

Parents in the Know

A Program for Engaging Parents in
Child Sexual Abuse Prevention

Parents' Journal: Mini Opps



Introduction:

This activity journal will help you talk with and help your child build safe and healthy relationships. A strong relationship with your child is part of preventing child sexual abuse. Try the activities in this journal. The start of a strong parent and child relationship can be built through reading, talking and playing together. Eat breakfast with your child. Go play outside together. Go for a walk. Make a paper kite and fly it. Have fun!

The most important part is to SPEND TIME WITH YOUR CHILD!

Each page has instructions and small boxes for you to check off as you complete items with your child.

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Getting to Know You

Use this space or get a bigger piece of paper to color together.

My child's name is _____

- Have your child draw a picture of him/herself
- You draw a picture of yourself
- Draw a picture together

Color and complete this sheet with your child

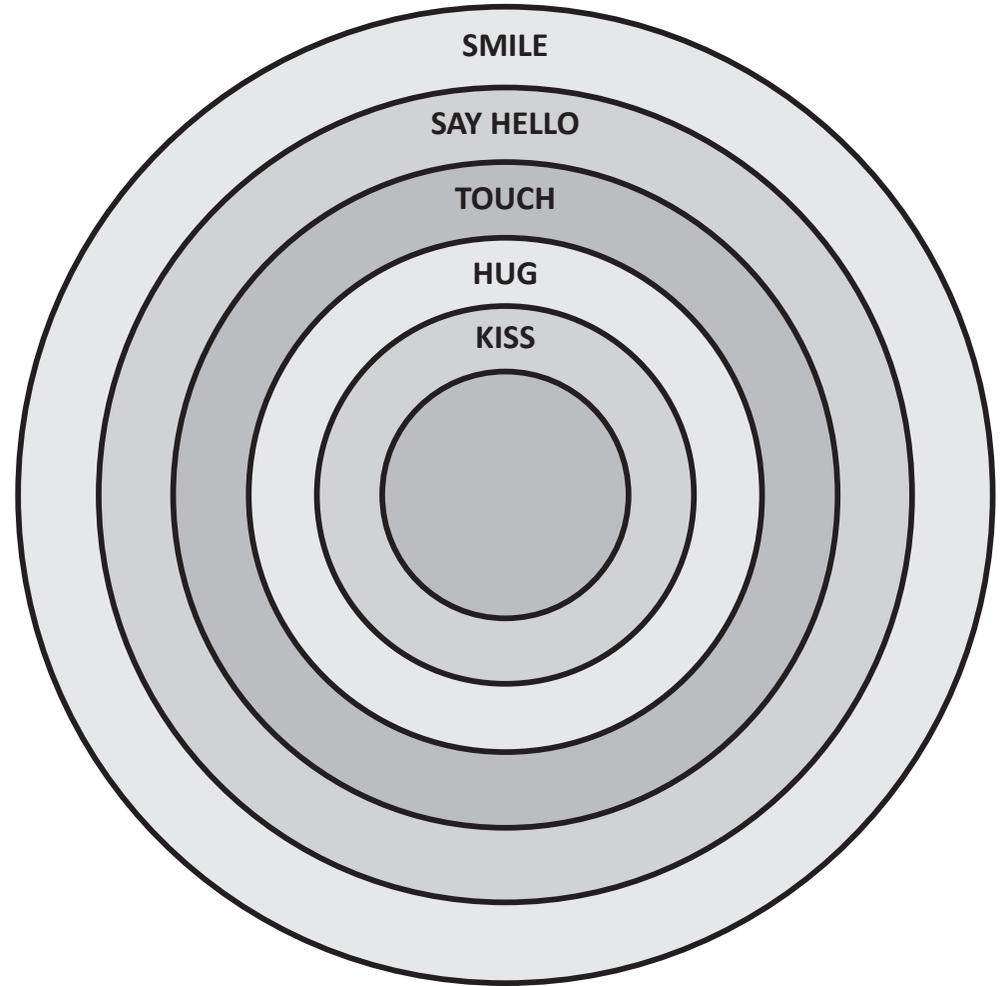
Cameron likes to play video games. _____
What games do you like to play?



