



tel (845) 454-0595

fax (845) 454-0129

Dear Parents,

Your child is going to learn a personal safety issue: the prevention of child sexual abuse. Because you are the most important teacher to your child, we want to share this information with you.

POINTS TO STRESS WITH YOUR CHILD:

- TOUCH CAN BE OK, NOT OK, OR CONFUSING.
- TRUST YOUR FEELINGS ABOUT TOUCH.
- IF YOU DON'T LIKE A TOUCH OR IF YOU FEEL CONFUSED BY IT, TALK TO A GROWNUP WHOM YOU TRUST.
- IT IS OK TO SAY "NO" IF SOMEONE CONFUSES OR EMBARRASSES YOU WITH A TOUCH.
- ALWAYS TELL A TRUSTED ADULT IF YOU ARE TOUCHED IN WAYS THAT FEEL BAD OR CONFUSING, EVEN IF YOU WERE TOLD TO KEEP A SECRET.
- IT IS NEVER YOUR FAULT IF YOU ARE TOUCHED IN THESE WAYS.

EXERCISES Some ways to find out what your child understands now and ways to continue the safety lessons:

Ask your child to describe different kinds of touch. When could these touches be OK? Not OK? What should you do if it feels uncomfortable, or if you were told to keep it a secret?

Ask your child whom they can talk to if they have a problem. Try to have a few people so that your child has alternatives.

Play the "what if" game. For example, "what if you get lost in a store? What if someone was following you home from school and you were scared? What if your club leader, neighbor, friend, etc. started touching you in ways you did not like?"

Remember:

- 1) **Abusers are usually someone the child knows.**
- 2) **Both boys and girls can be victims of sexual abuse.**
- 3) **Child abuse and neglect does not discriminate against race, religion, or income.**

If you have any questions about child abuse and neglect or the Personal Safety Program, please call the Child Abuse Prevention Center at 454-0595.

Sincerely,
Barbara O'Dea

Director of Educational Services

Child Abuse
Prevention Center, Inc.
249 Hooker Avenue
Poughkeepsie, NY 12603

