

# Safe or Unsafe Touches

## Does Your Child Know the Difference?

**Unsafe touches are a reality. Like natural disaster preparedness, code red and fire drills, it's another of life's dangers we should take reasonable precautions to be aware of and know how to respond to.**

### **Children are less likely to be victims of unsafe touching if they:**

- Know that his/her body belongs to only him/herself - nobody else.
- Are able to trust his/her own emotions to differentiate between what touches are okay, and what touches should not be allowed.
- Are able and allowed to say "no" to an adult if the situation does not feel right (and know they'll be supported).
- Know "No-Go-Tell" which is to say "no," leave as soon as possible, and tell a trusted adult right away.
- Know that while surprises are fun, secrets are not. Secrets can be dangerous, and if anybody asks them to keep a secret from their parents, it's not okay.

### **Teach your children the warning signs! If an adult or other child does any of the following, they should take caution:**

- Treats one child differently from other children.
- Creates opportunities to spend time alone with a child.
- Asks a child to do things that involve physical contact.
- Does things that involve touching a child's body, or "accidentally-on-purpose" touching a child's private parts.
- Does not respect a child's privacy - comes into his/her room without knocking or does not allow the door to be closed while the child is changing or using the bathroom.
- Makes inappropriate comments, statements, or asks inappropriate questions about or around a child.

### **Teach your children these basic safety guidelines:**

- Always knock before opening a closed door.
- Never undress with doors open.
- Do not allow someone to be on your bed while you're in it.
- When visiting someone else's bedroom, keep doors open!
- If someone does not show respect for your privacy, tell a trusted adult right away.
- There should be no "secret" games. If someone suggests a secret game or asks you to keep a secret, tell a trusted adult right away.
- If anyone tries to touch or touches a place that would be covered by a bathing suit, or in any way that feels uncomfortable, say "stop!" And tell a trusted adult.

**Empower your children to know when a touch crosses the line. Start the conversation with your child today!**





# Safe Touch Resources

## When it Does Cross the Line.

### Reporting and Assessment Agencies

**Childhelp National Child Abuse Helpline**, 1(800) 4-A-CHILD  
[www.childhelp.org/hotline](http://www.childhelp.org/hotline)

**Department of Social Services**, (910) 323-1540  
125 Ramsey Street, Fayetteville NC, 28301

**Specialty Behavioral Health**, (910) 907-8272  
Located at the Womack Health and Support Center, bldg 4-3219 (near the All-American side of WAMC, 1st floor). Available for counseling services (reporting options available for Fort Liberty residents). Open 7:45 am - 4:30 pm Monday through Friday.

**Child Advocacy Center**, (910) 486-9700 [www.cacfaync.org](http://www.cacfaync.org)  
222 Rowan Street Fayetteville NC, 28301

### Counseling Options/Assistance

**Military Family Life Counselors**, (910) 391-9171  
Provides short-term, situational, problem-solving counseling services to service members and Families.

**Watters Center**, (910) 396-6564  
Contact your unit chaplain first.

**TRICARE North/Health Net**, 1(877) TRI-CARE  
Active Duty Service Members should request referrals through their Primary Care Manager (PCM). Family members and retirees may self-refer for 8 free sessions per person/family member.

**Military OneSource**, 1(800) 464-8107  
[www.militaryonesource/mil](http://www.militaryonesource/mil)  
Provides up to 12 free counseling sessions per issue. Will not provide counseling for a court, DSS, or Specialty Behavioral Health mandate. Face-to-face, telephone and on-line consultations available.

**Prevent Child Abuse North Carolina**, (919) 829-8009  
[www.preventchildabusenc.org](http://www.preventchildabusenc.org)  
3716 National Drive, suite 118, Raleigh, NC 27612

**National Children's Advocacy Center**, [www.nationalcac.org](http://www.nationalcac.org)

**ACS Family Advocacy Program**, (910) 396-5521  
[www.Liberty.ArmyMWR.com/Programs/FAP](http://www.Liberty.ArmyMWR.com/Programs/FAP)  
Offers classes, information and resources to help military Families overcome the unique challenges they face.

### Additional Information

**Stop it Now**  
[www.stopitnow.org/ohc-content/tip-sheet-create-a-family-safety-plan](http://www.stopitnow.org/ohc-content/tip-sheet-create-a-family-safety-plan)  
[www.stopitnow.org/ohc-content/tip-sheet-4](http://www.stopitnow.org/ohc-content/tip-sheet-4)

**Mothers of Sexually Abused Children**, [www.mosac.net/page/358](http://www.mosac.net/page/358)

**Darkness to Light**, [www.d2l.org](http://www.d2l.org)

**My Body Belongs to Me**, Written by Jill Starishevsky  
Published by Safety Star 2008

**My Body! What I Say Goes!**, Written by Jayneen Sanders  
Published by Educate to Empower Publishing

### What do you do if you suspect your child has been touched in the wrong way?

If you find out your child has been touched inappropriately, your reaction is very important to keeping the situation under control. *To help your child be able to cope with what has happened to them and heal from it, it is very important that you stay calm, supportive and encouraging.*

**Ask open-ended questions:** "Has anyone at school or camp or church ever touched you in a way that made you feel uncomfortable, or made you do anything you didn't like? Tell me about that."

**Be calm and emphasize your acceptance:** "You can always tell me if something like that happens. I won't be mad at you. It's not your fault. I love you."

**Reassure your child** that if someone touches them inappropriately, it is never their fault; they are NOT to blame. Let them know you appreciate that they shared with you so you can help.

**Call law enforcement or a professional** instead of asking probing questions or asking your child about the situation over and over again.

### Warning Signs/Symptoms that your child may be a victim of child abuse:

- Repetitive, sexualized play with other kids or with dolls in pretend play
- Change in interest in play from usual patterns
- Seeming more cut off or withdrawn
- Seeming more emotionally numb
- Having recurrent nightmares
- Increased irritability, worry, anxiety, or jumpiness
- Change in personality
- Efforts of avoidance of certain places or people

