Indiana Center for

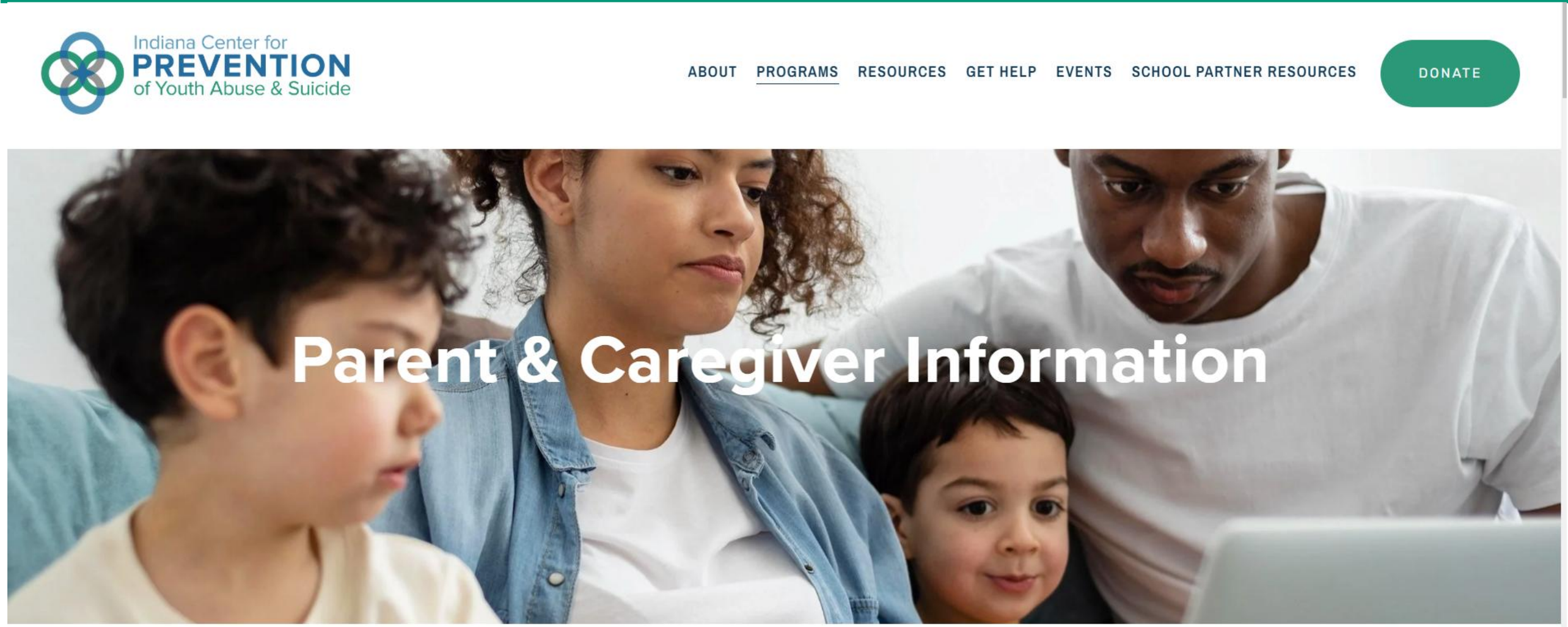
PREVENTION

of Youth Abuse & Suicide

Visit

www.indianaprevention.org

- **Program Information**
- **FREE Adult trainings**
- **Additional resources**



EDUCATING ADULTS

EMPOWERING KIDS

Preventing child sexual abuse, youth suicide, and digital victimization

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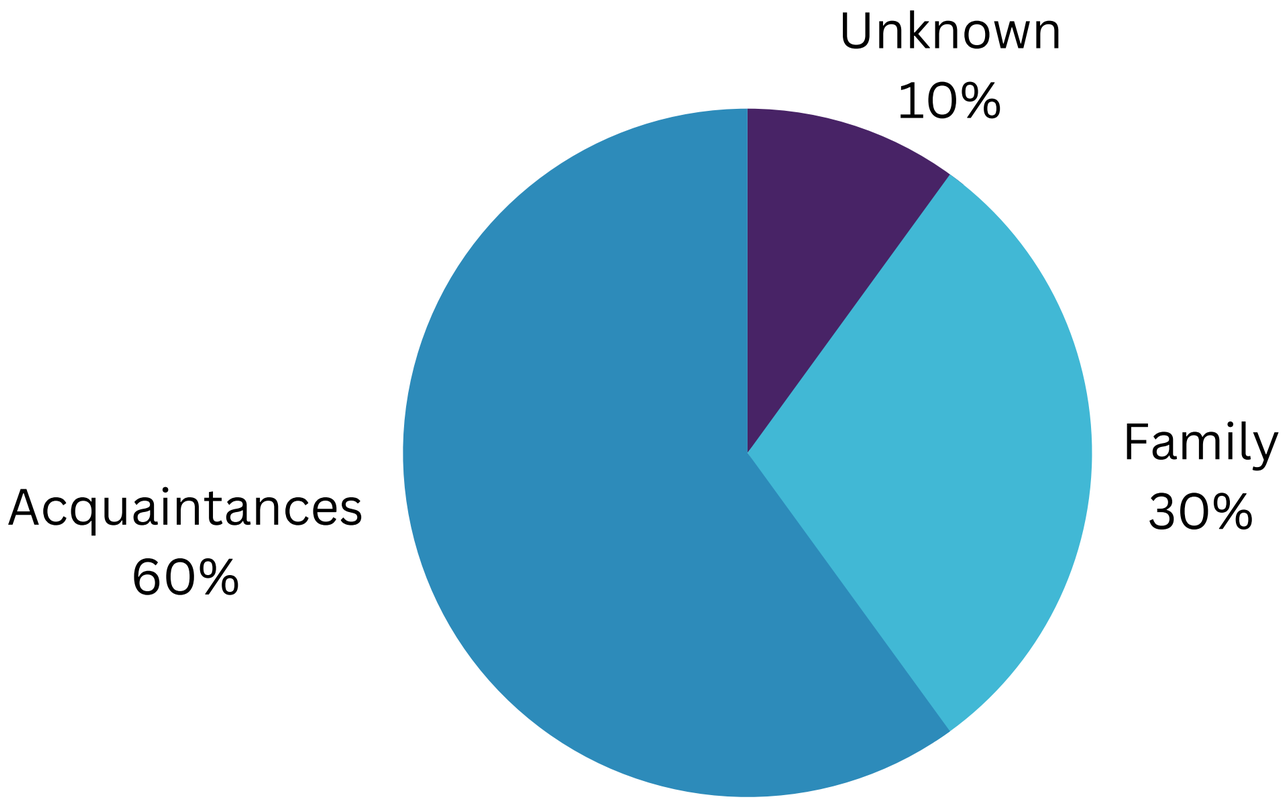
Child Sexual Abuse



70% of youth are sexually abused by another minor

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Sign up for a free training today!
indianaprevention.org/training

Digital Safety

- Engaging in sexual conversation with a minor
- Asking a child for sexually explicit images or sharing those with a minor
- Purpose is exploit or abuse a minor
- Happening to kids as young as 9 years of age.

www.indianaprevention.org

511

Reports of online enticement

EVERY DAY

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- Evidence-based
- Adapted to a single session
- 30 minutes for kindergarten
- 45 minutes for all other grades
- Interactive
- Videos and scenarios to reinforce important concepts
- Reinforcement activities available to parents and teachers

Childhelp®

SPEAK UP BE SAFE
PREVENTION EDUCATION

- Core Concepts
  - Adults are responsible for a child's safety
  - Safety = care, protection, well-being, and absence of danger
  - Every child is special and deserves to be safe
  - Rules help keep us safe
  - Private body parts are parts covered by a bathing suit. No one should look at, touch, or take pictures of a child's private body parts or ask them to do any of those things to someone else.
