



Talking Points from Communities for Safe Kids Preventing Child Abuse (Grades K to 5)

Here is some of the language we use in our student shows. You can use it at home if you find it helpful.

Concepts

- **Safe adult:** A grown-up that a child trusts, feels safe with, and who they can talk to about a problem that is hurting them.
- **Safety yell:** Three strong words a child can use if someone is being unsafe: “Stop touching me!”
- **Child abuse:** This includes but is not limited to: 1. Hitting a child so hard it leaves a mark or a bruise; 2. Saying hurtful words so much that it affects a child’s mental health; or 3. Any sexual contact between a child and an adult or older child.
- **Private Parts:** Any area a swimsuit would cover on the body. Private parts include the bottom, penis testicles, vulva, vagina, and breasts. It is best practice in the field of child sexual abuse prevention and part of state mandates to teach students the names of these parts of the body should a child need to report to an adult.

The Basics

- Everyone has the right to feel safe no matter where they are or who they’re with – including friends, teachers, neighbors, or family members. Feeling safe means knowing the people around them aren’t going to hurt or scare them with words or with their body.
- A person’s body belongs to them – whether they’re a kid or a grown-up. If a kid feels uncomfortable around a person or does not want a touch from someone – even if it’s a hug – they can talk with a safe adult about how they feel.
- Unsafe secrets or touches are not secrets that have to be kept. If a person touches a kid on their private parts, which is any area a swimsuit would cover, they can tell a safe adult. It is recommended by child abuse prevention experts that kids know medically accurate and anatomically correct words for their private parts should a report ever need to be made.
- Telling a grown-up about a problem that is hurting them is not tattling, it’s reporting what happened. It is never a kid’s fault if a grown-up or older kid chooses to hurt them with words or on their body, even if they never report.
- Most kids need the help of a safe adult to stop a situation where they are being hurt.
- If a kid tells one safe adult and the problem isn’t solved, they can keep telling safe adults until they get the help they deserve.

Talking with kids about child abuse

- Help identify who your child’s safe adults could be, including resources outside the home.
- Affirm a child’s right to decide what touches they want and don’t want from others, and remind them that others have the same right to feel safe.



Local Community Resources

Child Abuse

- Morrison Child & Family Services: Variety of services for children & families
 - 503-258-4381; <http://www.morrisonkids.org/>
- Cares NW: Child abuse treatment services
 - 503-276-9000; <http://www.caresnw.org/>

Domestic Violence

- Parent-Child Involvement Project: Strengthens parent-child relationships after domestic violence
 - (503)988-5961 x256;
<http://impactnw.org/main-navigation/programs/early-childhood/pchi/>
- Bradley Angle, Emergency Services: Emergency shelter for survivors of domestic violence
 - (503)281-2442; <http://bradleyangle.org/services/emergency-services/>

Low-Income Assistance

- Energy Assistance: Financial assistance for energy bills
 - (503) 988-6020;
<http://impactnw.org/main-navigation/programs/housing-and-safety-net/energy-assistance/>

Housing Assistance

- Housing and Rent Assistance: Vouchers and planning for housing
 - (503) 988-6000;
<http://impactnw.org/main-navigation/programs/housing-and-safety-net/housing-rent-assistance/>
- Central City Concern Housing
 - (503)525-8483; www.centralcityconcern.org

Health Care Assistance

- Children's Community Clinic: Health center for low-income families
 - (503)284-5239; www.childrenscommunityclinic.org
- Friends of Creston Children's Dental Clinic: Urgent and routine care for K-12
 - (503)916-5808; <http://www.crestondental.org/>

Counseling Services

- Northwest Family Services: Educational classes on relationships, youth topics, parenting, etc.
 - (503)546-6377; www.nwfs.org

