

9 Rules for Adults

1 Help children feel safe by identifying five people who care about them and who they can trust in a time of need- one for each finger on their hand.

Believe children when they say they're hurt, and say, "It's not your fault."

2

3 Explain the difference between a secret (bad) and a surprise (good).

Teach children the correct name of their private parts.

4

5 Talk to kids about safe and unsafe touches.

If you suspect abuse, you can say, "I care about you. You seem really afraid and sad." Or, "Is anything bothering you?"

6

7 Frequently tell and show children in your life that you care about them.

If you have a reasonable suspicion that abuse is happening, you are required to report it to law enforcement.

8

9 If a child comes to you for help, remain calm, listen and provide the support needed.

