



# DARKNESS TO LIGHT

## END CHILD SEXUAL ABUSE

### **Adults:**

Help children in our community stay safe!

Free workshop for parents, teachers, coaches and community members advocating for children.

The *Stewards of Children* program will increase knowledge, improve attitudes and change child-protective behaviors. Adults will learn facts about child abuse, where it can occur, strategies for protecting children, the importance of having conversations, and the signs of abuse to help you react responsibly. Adults will increase awareness of prevalence, consequences, and circumstances of child sexual abuse, and learn new skills to prevent, recognize and react responsibly.

### **Students:**

Tweens and Teens in 4<sup>th</sup> through 8<sup>th</sup> grades are invited to a discussion led by MCCAC therapists during this time. The focus will be on body safety, peer pressure, and making healthy choices about peer relationships and using social media.

***Hosted by Monongalia County Child Advocacy Center (MCCAC)***

**at Mountainview Elementary School**

**Tuesday, April 25, 2017**

**6:00 - 8:00 pm**

For Questions or to Pre-Register Contact: Kayla Taylor-Benson, MPA  
Monongalia County Child Advocacy Center

[mccac\\_dc@comcast.net](mailto:mccac_dc@comcast.net)

(304) 598-0344

[www.moncocac.org](http://www.moncocac.org)

Pre-Registration is encouraged, but not required. If you pre-register you are guaranteed a complimentary resource book on the topic.





# A Message about Body Safety from the Monongalia County Child Advocacy Center

(304) 598-0344 or [www.moncocac.org](http://www.moncocac.org)

## Teaching Your Child About Body Safety

Child abuse occurs at every socio-economic level, across ethnic and cultural lines, within all religions and at all levels of education. Children need to know what sexual abuse is and what they can do to prevent it from happening. We must start educating children while they are young and repeat it often in order to provide them with the tools they need to keep themselves safe!

## What to Teach Your Child About Body Safety

- 1. IT'S MY BODY!** I have the right to know all the safety rules.
  - Teach your child the correct names for all of their body parts.
  - Explain to your child the difference between safe and unsafe touches.
  - Teach your child to always play and walk with a buddy and to tell their parents where they are.
  - Teach your child to never talk to strangers.
- 2. The "Uh-Oh" Feeling.** If I feel like something's wrong, then I'm right.
  - Sometimes I need to ask questions, and that's okay!
- 3. I can say "NO"** to sexual abuse or unsafe touches.
- 4. I will TELL SOMEONE** if I am sexually abused or hurt.
  - Teach your child it is okay to break promises they might make about sexual abuse. They do not have to make any promises that make them feel bad inside.
  - Talk to your child about who in their life is safe, and who they can talk to if something happens.
  - Let your child know that it is never too late to tell someone about sexual abuse.
- 5. IT IS NEVER MY FAULT.**
  - Let your child know that if sexual abuse does happen to them, they are still a good person, they are still loveable and that you will always love them no matter what!

## What to Do If Your Child Discloses They Were Abused

- **REMAIN CALM.** An overreaction will only scare and make your child feel more ashamed.
- **BELIEVE YOUR CHILD.** Children do not usually make up sexual abuse.
- **LISTEN** to your child. Be careful not to make comments and judgments about the offender. This can add to your child's pain and discomfort.
- **REASSURE** your child that he/she did nothing wrong. Abuse is never a child's fault.
- **MAKE SURE YOUR CHILD IS SAFE** from further abuse.
- **CONTACT** Child Protective Services (Anonymous Reporting Hotline: 1-800-352-6513) or your local law enforcement office, then contact the Monongalia County Child Advocacy Center for support.
- **GET HELP** for both your child and yourself as soon as possible. You will be best able to support your child if you are also being supported! The support that children receive from their parents and other caregivers is critical to helping them heal.

*The Monongalia Child Advocacy Center provides free support & resources for you and your child.*