

If you're like many parents, you may know it's important to talk with your child about abuse but aren't sure what to say or when to say it. There are several resources listed below for you to refer to. Reach out to your grade level counselor with any questions or concerns.



RESOURCES

- [Darkness to Light: a non-profit committed to empowering adults to prevent child sexual abuse.](#)

[CALL 866.FOR.LIGHT OR
TEXT LIGHT TO 741741](#)

[to have questions answered or chat with a trained crisis counselor, 24/7 at no charge. All conversations are confidential.](#)

WWW.ALCACOUNSELING.COM



- [Committee For Children- Hot Chocolate Talk Campaign: How To Guide and videos to help you talk to your children about sexual abuse](#)
- [Erin's Law: Learn more about the law, what you can do as a parent to help prevent abuse, and steps you can take to get help](#)
- [Love is Respect: Learn How to Build and Maintain Healthy Relationships](#)

WHAT YOU CAN DO

- Talk to your child about personal body safety
- Talk to you child about trusting their intuition
- Teach them the difference between safe and unsafe secrets
- Talk to you child about safe and unsafe touches
- Remind your child that they are the boss of their body
- Listen to your child and pay attention to warning signs
- Build trust to continue open communication