- Abuse = someone doing something ON PURPOSE to hurt a person
- 3rd Grade different the terms "physical abuse", "emotional abuse", and "neglect" are introduced
- 6th Grade the term "sexual abuse" is introduced

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OUR GOAL IS TO EDUCATE AND EMPOWER YOUTH, NOT SCARE THEM!

Childhelp

SPEAK UP BE SAFE
PREVENTION EDUCATION

1. It’s MY body!
2. Ask an adult if I am safe.
3. I have choices.
4. Tell someone.
5. It’s NEVER my fault!

ChildHelp’s 5 Safety Rules

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RESIST

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R – Run
E – Escape
S – Scream
I – Ignore
S – Stay Away
T - Tell

Childhelp®

SPEAK UP BE SAFE
PREVENTION EDUCATION

- Video/Assembly options for schools
- Setting personal boundaries
- Dating violence
- Digital safety
- Sextortion
- Continue the Conversation Guide for teachers

Resources

- 988
- Take It Down
- Love Is Respect
- ChildHelp Hotline
- What's OK? Helpline for teens
- Moore Center for Prevention of Child Sexual Abuse Teen Resources

KiD
Smartz™

Talk Time

- 3rd & 6th grade students.
- Students are given an exit slip at the end of their class where they respond yes/no to a simple statement of “I am being kept safe.”
- Facilitator script:
  - Review safety definitation
  - Highlight accident vs. on purpose
  - Provides confidentiality to students
- Students meet individually with ICPYAS staff and school counselor/social worker to talk about their possible safety concern.

