

Parents in the Know

A Program for Engaging Parents in
Child Sexual Abuse Prevention

Parents' Journal: Activities & Handouts



Introduction:

Welcome to Parents in the Know, a practice-based child sexual abuse prevention program. We hope that Parents in the Know helps you talk with your children, connect with parents, build new partnerships, find strength and support within your communities and evaluate what you are doing and how well you are doing it.

Many of the activities in this booklet were developed for *Where We Live : A Manual for Engaging Parents in Child Sexual Abuse Prevention* (PAAR, 2012). This booklet is to be used in combination with the booklet *Parents in the Know: A Program for Engaging Parents in Child Sexual Abuse Prevention: Parent’s Journal: Mini Opps* (PAAR, 2015).

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Just for Parents

- How do I model or show my child through actions and words what it means to have respect from others?
- How do I model or show my child through actions and words what it means to have respect for others?
- How do I model or show my child through actions and words what it means to have personal space?
- How do I model or show my child through actions and words what it means to respect the personal space of others?
- What safety rule have I discussed or do I want to discuss with my child?
- How do I model or show my child through actions and words how to stay safe?
- How do I model or show my child through actions and words how to help keep others safe?
- How do I model or show my child through actions and words how to ask others for help when I feel unsafe?
- How do I model or show my child through actions and words how to offer help when asked?

Green Light Behaviors

Identify three adults a child may see often. List "green light" or safe and respectful ways each adult listed may interact with a child.

Possible examples: a high five, a hug, a hello, a wave goodbye

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Red Light Behaviors

Write the same adults below. List abusive ways the adults may interact with a child.

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Yellow Light Behaviors

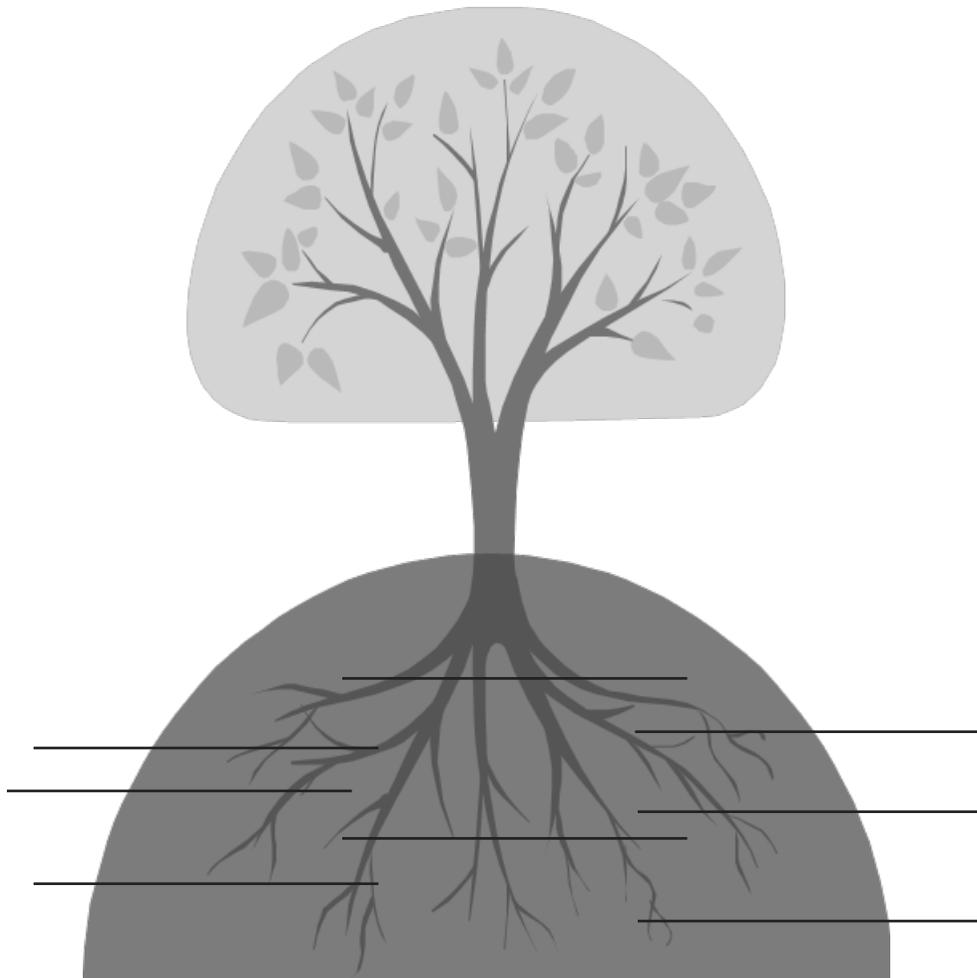
Using the same adults from the previous worksheets, list words or actions you would question if the adult did with a child.

