



BODY SAFETY WORKSHOP

What is **BODY SAFETY?**

TALK ABOUT IT EARLY!

1. Name body parts.
2. Teach them that body parts are private.
3. Teach your children body boundaries.
4. Body secrets are not okay.
5. Teach children how to get out of scary or uncomfortable situations.
6. Have a code word children can use when they feel unsafe.

THE WHY

When we talk to children in age appropriate ways about our bodies, sex, and boundaries, children understand what healthy relationships look like. It also teaches them that they have the right to say "no." They become less vulnerable to people who would violate their boundaries, and are more likely to tell you if abuse occurs.



Contact Prevention Coordinator

Email contact@abwservices.org

Phone 765-747-9107



Learn more at
abetterwaymuncie.org

STATISTICS

IT IS HIGHLY LIKELY THAT YOU KNOW A CHILD WHO HAS BEEN OR IS BEING ABUSED.

- Experts estimate that 1 in 10 children are sexually abused before their 18th birthday.
- 30% of children are abused by family members.
- As many as 60% are abused by people the family trusts.
- About 35% of victims are 11 years old or younger.
- Nearly 40% are abused by older or larger children.

1 in 4 Girls

experience sexual abuse before age 18



1 in 6 boys will be sexually abused before they turn 18 years old.

According to the US Department of Justice only 10% of perpetrators were strangers to the child and 23% of the perpetrators were children themselves!

How do I identify **THE SIGNS?**

RECOGNIZING CHILD SEXUAL ABUSE

PHYSICAL SIGNS

- Pain or bleeding during urination/bowel movements; involuntary urination/defecation
- Difficulty walking or sitting
- Torn, bloody, or stained underwear
- Urinary Tract Infections
- Pain, itching, or burning in genital area
- Sexually Transmitted Infection(s)

BEHAVIORAL SIGNS

- Change in a child's feelings, awareness, and behavior regarding sexuality
- Sudden knowledge about sex
- The child may pretend or "act out" having sex or may engage in sexual behavior with other children
- Strong reactions to physical contact
- Decline in school performance; Disciplinary problems and avoiding assignments
- Withdrawal or poor social functioning
- Aggression
- Changes in hygiene - refuses to bathe or bathes excessively
- Regressive behaviors
- Changes in sleeping; nightmares

EMOTIONAL SIGNS

- Feelings of worry, fear, guilt, shame, poor self-esteem, sensitivity, nervousness, irritability, anger, depression, fatigue, muscle pain

GROOMING TACTICS

The abuser uses the following grooming tactics:

1. Identify and target the child
2. Gain trust and access to the child
3. Play a role in the child's life
4. Isolate the child
5. Create secrecy around the relationship
6. Initiate sexual contact
7. Control the relationship

STRANGER DANGER IS A MYTH!

Research shows that the greatest risk to children doesn't come from strangers, but from friends and family. People who abuse children look and act just like everyone else. In fact, they often go out of their way to appear trustworthy, seeking out settings where they can gain easy access to children, such as sports leagues, faith centers, clubs, and schools.

STATE/NATIONAL SUPPORT

ICESA

Indiana Coalition
to End Sexual Assault

Website: indianacesa.org

RAINN

Rape Abuse &
Incest National Network

24-Hour Hotline: 1-800-656-HOPE

Darkness to Light

End Child Sexual Abuse

24-Hour Hotline: 866.FOR.LIGHT

Text: LIGHT to 741741

Supported By:

