



## **What Can you Do to Prevent Child Sexual Abuse?**

Child sexual abuse will end if you take part in the solution of prevention, awareness and education. Being an active participant in the mission to end child sexual abuse will be very rewarding and it cannot be done without you. Help change the way our nation and culture cares for and protects our children.

Listed below are local and national educational resources and programs that teach adults how to prevent, recognize and react responsibly to childhood sexual abuse. If you learn the facts about childhood sexual abuse, you can help prevent it. Talking about it helps prevent it. Getting involved helps prevent it. Child sexual abuse can be prevented.

### **How Can You Protect Your Children?**

- ❖ Facilitate open and honest conversation with your children -
  - Teach your children safe touch vs. unsafe touch – they need to know that their body belongs to them;
  - Teach your children about “bad” secrets; and
  - Teach your children that they have a right to say “NO!”
- ❖ Know where your children are and who they are with at all times.
- ❖ Ask about the Child Protection Policy at your children’s extra-curricular activities.
- ❖ Monitor your children’s Internet activity -
  - Use a filter to block inappropriate material;
  - Keep your computer in a shared family area; and
  - Limit the amount of time your child is permitted to spend online.

### **Online Resources**

- Darkness to Light Stewards of Children – [www.darkness2light.org](http://www.darkness2light.org)
- Greater Richmond SCAN – <http://www.grscan.com/facts/keys/>
- National Association to Prevent Sexual Abuse of Children – <http://www.napsac.us/>
- Prevent Child Abuse America – <http://www.preventchildabuse.org>
- Prevent Child Abuse Virginia – <http://www.preventchildabuseva.org/>
- Stop It Now! – <http://www.stopitnow.org/>
- Stop the Silence – Stop Child Sexual Abuse – <http://www.stopcsa.org/>

