

Parents' Guide for Children's Safety

Guidelines for parents:

1. Give your child permission to say "No" to any touch they do not like, even if it is from their relatives. (80% of the time, a child is abused by some they know, love and trust.)
2. Give your child your time and attention. A child that is starved for attention is more vulnerable to people who may not have your child's best interest in mind. An abuser will gain the trust of your child, by giving your child the attention he/she is starved for.
3. Develop strong communication skills:
 - A. Your child should be able to tell you anything. There should be no secrets, especially involving another adult. Let them practice saying "NO" with out fear of punishment.
 - B. When your child talks really listen to what your child is saying. Let your child finish what they are saying before you respond.
4. Children should not get into a car with anyone without prior parents permission.
5. Know your child's friends.
 - A. Get phone numbers
 - B. Get addresses
 - C. When possible meet parents
 - C. For teens: Get the driver's license number and license plate number of the vehicle they will be riding in.
6. Use the buddy system when your child goes anywhere, your child should never go alone and NEVER send your child alone into a public bathroom!
7. If your child arrives at home before you, make sure that your child knows NOT to open the door to any one, NO exceptions!
8. Children should avoid un-populated places.

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9. Teach your child to recognize "lures"
10. Teach your child how to answer the phone when you are not at home.
ie. "I am sorry my mom/dad can't come to the phone right now, can I take your name and number and have them call you back?"

If your child is missing, contact the local police immediately.

National Child Abuse Hot Line 1- (800) - 4- A-Child

National Center for Missing & Exploited Children

24-hour Hotline: 1-800-THE-LOST (1-800-843-5678)



Office lines (831) 373-3955 or (831) 771- 0411
24 hour Lines: (831) 375-HELP or (831) 424 -HELP

www.mtryrapecrisis.org