



**SungateKids SafeKids (SK<sup>2</sup>)** is a school-based child abuse prevention program designed for elementary-aged students. Geared toward 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> graders, this unique program allows students to meet and watch life-sized puppet “kids” discuss their personal experiences with child abuse and how they got help and could prevent abuse in the future. Throughout the 45-minute program, students have multiple opportunities to interact with the “kids” who are sharing their stories. The effectiveness of SK<sup>2</sup> lies in the fact that it is “*kids*” *talking to kids about child abuse*. The program curriculum covers both physical and sexual abuse in an age appropriate, engaging and informative manner.

### **The SK<sup>2</sup> “Kids” and Their Stories**



Nam, Derek, and Joanne are the puppet “kids” of SK<sup>2</sup>. The “kids” begin the discussion of abuse when Nam learns that his classmate, Derek, was a victim of physical abuse. The “kids” discuss what happened to Derek and he explains that he got help by telling a trusted grown-up.

The presentation then transitions from a discussion of physical abuse to one of sexual abuse when Derrick learns that his friend, Joanne, was sexually abused by her mom’s boyfriend. Joanne tells Derrick about her experience when they re-enact how she listened to the “uh-oh” feeling, told an adult, and how she is doing much better now.

Throughout the program the student audience is given the opportunity to answer questions, as well as ask questions, of the “kids”. Allowing the opportunity for Nam, Derek, and Joanne to talk directly to the students encourages a less threatening and stigmatizing approach to these sensitive topics.

Following the presentation students are invited to stay to ask any questions or talk more about what they have learned in a more private setting. The teachers have been trained to address questions following the presentation and have received activities they can do in class throughout the year to reinforce the message of the presentation.

SK<sup>2</sup> strongly encourages parents to reinforce the messages given during the puppet presentation. Our hope is that talking about body safety is as common as talking about fire safety.

# How Common is Sexual Abuse?

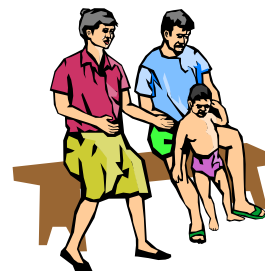
- 1 in 3 girls and 1 in 5 boys will experience sexual assault by the time they are 18 years old
- SungateKids serves the 18<sup>th</sup> Judicial District (Douglas County, Arapahoe County, Lincoln and Elbert County) and saw over 650 victims of sexual abuse yet 75% of sexual abuse is never reported
- Over 90% of all offenders are someone the victim knows
- 14% are women offenders and 25-30% of offenders are under 18 yrs old
- Girls are at a higher risk for sexual abuse and disabled children are at the highest risk
- Boys are less inclined to report and with boys the offender is more likely outside the home

## Colorado's Definition of Sexual Abuse

**Sexual assault on a child requires only "sexual contact"- touching/contact behaviors or non-touching behaviors such as exposure to pornography, exposing genitals, photographing child in sexual positions, voyeurism/peeping tom.**

## Who Sexually Abuses Kids and Why?

- \* You can't pick an offender out of the crowd, it can be anyone
- \* It is not uncommon for other children to be the offender
- \* Each offender is motivated by unique issues



## Who is at Risk for Becoming a Victim?

Risk Factors	Red Flags
<ul style="list-style-type: none"><li>▪ Children with multiple caregivers</li><li>▪ Drug and alcohol use in the family</li><li>▪ Stress within the family</li><li>▪ Children with low self-esteem</li></ul>	<ul style="list-style-type: none"><li>* Someone paying extra attention to your child or giving them gifts</li><li>* A progression of touching</li><li>* Someone doing favors to help you out</li></ul>
<ul style="list-style-type: none"><li>▪ Children with limited parental supervision</li><li>▪ Families with a history of parental sexual abuse</li><li>▪ Children of parents with marital problems</li></ul>	<ul style="list-style-type: none"><li>* Someone who breaks rules set up by the parent</li></ul>

## What is Grooming?

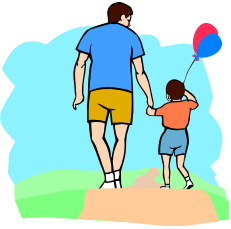
Grooming can be seen as the cornerstone to most all abuse. Grooming is an act that takes place over hours to years in preparation of the abuse. Grooming builds on the following foundations:

1. Offenders start by building trust with child and their family and breaking down barriers.
  - a. They know the cool things
  - b. Giving gifts as token of special friendship
  - c. Provides access to appealing things or opportunities/privileges
2. Offender is often times reassuring to the family and shows “support”
  - a. Builds a relationship with the family
  - b. Behaves exemplary in front of family
3. Offenders are good at breaking down boundaries
  - a. Slowly escalating physical contact and physical closeness to child
  - b. Engages in forbidden activities (i.e. drinking alcohol, watching porn)
4. Offenders attempt to facilitate secrets
  - a. Starts with harmless secrets to test kids
  - b. Make child fearful of telling
  - c. Use the idea of a “special” relationship

