

Help Them Be Heard: A place where kids are heard.



Let's **PREVENT** **Child** Abuse and **Child Sexual Abuse** together.

- Talk to your child about boundaries and consent.
- Explain what boundaries and consent means.
- Help your child understand that touching others is not ok or when someone is touching their private areas; or if someone is asking the child to touch another person's private areas. Unsafe touches can also include hitting, pushing, kicking, slapping, strangulation.
- Instruct your child to tell a trusted adult if someone approaches them in a manner that makes the child feel uncomfortable.
- Teach your child the "NO, GO, and TELL" technique: Say "NO!" GO away from the person quickly, and TELL a trusted adult if someone touched them unsafely.
- Create a safe home plan with all members of the family that live in the same household, let them know that child sexual abuse will not be tolerated.
- If you suspect someone of child abuse or child sexual abuse, report that person immediately to the Alaska State Troopers or your local Police Department.