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What we do NOT cover

Anything pertaining to the act of sex

Human Development

Gender identity

Sexual orientation

Suicide

Elementary students

- ✓ Review proper names for body parts.
- ✓ Talk about rules regarding touching or seeing those parts.
- ✓ Review your family rules regarding privacy and digital safety.
- ✓ Help them identify adults they can go to if they need help

Preparing Your Child for Their Lesson

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We listen, and we don’t judge!

- ✓ Talk about dating and healthy relationships.
- ✓ Talk about grooming and use examples.
- ✓ Review your family rules regarding privacy, dating, and digital safety.
- ✓ Help them identify adults they can go to if they need help

Preparing Your Teens

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Keep Talking

- Talk about relationships and safety
  - Play the “What If” game
- Use teachable moments
  - Books
  - Movies or TV Shows
  - News Articles
- Create a safety plan
  - Digital
  - In-person

Find conversation starters at Thorn for Parents
parents.thorn.org

- My Body! What I Say Goes! by Jayneen Sanders
- My Body is Special and Private by Adrianne Simeone
- Only for Me by Michelle Derrig
- Private Parts are Private by Jayneen Sanders

- Where Hands Go by Krystaelynne Sanders Diggs
- No More Kisses for Bernard! by Niki Daly
- Don’t Hug Doug (He Doesn’t Like It) by Carrie Finison

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Caregivers are the primary source of information for their kids!

Minimize opportunity

- Ask organizations about policies
- Have an open-door policy in your home
- Randomly check in

80% of child sexual abuse incidents occur in isolated one-on-one situations

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Sign up for a FREE Stewards of Children training

indianaprevention.org/training

Digital Safety Tips

- Set-up parental controls
- Device bedtime
- No-screen zones
- Be curious! Ask your child about their online activities.
- Talk about digital safety issues.

Sign up for NetSmartz Internet Safety for Adults

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Be a Trusted Adult!

If your child discloses something...

- Remain calm
- Listen more than you talk
- Listen without judgement or shame
- Thank them for coming to you
- Reassure them they are not to blame
- Answer questions honestly
- Take action

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- Indiana Child Abuse Hotline 1-800-800-5556
- National Center for Missing and Exploited Children
  - www.missingkids.org
  - CyberTipline
    - CyberTipline.org or
    - 1-800-THE-LOST
  - Take It Down
    - takeitdown.ncmec.org
- National Crisis Line 988
- EarlyOpenOften.org
- D2L.org
- StopItNow.org

Sign up for Stewards of Children!

We want to hear from you!

https://www.surveymonkey.com/r/CHSUBS_ParentA

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Evaluation

Thank You!

Megan Banet, MA

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Indiana Center for Prevention of Youth Abuse and Suicide

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Videos used in **ChildHelp Speak Up Be Safe** personal safety programming implemented by the Indiana Center for Prevention of Youth Abuse and Suicide.

Kindergarten

- **Check First** created by the National Center for Missing and Exploited Children
  - https://youtu.be/5S8-Evqzn7E

1st Grade

- **Tell a Trusted Adult** created by the National Center for Missing and Exploited Children
  - https://youtu.be/YSZ22sx--_4

2nd Grade

- **Tell People 'No'** created by the National Center for Missing and Exploited Children
  - https://youtu.be/lT1COP9EMIo

3rd Grade

- **Be Safe** created by ChildHelp
  - https://youtu.be/jOm0CFGPPnM?si=L1Gyy5MPugs6DHgZ

4th Grade

- **Online Safety 3-5** created by ChildHelp
  - https://youtu.be/2ZFnFmF6i58?si=HqTf2erCvimrHh_j

5th Grade

- **Red Flags** created by ChildHelp
  - https://youtu.be/DvnuGYDzIq0?si=TXbNp5HYe-NSQTw8

Middle School

- **Personal Boundaries** created by ChildHelp
  - https://youtu.be/T3dHyARt2ZA?si=VtPxs_hvA__gQQam

- **Your Photo Your Fate** created by the National Center for Missing and Exploited Children
  - https://youtu.be/d5b1XZAkTIk

High School

- **Healthy Relationships** created by ChildHelp
  - https://youtu.be/WgN2fvNilGA?si=UNN2VmFd_B5cXHiu
- **Sextortion** created by Thorn
  - https://youtu.be/9yQ3fdttbUk?si=JU2oDf4qUJcfcN2x