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Growing Our Foundation

As parents, we ask about school, friends, and activities. We may not routinely discuss sex education, sexual development, sexual abuse prevention, and healthy sexuality. Whether we are talking about those topics or not, our children are receiving messages from many sources. Please think about the sources providing information to your children and write them in the roots.

Circle the top three people from whom you would want your child to get information. Think about what you circled and why.



Time to Watch

As you watch "A View From the Shadows" please answer the questions below.

- What distortions did the offenders use to "explain" their assaults?

- What makes it hard to identify offenders, even for their victims?

- What distortions did the victim learn?

- What did the offenders rely upon to avoid detection?

- Why are parents and adults so important?

ASSESS YOUR COMFORT

<i>When talking to my child about:</i>	<i>I Feel:</i>
	Very Comfortable
Naming body parts	
Anatomical differences	
Hugging a family member	
Hugging a stranger	
Sitting on a family member's lap	
Sitting on a stranger's lap	
Kissing a family member	
Kissing a stranger	
Kissing within a relationship	
Shared responsibility within relationships	
What a relationships should feel like	
How partners in a relationship should treat one another	
Respect among genders	
Values	
Textual harassment	
Sexting	
Masturbation	
Sexual activity	
Where babies come from	
Sexual intercourse	

Bystander: Steps to Action Handout

1. Notice behavior
2. Interpret as a problem
3. Assume responsibility
4. Choose how to intervene
5. Attempt to help

Don't forget about using a non-confrontational approach to break the tension by finding a way to insert yourself into the situation.

- "Excuse me, may I reach for that book/can/magazine/box behind you?"
- "I'm sorry, may I walk around you?"
- "Excuse me, may I get past you?"
- Create confusion through distraction.
- Cause a mini-scene by dropping something.

Time to Get Real

1. You notice Scott, a young man in his 20's, hanging around some of the younger boys in the neighborhood. At first he was playing football with the younger boys, and now you notice that it has become more of a physical wrestling game involving a lot of touching.

Choice 1: You walk over to Scott and ask,

Choice 2: You stop by your friend's house whose son also plays football with Scott and ask,

Choice 3:

13. Your daughter is in a dance recital and you are concerned about the outfit sent home.

Choice 1: You set up a meeting with the dance teacher and say,

Choice 2: You turn to another parent and say,

Choice 3:

14. At your daughter's weekly soccer game, you notice a man taking pictures of all the girls.

Choice 1: You walk over to the man and ask,

Choice 2: You go over to the coach and say,

Choice 3:

11. At the family reunion you notice a family member “accidentally” brushing up against your young child.

Choice 1: You walk over to the family member and ask,

Choice 2: You turn to another relative and ask,

Choice 3:

12. Your daughter is in a dance recital, and while attending the rehearsal, you are concerned about the dance moves which seem sexually provocative and inappropriate for children.

Choice 1: You set up a meeting with the dance teacher and say,

Choice 2: You call the dance teacher and ask,

Choice 3:

2. The bagger at a store tries to hug all of the little boys as they exit the check-out line.

Choice 1: You walk over to the bagger and ask,

Choice 2: You approach the manager and say,

Choice 3:

3. At a grocery store, you see another adult approach a child while his/her parent is distracted.

Choice 1: You say “Hello” to the adult approaching the child and ask,

Choice 2: You call out to the parent asking,

Choice 3:

4. At a child friendly restaurant, you notice an employee spending a lot of time talking to children one on one, touching them on the shoulder and back, and handing out tokens. The employee moves away as soon as another adult approaches.

Choice 1: You walk over to the employee and ask,

Choice 2: You ask to speak with the manager and say,

Choice 3:

5. While at an amusement park with your child, you overhear a young man standing beside the line asking some of the children personal questions.

