



# Let's talk about keeping kids safe from abuse

What's the best way to keep your kids safe from abuse? **It's simpler than you think**—just by talking to your kids, letting them know it's ok to talk about it, and knowing how to listen, you can help keep kids safe. Here are some simple tips on how to do that:



## Talk about private parts

**Start talking about private parts when your kids are young!** Teach them that the parts that are covered by a bathing suit are *their* private parts—and use *proper names*. That way, everyone knows exactly what is being talked about.



## Talk about touching

**Explain that there are rules about who can, and who cannot, touch their private parts, and under what limited circumstances.** Remember that repetition is key when it comes to kids! Just as you have to remind them to clean their room, you'll have to remind them of the rules about touching.



## Talk about consent

**Even mom and dad or the doctor should let a child know why they need to touch a child's private part before doing so, and then ask the child if it's ok.** This can be informal (“Mom needs to help you wipe, ok?”), but it gets them in the habit of knowing that they are in control, and they can give consent—or not—to being touched.



## Talk about secrets

**Remind children—again and again—that surprises are wonderful, but we don't keep secrets.** Little secrets (“we'll have ice cream before dinner and let's not tell”) lead to big secrets. Again, it's all about keeping the lines of communication open.



## Talk about the uh-oh feeling

**Listen to your gut! We all have intuition, even young children.** The difference is that they don't know how to name that feeling or what to do with it. So we call it “the *uh-oh* feeling”—and it can be about anything that makes you feel icky or uncomfortable.



## Talk about safe people

**When something gives a child the uh-oh feeling, it's time to talk to a safe grown up and get some help.** And, if that first grown up doesn't listen, or doesn't help, it's important to keep telling until someone does. That's why it's important for kids to have a *safe people list*, not just a safe person.

**Talk to other parents.**

Help others in your community keep their kids safe. Visit [www.SungateKids.org/parent-tips](http://www.SungateKids.org/parent-tips) to send this to your friends.



## We Know You Care About Keeping Kids Safe

At SungateKids, we want to be your partner in prevention, working together to use education and communication to build a community of safety.

## We Know Prevention...

We've been doing the work of child abuse prevention, intervention and treatment for more than 25 years now, and we've built our curriculum based on what we've learned over that time. So our program is designed to work within reality. For example, when a child tells, they aren't always believed or the person they tell minimizes it—so we prepare kids for that.

## And We Know Why Prevention Matters.

### Child abuse investigation and intervention services

It's not easy for children to speak up if they're being hurt. So we've designed our program to make the process easier and more accessible. Our prevention assemblies open a door for kids to say something, and we intervene immediately when that happens.

### Investigative interviews

We put the child's needs first from the start—reducing further trauma as much as possible by working with law enforcement and child protective services agencies to streamline investigations and enhance communication between agencies. Our highly trained, expert forensic interviewers make the process child-friendly and accessible.

### Therapeutic support

Early and effective therapeutic intervention is key to preventing long-term detrimental effects. We offer individual counseling and therapeutic support groups for child victims and non-offending family members. Our clinicians use evidence-based, trauma-informed therapies.

**We have never turned away a child in need of services.** And we don't charge for our services. Ever. That's our promise to our community. But we need your help to keep that promise.

**Donate today to make our community safer for kids.**  
[www.SungateKids.org/donate](http://www.SungateKids.org/donate)



SungateKids  
P.O. Box 3554  
Englewood, CO 80155

[info@SungateKids.org](mailto:info@SungateKids.org)