

# Common Concerns and Questions

**1 My child will lose their innocence if I teach them Body Safety.**

They won't. They will be empowered through knowledge. This knowledge will keep them safe. It is far better that your child is educated than have their childhood stolen. Childhood sexual abuse cannot be undone. Research tells us there is no 'one size fits all' to describe the effects of childhood trauma, but reduced quality of life is a constant.

**2 Sex and the act of sexual abuse will be discussed.**

When we teach road safety to children, we don't show graphic images. Why would we? We are teaching children. Similarly, when we teach Body Safety, all messages are age-appropriate and non-threatening. Sex and the act of sexual abuse is never mentioned.

**3 My child is too young to be educated in Body Safety.**

Three to 8 years is the most likely age for a child to be sexually abused. See p. 33. The younger you start to educate your child the better! As soon as they begin to talk — start!

**4 'Stranger Danger' education is all my child needs.**

Approximately 85% of sex abusers are known to the child. See p. 32. They will be a trusted family member, close family friend, coach, neighbor, etc. Predators are amongst us and they can be anyone.

**5 Why bring up this topic when my child will never be sexually abused?**

Approximately 20% of girls and 8% of boys will experience sexual abuse before their 18th birthday. See p. 32. Chances are your child is more likely to be sexually abused than break a limb. The sexual abuse of children has no social boundaries.

**6 My child doesn't need to be educated in Body Safety; they tell me everything.**

A child can be so threatened and terrified to keep 'the secret' they may never tell. 73% of child victims do not tell in the first year, 45% do not tell in the first 5 years and many never disclose. See p. 33.

**7 I don't want to scare my child.**

All Body Safety Education is age-appropriate and non-threatening. Such education is designed to empower children not to frighten them.

**8 My child is never left alone with other adults.**

Children can be sexually abused by older children and more recently by children of the same age. Research is beginning to show a correlation between a child's exposure to internet pornography and the acting out of sexual acts on same-age or younger children.

**9 My child won't want to hug or show affection to the adults in their life.**

Just like adults children have an 'inbuilt radar'. Through age-appropriate Body Safety Education children learn to recognize safe and unsafe touch and feelings. A child knows when a hug is loving and safe, and when it may feel uncomfortable and wrong. Children educated in Body Safety learn to act upon their unsafe feelings — termed 'early warning signs'. See point 7, p. 12.

## Top 12 Children's Books to Keep Kids Safe from Sexual Abuse

There are a number of fantastic books available to teach children Body Safety skills. Children are visual learners so story is an excellent medium when broaching this subject with your child.

**1** 'Some Secrets Should Never Be Kept' written by Jayneen Sanders, illustrated by Craig Smith, published by UpLoad Publishing 2011

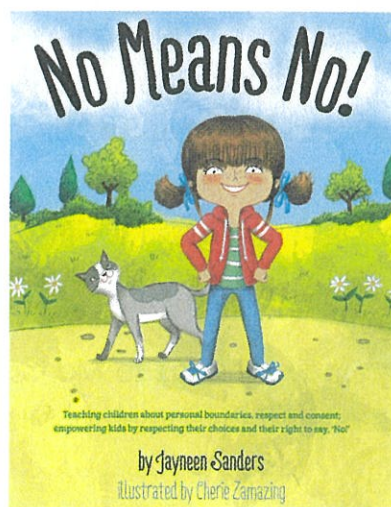
**2** 'My Body Belongs to Me' written by Jill Starishevsky, illustrated by Sara Muller, published by Free Spirit Publishing 2014

**3** 'My Body Belongs to Me from My Head to My Toes' created by pro familia, illustrated by Dagmar, published by Sky Pony Press 2014



- 4 'Everyone's Got a Bottom' written by Tess Rowley, illustrated by Jodi Edwards, published by Family Planning Queensland 2007
- 5 'The Swimsuit Lesson' written by Joh Holsten, illustrated by Scott Freeman, published by Holsten Books 2011
- 6 'Matilda Learns a Valuable Lesson' written by Holly-ann Martin, illustrated by Marilyn Fahie, published by Safe4Kids 2011
- 7 'Amazing You' written by Dr Gail Saltz, illustrated by Lynne Avril Cravath, published by Penguin 2005
- 8 'The Right Touch' written by Sandy Kleven, illustrated by Jody Bergsma, published by Illumination Arts 1997
- 9 'I Said No!' written by Zack and Kimberly King, illustrated by Sue Rama, published by Boulden Publishing 2008
- 10 'No Secrets Between Us' written by Rose Morrisroe, illustrated by Matthew Fox, published by [www.nosecretsbetweenus.com](http://www.nosecretsbetweenus.com)
- 11 'Jasmine's Butterflies' written by Justine O'Malley, illustrated by Carey Lawrence, published by Protective Behaviours WA
- 12 'It's My Body' written by Lory Freeman Girard, illustrated by Carol Deach, published by Parenting Press 1982

'No Means No!' is also an important book to empower children and teach them about personal boundaries.



# Key Organizations and Important Links

**RAINN** (US) [www.rainn.org](http://www.rainn.org)

**Childhelp** (US) [www.childhelp.org](http://www.childhelp.org)

**National Children's Alliance** (US) [www.nationalchildrensalliance.org](http://www.nationalchildrensalliance.org)

**Darkness to Light** (US) [www.d2l.org](http://www.d2l.org)

**NSPCC** (UK) [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Stop It Now!** (UK) [www.stopitnow.org.uk](http://www.stopitnow.org.uk)

**CASA** (Australia) [www.casa.org.au](http://www.casa.org.au)

**Child Wise** (Australia) [www.childwise.net/page/8/  
child-wise-national-child-abuse-prevention-help-line](http://www.childwise.net/page/8/child-wise-national-child-abuse-prevention-help-line)

**Australian Childhood Foundation**

[www.childhood.org.au/our-work/one-child-at-a-time](http://www.childhood.org.au/our-work/one-child-at-a-time)

**Bravehearts** (Australia) [www.bravehearts.org.au](http://www.bravehearts.org.au)

**Fighters Against Child Abuse Australia** [www.facaaus.org](http://www.facaaus.org)

**Policelink** (Australia) 131 444

See [www.somesecrets.info](http://www.somesecrets.info) for further teaching resources and information on the children's book 'Some Secrets Should Never Be Kept'.

See [www.safe4kids.com.au](http://www.safe4kids.com.au) for a comprehensive Protective Behaviors resource to implement in your educational setting.

See [www.bestlife-coaching.net/](http://www.bestlife-coaching.net/) for a comprehensive list of questions to ask your child-care center and educational settings; link to BestLife for Children Blog — Parent resources.

See [www.youthwellbeingproject.com.au](http://www.youthwellbeingproject.com.au) under Parents for information on sex education. See also Body IQ for a comprehensive Body Safety program.

See [www.doctorjenn.com](http://www.doctorjenn.com) under Blog entitled 'Books that will help you talk to your kids about sex'.