

How To Have Body Safety Talks With Youth

For children in grades pre K-5:

Look for **teachable moments**. For example, if your keiki tells you about an unwanted or unsafe touch (hitting, kicking, tickling, etc.), it is a great time to talk about **safe** and **unsafe touches**.

- Let them know you are proud of them for coming to talk to you. Ask what happened, how they felt, and decide what to do next (if action is required).
- Demonstrate and practice respecting one another's boundaries. Teach your child ways to say no to hugging or physical play, such as tickling, when they are uncomfortable.
- It is helpful to have taught the anatomical names of private parts to keiki.
- Create a family safety plan: assist your keiki in identifying safe and trusted adults (ideally at least three) that they can go to for help at school, at practice/activities, and within your family.

You can say⁵:

"Bathing suits cover the parts of the body that are private, which means they are not for others to see or touch."

"Listen when someone says 'no' or 'stop.'"

"You should not touch or be forced to touch or look at another person's private parts."

"If something makes you uncomfortable, you can say: 'Stop. I don't like that.'"

"No one should take or ask for photos of your private parts or show you photos of private parts, in person or on your device."

"If anyone ever makes you feel uncomfortable or breaks a safety rule, you can tell me. I will believe you and keep you safe."

For children in grades 6-12:

Empower teens to protect themselves. Let them know:

- Clear communication about boundaries and consent is essential for a healthy relationship.
- Anyone who does not respect their body, feelings, or sexual limits is an unsafe person.
- They deserve respect and should treat others with respect.
- Sexual activity without consent is a crime.
- No matter what a person is wearing or doing, no one deserves to be harassed or abused.
- Sharing nudes can lead to sextortion (online blackmail using nude images).⁶

You can say⁵:

"It's important to watch out for your friends. If you see something inappropriate, say something."

"It's never OK for someone to use your feelings or sex to try to control you. If that happens, tell them it's not OK, and then tell me so we can talk about it."

"It's always OK to say 'No' even if you've already said 'Yes' previously. Your feelings and safety come first."

A child who knows they are in control of their body is less likely to be a victim and more likely to tell someone if they are abused.⁴

Warning signs

After sexual abuse, many children will not show any signs and they may delay disclosing their abuse, often for prolonged periods.⁴ Signs of **stress** can be an indicator of abuse.

- Fear of a certain person or place.
- Unexplained bruising, physical markings, or sexually transmitted infections.
- Disturbed sleeping or eating patterns.
- Changes in behavior (anxiety, clinging, aggressiveness, withdrawal, depression).
- Sexualized play, drawings, or knowledge (inappropriate for age).
- A child abusing other children.

When you see any of these signs, ask your keiki if anything is bothering them.

If your child tells you about an unwanted touch, talk, or showing of private parts:

- Stay calm and let them know you are proud of them for coming to talk to you.
- Ask what happened and how they felt. Then, decide what to do next.
- Tell them you believe them.
- Remember, unsafe talking, showing, or touching of private parts is **never the child's fault**.
- If you or your child need support, assistance is available both in school and in the community.
- At your school, check with your counselors or administrators for support.
- Call your county's 24-hour hotline for local survivor services.

Responding to disclosures

Look for behavior patterns of child isolation, boundary testing, and sexualized interactions to tell the difference between the actions of a caring adult and someone grooming your child for abuse.⁸

GROOMING is a process of building trust and comfort with a child, and the adults around them, to gain sexual access to the child.⁷ Identifying **early grooming behaviors**, such as those below, can help you stop and respond to grooming, before interactions become sexualized.⁸

- ! Being overly interested in babysitting or other opportunities to be alone with your child.
- ! Giving your child or family members gifts, private lessons, or privileges no one else receives.
- ! Encouraging your child to spend time with them in secret (in person or online).
- ! Talking with your child about sexual fantasies or adult relationship problems.
- ! Insisting on physical contact with your child (such as hugging, touching, or tickling).
- ! Befriending your child by acting like a peer, best friend, or "cool adult."
- ! Normalizing or minimizing inappropriate interactions with children; refusing to let a child set their own boundaries.
- ! Frequently walking in on or undressing in front of your child in bathrooms, showers, or changing areas.

To keep keiki safe

Supervise your keiki's activities and **make careful choices** about who is alone with your child.



Monitor device use and online gaming activity. Set safety guidelines, like **no devices in the bathroom**.



Regularly **check in** about their feelings toward the adults and children in their lives and changes in their behavior.



Statewide Survivor Services

24-Hour Hotlines by Island

If someone you know has experienced sexual violence, please call your local sex assault hotline for information and confidential support.

