

Connect to Prevent

“LITTLE TALKS” TO PROTECT YOUR CHILD FROM SEXUAL ABUSE

With Connect to Prevent, you can help reduce the risk of sexual abuse by having continuous, open conversations with your child, starting when they're an infant. Not sure where to start or what to say? We have put together a series of conversation guides to help you identify what topics to discuss with your child, and at what age.



“One of the best ways to protect our children is to give age-appropriate education through a lot of little talks. This gives them a sense of safety and confidence.”

CHRIS YADON

SAPREA | Managing Director

LITTLE TALKS TO HAVE WITH:

Infant/Toddlers

It's never too early to talk to your child about healthy sexuality.

- ◆ Use anatomically correct terminology for body parts.
- ◆ Affirm their enjoyment of non-sexual touch.
- ◆ Begin teaching them about boundaries.
- ◆ Don't make them feel ashamed when they touch their genitals.

Early Childhood

When children are this age, it's developmentally appropriate for them to be curious about their bodies.

- ◆ Teach the names of their body parts.
- ◆ Discuss how some things are private.
- ◆ Tell them about safe versus uncomfortable touch.
- ◆ Reinforce why boundaries are important.
- ◆ Inform them that no one else has a right to their body.
- ◆ Explain that no means no.
- ◆ Reassure that they can come to you about anything.

School Age

As your child spends more time outside the home and builds new friendships, they may hear or see things that make them curious.

- ◆ Educate them about reproduction.
- ◆ Explain different sexual orientations.
- ◆ Reinforce that no means no.
- ◆ Discuss the body's development, including wet dreams and self-stimulation.
- ◆ Talk about media.
- ◆ Teach about boundaries and consent.
- ◆ Discuss family values and why they matter.

Tweens

Your tween may be going through puberty or will be soon. It's a perfect time to make sure they understand what's happening to them physically, mentally, and emotionally as they develop.

- ◆ Support a healthy body image.
- ◆ Discuss drugs and alcohol.
- ◆ Talk about puberty, wet dreams, and self-stimulation.
- ◆ Talk about what a healthy relationship looks like.
- ◆ Reinforce why boundaries, consent, and respect are important.
- ◆ Teach assertive communication.

Teens

A younger teen may start to value having more autonomy. Make sure you keep the lines of communication open and continue to talk to them about healthy sexuality.

- ◆ Support a healthy body image.
- ◆ Discuss drugs and alcohol.
- ◆ Talk about puberty.
- ◆ Talk about dating and what a healthy relationship looks like.
- ◆ Reinforce why boundaries, consent, and respect are important.
- ◆ Explain the reasons behind family rules.
- ◆ Talk about media.
- ◆ Discuss sexual health.

Older Teens

As your child ages, they may become less comfortable talking about relationships and sexuality. Don't let that discourage you! They are still vulnerable to sexual abuse and still need open communication and support.

- ◆ Support a healthy body image.
- ◆ Discuss drugs and alcohol.
- ◆ Discuss sexual health.
- ◆ Reinforce why boundaries, consent, and respect are important.
- ◆ Talk about dating and what a healthy relationship looks like.
- ◆ Talk about media.

