Get Comfy and Start the Conversation
As children approach adolescence, they often have questions about what's normal and need to know how to stay safe from abuse. These tips can help ease important conversations about personal safety and let your child know you're there for them, especially when it's awkward.

What You Can Say

“Let’s have a quick chat before you leave. I want to go over a few safety rules.”

“Just in case you need me for anything, I want to make sure you know the safety plan and have all of our emergency contact information.”

“No one should take or ask for photos of your private body parts or show you photos of other people’s private parts, in person or online.”

“If anyone ever makes you feel uncomfortable, you can tell me. I will believe you and keep you safe.”

“You are the boss of your own body. You don’t have to hug, kiss, or touch anyone if you don’t want to.”


IF YOU SUSPECT ABUSE OR NEED HELP
Childhelp 800-4-A-Child
National Sexual Violence Resource Center 877-739-3895
National Human Trafficking Hotline 888-373-7888 or text HELP to 233733.
Rape, Abuse & Incest National Network 800-656-HOPE