

Encourage our youth to speak up

When someone knows that their voice will be heard and taken seriously, it gives them the courage to speak up when something isn't right. You can start having these conversations with your children as soon as they begin using words to talk about feelings or emotions. Don't worry if you haven't started conversations around these topics with your child. It is never too late.

Teach your child about boundaries. Let your child know that no one has the right to touch them or make them feel uncomfortable — this includes hugs from grandparents or even tickling from mom or dad. It is important to let your child know that their body is their own. Just as importantly, remind your child that they do not have the right to touch someone else if that person does not want to be touched.

Teach your child how to talk about their bodies. From an early age, teach your child the names of their body parts. Teaching a child these words gives them the ability to come to you when something is wrong. Learn more about talking to children about sexual assault.

Be available. Set time aside to spend with your child where they have your undivided attention. Let your child know that they can come to you if they have questions or if someone is talking to them in a way that makes them feel uncomfortable. If they do come to you with questions or concerns, follow through on your word and make the time to talk.

Let them know they won't get in trouble. Many perpetrators use secret-keeping or threats as a way of keeping children quiet about abuse. Remind your child frequently that they will not get in trouble for talking to you, no matter what they need to say. When they do come to you, follow through on this promise and avoid punishing them for speaking up.

Give them the chance to raise new topics. Sometimes asking direct questions like, "Did you have fun?" and "Was it a good time?" won't give you the answers you need. Give your child a chance to bring up their own concerns or ideas by asking open-ended questions like "Is there anything else you wanted to talk about?"

TEAL TUESDAYS IN HONOR OF SEXUAL ASSAULT AWARENESS MONTH

Every Tuesday in April send an email to serenad@ctsi.nsn.us with the word "CONSENT" and send a picture of yourself wearing teal in honor of sexual assault survivors.

DENIM DAY • April 27, 2025

Wear denim all day to show support for survivors.

The first 25 to send in a picture will receive a special gift.