

Guidelines for keeping kids safe

Teach your child these important body safety rules so they will feel empowered to say “no” to an inappropriate touch and to keeping secrets. It communicates to a potential predator that the child is off limits!

Body Safety Rules:

- No one is allowed to touch or look at your private parts and you should not touch or look at anyone’s private parts.
- Your private parts are what is covered by a bathing suit and are kept out of view. We don’t look at, touch or play games with each other’s private parts.
- No one is allowed to take pictures of your private parts or to show you these kinds of pictures.
- When playing with friends, always play with clothes on.
- You are allowed to have privacy when bathing, dressing and using the toilet.
- You have permission to say “NO” and run away if someone breaks any of your body safety rules.
- We don’t keep secrets in our family. If someone tells you to keep a secret, tell a trusted adult. Help your child identify several trusted adults they can talk with if they are uncomfortable at any time.

Questions to ask your child after a party, event or visit where you were not present:

Asking these questions will tell you if your child experienced anything that was inappropriate or concerning. Ask your child privately whether or not he/she had a good time.

- How did you spend your time?
- What was your favorite part of the party, event or visit?
- What was the least favorite part?
- Did you feel safe?
- Were you ever uncomfortable?
- What would you change next time?

LOCAL AND NATIONAL RESOURCE LIST

If you see a child in immediate danger, call 911

NATIONAL

National Child Abuse Hotline 800-422-4453
National Sexual Assault Hotline 800-656-4673

Child Advocacy Centers (Western Region)
www.westernregionalcac.org

Reporting Requirements by State
www.childwelfare.gov

Child Sexual Abuse Prevention Education
www.darkness2light.org

LOCAL

Reporting Child Sexual Abuse

Clackamas County, OR	971-673-7112
Clark County, WA	800-562-5624
Multnomah County, OR	503-731-3100
Washington County, OR	503-681-6917

Oregon State Hotline	855-503-7233
Washington State Hotline	866-363-4276

Law Enforcement Resources

Sheriff, Clackamas County, OR	503-655-8211
Sheriff, Clark County, WA	360-397-2211
Sheriff, Multnomah County, OR (includes Portland and Gresham Police)	503-823-3333
Sheriff, Washington County, OR	503-629-0111
Police, Vancouver, WA	360-487-7400

**Visit our website for a complete resource list
and a printable version of this brochure**

You can help Restore Hope advocate for children and their safety

Become a volunteer or facilitator for our
Stewards of Children® training program

Contact Pam Congdon for more information
503-667-1189
jpam322@frontier.com



HELP PREVENT



Child Sexual Abuse

Be diligent and present
in a child’s life to keep abuse
from ever occurring

www.restoretheirhope.com

What can you do to help prevent child sexual abuse?

- Learn to be alert and in tune with your child's feelings and behavior in order to identify warning signs.
- Encourage open communication with your child about body safety and healthy boundaries.
- Over 80% of abuse occurs in one adult/one child situations. Minimize these risky situations.
- Insist that all youth programs have policies that protect children from potential abuse. If they can't show you a written policy, don't let your child participate in them.
- Drop in unexpectedly when your child is with another adult, a babysitter or at a daycare facility.
- Establish and supervise clear rules for your child's computer use, including no private or closed door use.
- Teach your child to "listen to their inner warning radar." If the situation doesn't feel right, it probably isn't. **This is the #1 most important thing for your child to learn!**

Keeping our children safe is everyone's shared responsibility



What is child sexual abuse?

Any sexual contact between an adult(s) and a minor, or between minors when power is exerted over the child victim.

This includes forcing, coercing or persuading a child to engage in any type of sexual act or non-contact acts, including exhibitionism, exposure to pornography, voyeurism, sexually explicit recordings and communicating in a sexual manner by phone or internet.

IT IS A CRIME PUNISHABLE BY LAW

Signs of possible abuse

- Sudden and noticeable behavioral or physical changes
- Guilt or shame-based behaviors
- Avoidance behaviors (i.e. avoiding particular situations or persons for no apparent reason)
- Intimate physical contact (i.e. kissing) or spending a lot of time with older persons
- Aggressive and/or risky personal behaviors (i.e. bullying or self-mutilation)
- Overriding depression or suicidal thoughts or behaviors
- Regressive behavior patterns (returning to an earlier stage in their social development)
- Decrease in school performance/social involvement in activities/general low self-esteem
- Sudden onset of sexualized behavior that is age and situationally inappropriate
- Sudden onset of gender confusion (especially in males)
- Expressions of anger, hostility or fear toward others or themselves
- Sudden weight gain or prolonged loss of appetite
- Long-term sleeping difficulties/nightmares/waking up screaming
- Physical addictions (drugs/alcohol) with addictive behaviors (i.e. sexually-based actions)
- Taking excessive showers or baths (feeling "dirty")
- Sudden onset bedwetting or involuntary defecating or constipation
- Difficulty using the toilet or void-related actions (i.e. must be alone to void, feces spreading)
- Sudden onset rectal or vaginal bleeding or genital pain
- Torn, bloody or stained clothing
- An unusually close mother/son, father/daughter or child/leader relationship

What to do if your child discloses sexual abuse

- Look for the signs of abuse.
- Find a child-safe place and time to talk to the child about your concerns or any disclosure from them.*
- Believe what you are being told. Most abuse reports are genuine.
- Listen carefully and remain calm to make the child more willing to talk about their abuse.
- Don't ask leading or probing questions. Ask open-ended questions like "what happened next?"
- Answer their questions the best you can. Be honest if you don't know something.
- Validate their feelings about how difficult it is to discuss the situation and subject.
- Assure them that the abuse is not their fault.
- Determine the specific details of the abuse if possible and make notes after the conversation to accurately report the abuse to authorities.
- Keep the child safe as you notify authorities (police and/or child protective services) and then follow up to make sure that they have investigated.
- Don't confront the perpetrator directly, but identify and protect other children who may be abused by the same perpetrator.
- It's not advisable to tell anyone except any involved organization's reporting official(s) in order to protect the child's privacy and the integrity of the investigation.

* Child-safe means a place and time that is private enough for the child to disclose abuse, but keeps the child safe from further abuse/intimidation.



Contact us for more information:
PO Box 56, Fairview, OR 97024
503-667-1189
jpam322@frontier.com

Dedicated to keeping children safe from child sexual abuse and helping adult survivors heal

www.restoretheirhope.com