Jolisa likes to sing. What music do you like?



Pete likes to play basketball.
What is your favorite thing to do?



WHAT IF...

1. Make a list of the people your child comes into contact with on a daily basis.

2. Ask your child the following what if questions.
3. As your child answers, put the names in the appropriate spaces within the circles. *(see page 20)*

There are no right answers. Please remind your child that he/she never has to hug, kiss, touch, or be touched by ANYONE! Rules about touching and safety are important to talk about.

- **What if....**Your teacher wanted a hug? Your teacher smiled and said good morning to you?
- **What if....**Your neighbor asked for a kiss? I asked for a kiss? Your Gram asked for a kiss? Your neighbor shook your hand?
- **What if....**Your friend's big brother asked you for a hug and kiss? Your friend wanted to kiss you? Your Aunt wanted a kiss?
- **What if....**A stranger wanted a hug? Waved hello?

Interview Your Child

Complete & Color Together

IT'S ALL ABOUT,

my friends are I am years old

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



These are adults I can go to for help:

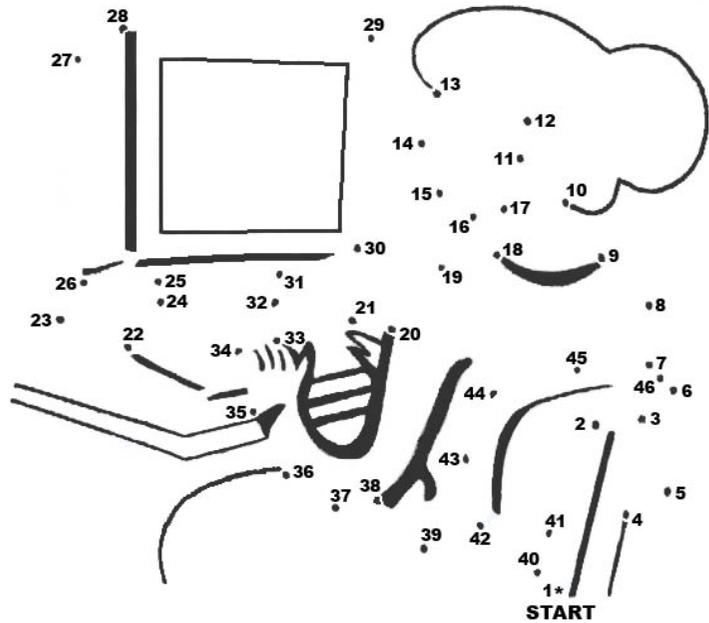
1. _____
2. _____
3. _____
4. _____

My Favorite Things

Color	Food
Book	Music

Connect the dots & talk about online safety.

INTERNET SAFETY



Do not give out personal information (name, address, phone number) to anyone online.

Do not post anything that is hurtful, disrespectful, or embarrassing. Remember, ANYONE can see what is on the internet.

Never go into chat rooms online or in video games. Remember people can lie about who they are online.

WHAT IF...

If you were playing outside in your neighborhood and needed help, list three safe adults with which you could talk.

1. _____
2. _____
3. _____

If you were having trouble with another student at school, list three safe adults with which you could talk with.

1. _____
2. _____
3. _____

If someone in your family was making you feel uncomfortable or doing something unsafe, list three safe adults with which you could talk.

1. _____
2. _____
3. _____

We would like you and your child to practice good speaking and listening skills. Please role play the following:

As you role play, make sure you and your child:

- Look one another in the eye
 - Stand up tall
 - Speak loudly and clearly
 - Nod his/her head to indicate that he/she is listening
-
- Practice resolving a disagreement. Pretend you are fighting over sharing a toy. Role-play what you would say.

 - Talk about how it feels to have your feelings hurt. Practice apologizing for hurting someone’s feelings.