### **Offenders are likely to look for...**

**Someone in need \*\* Someone who appears vulnerable or isolated \*\***

**Someone who keeps secrets \*\* Someone who doesn't take charge of their body**



## **What Can You Do as a Parent??**

- 1. Start talking to them as early as possible.**
- 2. Conversations need to be casual, ongoing, and not at all forceful.**
- 3. Make sure to use age appropriate language that is straight forward.**
- 4. Avoid making the topics appear taboo.**
- 5. Use proper terminology for body parts.**
- 6. Start with the basics like instilling everyone in the family's right to privacy.**
- 7. Have a “catch phrase” to repeat with each discussion.**
- 8. Know what is considered normal sexual development.**
- 9. Teach and enforce your child's safety rules.**
- 10. Establish and follow parental safety rules.**
- 11. Discuss, practice, review, repeat.**

## Kids Body Safety Rules



I know I am in charge of my body

I know it is not okay for other kids, teens, or grown-ups to touch children's private parts

I know not to keep secrets, especially about private parts

I know to listen to that "Uh Oh" feeling

I know to follow cyber-safety rules

I know to say NO and get away for help

## Parents Body Safety Rules



Teach the "Uh, Oh" Feeling to your kids

Talk openly with your children about their bodies repeatedly

Let adults know that your family has body safety rules and reviews them often

Teach your children to obey adults unless it jeopardizes their safety

Screen adults your child comes in contact with including schools and sports groups

Take that extra step with playdate screenings

Monitor and limit your child's cyber access

## What if you THINK/SUSPECT abuse?

- ❖ Avoid starting to investigate or inquire yourself
- ❖ Support them in their concerns
- ❖ Remind them of the rules
- ❖ Begin to monitor situation and avoid situations where child will have exposure to situation in question
- ❖ If you are still concerned, call the authorities

## What if your child SAYS they were abused???

You Should...

- ❖ BELIEVE THEM
- ❖ PRAISE THEIR COMMUNICATION AND WILLINGNESS TO DISCLOSE
- ❖ START MAKING PHONE CALLS (Law Enforcement, Social Services, Pediatrician)

Arapahoe County Human Services Hotline    303-636-1750

Littleton Police Department    303-794-1551

Arapahoe County Sheriff's Office    303-795-4711

# Books on Body Safety



“The Trouble with Secrets” by Karen Johnsen

“Some Parts are NOT for Sharing” by Julie Federico

“I Said NO!” by Sandra Caron, PhD

“No Trespassing-this is MY body” by Pattie Fitzgerald

“An Exceptional Children’s Guide to Touch-teaching social and physical boundaries to kids” by Hunter Manasco

“Your Body Belongs to You” by Cornelia Spelman

“Those are MY Private Parts” by Diane Hansen

“A Terrible Thing Happened” by Margaret Holmes

“Some Secrets Should Never Be Kept” by Jayneen Sanders

“My Body is Special and Belongs to Me” by Sally Berenzweig

“My Body Belongs to Me” by Jill Starishevsky

“Do You Have a Secret?” by Jennifer Moore-Mallinos

“Please Tell: a child’s story about sexual abuse” by Jessie

“A Very Touching Book” by Jan Hindman

## **Other Books on Feelings and Space**

“How to Get Rid of Bad Dreams” by Nancy Hazbry

“Lets’ Talk About Feeling Afraid” by Joy Berry

“How Are You Peeling” by Saxton Freyman

“Personal Space Camp” by Julia Cook

## **For Parents**

“Off Limits: a parent’s guide to keeping kids safe from sexual abuse” by Sandy Wurtele PhD and Feather Berkower, MSW

“The Kidpower Book-for caring adults” by Irene Van der Zande

## *Kids' Rules for Online Safety*

*Provided by [www.Safekids.com](http://www.Safekids.com)*

- 1. I will not give out personal information such as my address, telephone number, parents' work address/telephone number without my parents' permission.*
- 2. I will tell my parents right away if I come across something that makes me feel uncomfortable.*
- 3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring a parent along.*
- 4. I will talk with my parents about posting pictures of myself or others online and not post any pictures that my parents consider to be inappropriate.*
- 5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my parents right away.*
- 6. I will talk with my parents so that we can set up rules for going online and using a mobile phone. We will decide upon the time of day that I can be online, the length of time I can be online and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.*
- 7. I will not give out my passwords to anyone (even my best friends) other than my parents.*
- 8. I will check with my parents before downloading or installing software or doing anything that could possibly hurt our computer or mobile device or jeopardize my family's privacy.*
- 9. I will be a good online citizen and not do anything that hurts other people or is against the law.*
- 10. I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology.*