



- Establish a close and open relationship with your child at an early age, this will make it easier for them to ask for your help, and build their self-esteem.
- Empower your child with honest and factual information about their body and let them know what is and what isn't appropriate touching.
- Teach your child that everyone's private areas (covered by their swimsuit) are just for themselves and no one should try to touch them.
- Most abuse and abduction cases are by someone the child knows – teach your child to say **NO** if they ever feel uncomfortable around anyone.
- Never force a child to hug or kiss a relative if they don't want to. It's OK to say no if they feel uncomfortable, they don't need to be polite.
- Establish a “no secrets” rule in your family, especially if something makes your child feel nervous, scared or they have that “uh oh” feeling.
- Give your child the names (and phone numbers) of at least three trusted adults who they can always confide in, especially if you are not available.
- Teach your kids to never go anywhere with an adult they don't know, and if they become lost to go to a mother with children or to **STOP** and yell.
- Never leave your child with a person you don't trust.