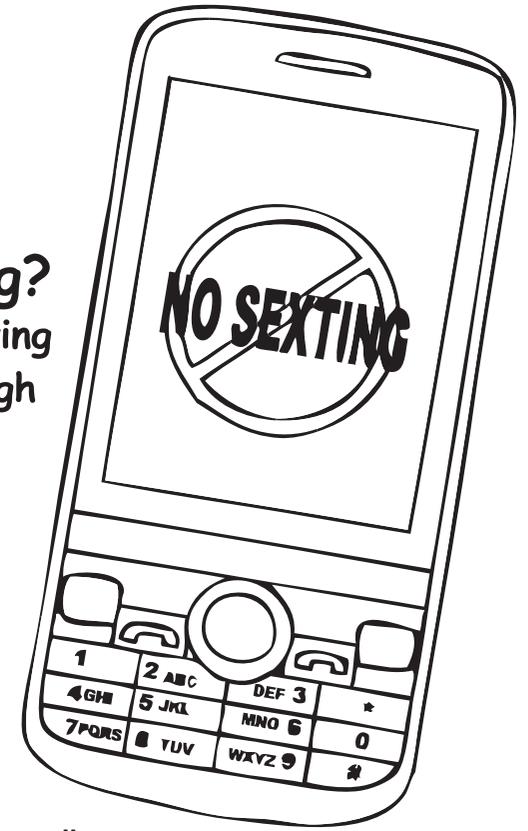
 - Practice meeting new people and making friends. How might you first say, “hi” or get a new person’s attention?

 - Practice knocking on a friend’s door and asking if the friend can come outside to play. You can elaborate on the discussion as much as you feel is appropriate.

 - Role-play and practice asking for a hug, to hold hands or kiss.

Talk about safety rules with cell phones

Color you new cell phone



What is sexting?
Sending and/or receiving
naked pictures through
text messages.

If you see a naked picture on a cell phone you would tell these adults:

1. _____
2. _____
3. _____
4. _____

Try one of the art activities below

- Have your child draw a picture of themselves as a baby and now. Talk about how they have grown and how they have changed.
- Talk about where you grew up. Share from where your ancestors came. Maybe look at a globe or a map together and trace their trip with crayons. Mark on the map where you live now.
- Hang the map in your child’s room. Together explore and learn about different places.
- Ask your child to draw pictures of their friends and draw pictures of your friends. Show one another your pictures.
- Help your child send a picture or a card to one of their friends.
- Together draw a picture of the two of you.
- Draw pictures of what angry looks like.
- Read and color a page from a coloring book together.
- Draw your child’s face then have your child draw your face and share.
- Draw a picture of your house together.
- Ask your child to draw a picture of their favorite animal or toy.

Color the pictures together

How do you think these children feel? Share about a time each of you felt like the children in the pictures.







Questions:

- What are some of the things you do when you are sad/happy/mad?
- How many feelings can we name?
- What does it feel like when you are sad/happy/mad?
- What do people look like when they are sad/happy/mad?
- Why is it so hard to talk about being bullied?
- How do bullies make us feel?
- Why is it SO important to tell someone about being bullied?

Sit & watch TV with your child.

After you watch talk about:

- What character would you like to be in the show?
- What would you have done if that happened to you?
- What was your favorite part of the show?
- If you could change a part of the story what part would you change?
- Did you have a least favorite part?

At least once a week

sing any of the following songs like this:



Hokey Pokey
If You Are Happy and You Know It
Row, Row, Row Your Boat
Head, Shoulders, Knees and Toes



Mary Had a Little Lamb & The Wheels on the Bus

- Write a song about your child to the tune of one of the above and sing it to her/him.
- Help your child write a song about one of his/her favorite people.
- Use a cardboard box, a kitchen bowl, spoons or shoes to make sounds and play your instruments together.

Set up a little space with a pillow or stool and have books or crayons, paper, or a few little toys with which to play.

Explain to your child that if they are very angry and need time alone to calm down this would be a good spot.

- Practice saying sorry for acting out in anger. Think of ways to calm down.
- Draw a picture about a time you felt sad.
- Draw a picture about a time you helped someone who felt left out or sad.
- Make a card telling a friend how happy you are to be friends.

