Talking about Personal Safety

JULIE VALENTINE center
sexual assault & child abuse recovery

Sometimes it is difficult to talk to our children about personal safety. Playing a "What if" game is a fun way to talk about family safety rules. It can also help children feel they have some control in a situation that is scary or that makes them feel uneasy. The more you talk about these topics, the easier it will be to discuss the tougher subjects as your child grows up! Ask your child:

You were waiting to get picked up and it's getting late

You were asleep and woke up smelling smoke

Someone following you online asks to meet you somewhere in real life

What if?

You are walking on the sidewalk and someone was following you

You were in a crowded store and were separated from your guardian

Someone you don't know asks to follow you online

Someone online asks you for personal information or a photo

Safety Idea #1

Talk to your child about appropriate online content and don't be afraid to block websites, pages, or content. Phones have content limitations and carriers have parental apps to control access.

Safety Idea #2

Set your own family rules. Whether it's in real life or online, set limits about the time, place, and people your child can interact with.

Safety Idea #3

Let your child know that any time they feel uncomfortable or confused about a touch, you can always say no! And talk to a trusted adult. Trust your Gut!

Safety Idea #4

Let your child know that you will support them and believe them. It's never a kid's fault for a secret unsafe touch or any inappropriate behavior by someone else online.