Hawai'i: 808-935-0677

Kaua'i: 808-245-6362

Maui & Lana'i: 808-873-8624

Molokai: 808-495-3340

O'ahu: 808-524-7273

Hawai'i's Sexual Assault Centers

(Confidential counseling, sexual violence prevention education, assistance with police reporting and medical care/evidence collection)

Hawai'i Island
Sexual Assault Support
Services, YWCA,
Phone: 808-935-7141,
www.ywcahawaiiisland.org



Kaua'i
Sexual Assault Treatment
Program, YWCA,
Phone: 808-245-5959,
www.ywcakauai.org



Maui, Moloka'i & Lana'i
The Maui Sexual Assault
Center, *Child and Family
Service*,
Phone: 808-877-6888,
www.childandfamilyservice.org



O'ahu
The Sex Abuse Treatment
Center, *Kapi'olani Medical
Center for Women &
Children*,
Phone: 808-535-7600,
www.satchawaii.org



More Information and References:

- Center for Disease Control and Prevention. Fast Facts: Preventing Child Sexual Abuse. <https://www.cdc.gov/violenceprevention/childsexualabuse/fastfact.html>.
- RAINN – Children and Teens: Statistics. <https://www.rainn.org/statistics/children-and-teens>.
- The Sex Abuse Treatment Center of Kapi'olani Medical Center for Women & Children. Child Sexual Abuse. <https://satchawaii.org/about-sexual-violence/child-sex-abuse/>.
- American Academy of Pediatrics. Preventing Child Sexual Abuse: What Parents Need to Know. <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Sexual-Abuse.aspx>.
- Committee for Children. Child Sexual Abuse Prevention – Hot Chocolate Talk Campaign. What to Say at Every Age. <https://www.cfchildren.org/resources/child-abuse-prevention/>.
- National Center for Missing & Exploited Children. Sextortion. <https://www.missingkids.org/theissues/sexortion>.
- Canadian Centre for Child Protection. Commit to Kids. https://commit2kids.ca/pdfs/C2K_SportEdition_ParentsGuide_eng.pdf.
- U.S. Center for Safesport. What Parents Need to Know – Grooming in Sport. https://uscenterforsafesport.org/wp-content/uploads/2021/06/2021_HPCourse_Grooming_v7.pdf.

Definition of Child Sexual Abuse: These definitions can be found in Hawaii Revised Statutes (HRS): §350-1 Definitions, §707-733.6 Continuous sexual assault of a minor under the age of fourteen years, §707-750 Promoting child abuse in the first degree, §707-756 Electronic enticement of a child in the first degree, and §846F-2 Definitions.

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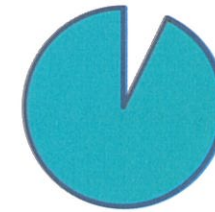
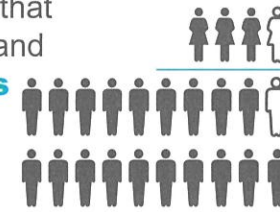
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LET'S TALK ABOUT BODY SAFETY

What parents and guardians need to know about child sexual abuse.

Did you know that **1 in 4 girls** and **1 in 20 boys** experience child sexual abuse?¹



Over 90% of victims are abused by someone they know.²

You can take steps to increase your keiki's safety and reduce the risk of abuse.

Child sexual abuse is defined as sexual activity between **an adult** and **a child** or sexual activity between **two minors** if there is a significant *age, size, or power difference*. It can include a range of activities such as sexual touching, sexualized talk, exposure to genitals, rape, involvement in pornography, or prostitution.³

A sense of bodily autonomy (that **your body** belongs to you) can help prevent child sexual abuse.⁴

Teach keiki:

- The anatomical **names** of their private parts (buttocks, breasts, penis, vulva).
- About **safe touch** (hugging, high fives) and **unsafe touch** (private part touching, hitting).
- About **safe secrets** (like birthday presents) and **unsafe secrets** (about private part touching).
- To say "**No**" to requests for nudes, unsafe showing, or touching of private parts.
- It is OK to say "No" to anyone, **including adults**, if they don't want to be touched or hugged.
- Unsafe talking, showing, or touching of private parts is **never their fault** and they **will not get into trouble** for talking about it.
- To tell a trusted adult** if someone asks them to keep an unsafe secret, and to **keep telling trusted adults** until they get help.
- To talk with you about anything that bothers them, including unsafe touching, that you **will believe them** and do everything you can to protect them from harm.
- To ask before touching others (**get consent**).