Take turns finding the hidden words with your child

My Safety Puzzle

E	K	K	P	Z	R	Z	H	B	O	H	E	Z	L	S	D	L	T	G
H	Q	S	S	I	K	R	C	U	R	U	S	J	J	T	G	P	X	F
G	W	R	Z	E	C	P	M	P	G	B	X	S	S	O	I	J	N	Q
C	Q	G	V	Y	X	T	R	U	Q	S	K	N	Z	P	O	K	B	K
H	J	M	N	R	C	T	U	V	T	E	L	L	F	W	V	P	O	Q
C	S	X	B	E	G	J	I	R	V	H	B	U	S	O	I	J	U	N
J	Y	P	B	M	T	C	D	N	E	Y	U	U	A	R	K	U	N	F
X	T	D	F	B	M	T	C	E	G	S	P	A	C	D	X	N	D	F
K	O	T	M	A	H	E	Y	Z	Q	E	H	T	Q	S	W	C	A	V
C	E	X	Y	R	P	O	G	W	E	W	G	K	X	U	O	O	R	C
H	D	C	B	R	E	H	J	L	A	D	U	L	T	K	S	M	I	D
A	M	W	O	A	E	T	G	I	S	K	Z	B	W	B	I	F	E	Q
T	Y	G	D	S	O	M	D	K	P	J	H	Y	C	B	R	O	S	N
R	Q	R	Y	S	T	J	Z	O	M	A	N	N	H	K	B	R	Q	T
O	Z	A	B	E	Q	K	B	X	T	O	U	C	H	O	C	T	B	I
O	C	C	N	D	W	S	H	F	V	W	K	S	R	N	R	A	C	X
M	K	E	H	G	U	N	W	A	N	T	E	D	L	Q	Z	B	H	N
R	A	X	T	I	R	T	V	L	L	F	F	O	C	U	O	L	L	E
N	J	F	D	Q	O	Y	W	S	A	F	E	L	E	L	N	E	F	H

- | | | | |
|----------|---------|-------------|---------------|
| tell | stop | adult | safe |
| unwanted | touch | words | boundaries |
| pictures | sexting | my body | uncomfortable |
| angry | hugs | embarrassed | chatroom |

Use Your Imagination

- Save cereal boxes, Kleenex boxes and toilet paper rolls (any cardboard or plastic container) and stack and play.
- Make animals, people or shapes with play-doh.
- Get Ivory soap and saved popsicle sticks and then start carving!
- Buy differently shaped crackers to count, sort by shape and enjoy.
- Use blocks or legos and build a safe house for a stuffed animal or a toy. Talk about what makes it safe. How might it feel to live there?

It is good for children to know what to expect. Going to bed at the same time and having a routine helps children feel safe. You may want to read a bedtime story or spend a few minutes talking with your child before bed. Here are some things you can talk about.

As you talk with your child, ask the following:

1. Talk about how you felt.
 2. Talk about your choices or options.
 3. Discuss if he/she ever felt the same way you did.
- Share a story about a time when you felt afraid of the dark.
 - Share a story about a time you felt angry.
 - Share a story about a time you learned something new about your body.
 - Share a story about a time when you had a fight with a friend.
 - Share a story about a time you felt loved and protected.
 - Share a story about a time you didn't want to give a hug.
 - Share a story about a time you were not easy to get along with.
 - Share a story about a time you were afraid to make a new friend.
 - Share a story about a time you felt lonely or left out.
 - Share a story about a time your parent made you feel loved and cared for.
 - Share a story about a time you followed a safety rule.
 - Share a story about a time you saw bullying behaviors.

At least once a week...

- Experiment with flashlights and shadows indoors; trace your shadows with chalk outdoors.
- Use food coloring to dye water in ice cubes trays and freeze. After the ice freezes, add to your child's bath for fun with color.
- On a cold and snowy day, fill a bucket or tray with snow and after covering your table or floor with towels build mini snowmen or run your toy cars through the snow.
- Make a family tree.
- Take a tour of your house and talk about everything there that keeps you safe.
 - Why do we lock the door?
 - Why do we have lights in the dark?
 - Why do we keep medicine and cleaning products up high?
- Interview a relative or adult.
 - What was your favorite part of growing up?
 - What did you like when you were my age?
 - Did you play any sports?
 - What is your favorite color?
 - Is there anything that you think would surprise me about you?
- Sit on the floor with your child/children. Take turns rolling a ball to one another. As each of you catches the ball, also answer a question from the list on page 15.