Choice 1: You walk over to the young man and ask,

Choice 2: You try to find other parents and ask,

Choice 3:

9. Lindsay's first grade class has a new student teacher this semester. The young woman is very popular with the children and brings them silly bands for good behavior. Getting dressed for school one morning, Lindsay tells you she wants to be "special friends" with her teacher.

Choice 1: You call Lindsay's teacher and ask,

Choice 2: You ask another parent whose child is in your daughter's class,

Choice 3:

10. A storm damages your home and you have hired a contractor to fix the damage. One of the employees is frequently engaged in sexually explicit conversations and tries to talk with your children and their friends when you are in another room.

Choice 1: You walk over to the employee and say,

Choice 2: You call the supervisor and ask,

Choice 3:

7. You and your neighbor occasionally take turns watching one another's children for brief errands. Recently, you hear your 5-year-old daughter using sexual language and see her mimicking sexual poses, and she mentions watching a movie at your neighbor's house.

Choice 1: You walk over to your neighbor's and ask,

Choice 2: You call your neighbor and say,

Choice 3:

8. Your 7-year-old daughter and her friend are playing with Barbies. When you pass by them playing, you notice that none of the dolls have clothes on.

Choice 1: When your daughter's friend's mother comes to pick her up, you ask,

Choice 2: You call your daughter's friend's mother and say,

Choice 3:

6. At an ice cream shop, you notice a baseball team getting ice cream cones with their coach. You overhear the boys calling another player a "fag" because he's not as good of a player. The coach says nothing.

Choice 1: You walk over to the coach and ask,

Choice 2: You ask to speak to the manager,

Choice 3:

7. At the Peewee football game, there is a man who comes to each game, arriving and leaving without a child. You observe him talking with and hanging around the players as they wait for their parents.

Choice 1: You walk over to the man watching the game and ask,

Choice 2: You talk with other parents and say,

Choice 3:

8. At the school soccer game, most of the players are dropped off while their parents run errands. You notice an adult female cheering on the team at every game, but she's not related to any of the players.

Choice 1: You walk over to the female adult and ask,

Choice 2: You approach other parents and ask,

Choice 3:

5. Your child often plays outside with a friend after school. Lately, you have seen an adult in your neighborhood frequently invading children's personal space and spending time with the children.

Choice 1: You walk over to the adult and ask,

Choice 2: You try to find other parents and ask,

Choice 3:

6. While driving your 8-year-old and her friends home from basketball practice, you overhear the girls singing sexually explicit lyrics. When you reach Sally's house, her mother comes out to meet her.

Choice 1: You mention to Sally's mom,

Choice 2: You call Sally's mom later that week and say,

Choice 3:

3. Your neighbor refers to the teenager living next door as a “little slut who deserves whatever she gets.”

Choice 1: You turn to your neighbor and ask,

Choice 2: You go to the parent(s) of the teen and say,

Choice 3:

4. Your 3-year-old walks into a room while you and your friend are talking. As she plays, she touches her vagina and rubs it. Before you can say anything, your friend tells your daughter she will go blind if she keeps touching her “birdie.”

Choice 1: You ask your friend to step into another room and then say,

Choice 2: You call your friend on another day and ask,

Choice 3:

Time to Watch

As you watch “What Would YOU Do?,” please answer the questions below.

- Why did individuals get involved?
- How did individuals chose to get involved?
- Were there other options for interventions beyond those on the video?
- How might the outcome have changed if individuals had not gotten involved?
- Could reaction of perpetrator have been different?
- What if the situation did not appear so “drastic” or “dangerous”?

“What Do I Say?!”

Possible Responses to Disclosure: Please complete the following

[Empty speech bubble]

[Empty speech bubble]

[Empty speech bubble]

“You did the right thing by telling me”

“I will be here to help you through this.”

“I believe you, and I am glad you told me.”

“You didn’t do anything wrong.”

“I want you to know that what happened was not your fault....”

**All reports of suspected child abuse and neglect should be made to
CHILDLINE 1-800-932-0313.**

1. At halftime during your son’s basketball game, the dance team performs a sexually suggestive song you feel is inappropriate.

Choice 1: You turn to another parent sitting behind you and ask,

Choice 2: You find the dance instructor and ask,

Choice 3:

2. Your son shares that, during guest presentation in the auditorium, a group of boys referred to the presenter as a “slut” and “whore,” and a teacher was sitting right behind them.

Choice 1: You contact the principal and ask,

Choice 2: You contact the teacher and say,

Choice 3: