



# What parents can do today to help protect their kids from abuse

## Tips for speaking with your child and establishing a safe communication environment

**1. Talk to your child about their body.**

Use correct names for body parts, and teach which parts are “private.”

**2. Talk to your child about boundaries.**

They have a right to say “NO” when they don’t want to be touched or feel threatened. Do not force your children to give hugs and kisses even to family members.

**3. Talk to your child about what to do.**

Say “NO,” go to a safe place, and tell a trusted adult if something happens.

**4. Teach your child not to keep secrets from you.**

**5. Model open, calm communication.**

Everyone gets angry at times. When you are angry, model self-calming techniques for your children and your children may be more likely to share openly with you.

**6. Begin these conversations at a very young age and encourage ongoing, open communication.**

