not OK for Mr. Jones to touch them in their pants.
- Teach your children not to keep secrets from you and don't encourage secret keeping in your family. Tell your children that they can always tell you anything no matter what anyone tells them.
- Play "what if " games with your children. Create frightening and confusing situations and ask children what they would do in these situations, for example ask, "What would you do if someone wanted you to play undressing games?" Make sure you balance these games with questions about good touches.

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THIS WEEK'S  
Nugget



## Did you know?

**Assertive communication is a healthy balance, in which you acknowledge that the needs of others are important, while also recognizing that you deserve to have your own needs met.**

It takes thoughtfulness to be assertive. It takes creative thinking, wordsmithing, emotional self-regulation, and several deep breaths. And because of this, when you're assertive, here's what you're saying:

*I value you. I value our relationship.*

I value you so much that in addressing what just happened, even though I feel hurt, I want you to feel respected and safe.

I value our relationship so much that I want to make sure my needs are met so that underlying anger doesn't fester into resentment.

I value you so much that even though this is a difficult conversation to have, I want to sit and talk with you until we've reached a resolution – or at very least an understanding – that we can both live with.

