

Talk 2 US

- Providing our youth with a tool kit for self-protection from sexual abuse



Program Guidelines

Diocese of Rockville Centre

Office for the Protection of Children and Young People

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What is sexual abuse?

- Sexual abuse occurs when someone older or more powerful involves a child or adolescent in inappropriate touching or other sexual activities.
- Older kids, even teenagers, can be sexually abused

What actually happens when someone is sexually abused?

- Sexual activity could include:
- Hugging, kissing in a romantic or sexual way
- Taking nude or almost nude pictures
- Showing pornography
- Showing or touching genital areas

How can a kid be sexually abused?

- Usually, sexual abuse starts with boundary violations...
- An adult or an older kid can push boundaries before the sexual activities even start.

What are boundaries?

- Boundaries (borders or limits) are lines you draw for yourself about what you will and will not do.
- Boundaries can be physical, emotional or behavioral...let's talk about boundaries

Physical Boundaries

- Physical boundaries are where you draw the lines about your personal space:
- Who can touch you
- How much they can touch you, and
- Where they can touch you

Physical Boundary Violations

- Touching too much
- “Accidentally” touching in private areas
- Wrestling or tickling too much
- Holding you, an older kid, on the lap
- Hugging too much or with too much body contact.

Emotional Boundaries

- Emotional boundaries are where you draw the lines about:
- Who you share personal information with,
- Who you talk to about your feelings, and
- Who you spend time with

Emotional Boundary Violations

- Manipulating your feelings
- Calling or emailing too much
- Giving too many gifts or secret gifts
- Acting too possessive
- Being too much of a buddy in opposition to your family

Behavioral Boundaries

- Behavioral boundaries are where you draw the lines about:
- What you will or won't do
- What set of rules you follow

What's the big deal if someone violates my boundaries?

- It is possible that when an adult or older youth violates your boundaries, it could lead to sexual abuse.
- Once someone violates your boundaries you may feel obliged to have sexual contact with them even if you don't want to... You may feel you owe them something... or you may get in trouble if you don't engage in the activity...
- *Talk 2 US...speak up ...It is not your fault.*

What do I do if someone violates my boundaries?

- Avoid the person
- Tell the person you are not allowed to do what they want you to do.
- **TALK 2 US...**tell a parent, a trusted adult, a friend.
- When an abuser steps over the line, or violates your boundaries...tell someone follow the **No...Go...Tell** rule
- **Talk 2 Us...Communication is preventive!**

What if I've been sexually abused?

- Know that God loves you
- You are not the problem
- Now is the time to *TALK 2 US* ...someone who can keep you safe.
- It can help you feel better to *Talk 2 Us* even if the abuse has ended.

IT IS NOT YOUR FAULT

- Molesters are very clever at making kids think it was their fault
- You are not at fault... *TALK 2 US.*

What if this is happening to a friend and not to you

- You probably told your friend that you would not tell anyone about the abuse.
- This is a BAD secret...your friend needs you to take action.
- Encourage your friend to *TALK 2 US*...tell someone and stay away from the person.
- If your friend is not able to take action you may have to speak up and *TALK 2 US*.

Who can I talk to if I have been abused or my friend has been abused?

- Your parents
- A trusted adult at school
- An adult at church
- Your friend's parents
- The police

Who would you TALK 2?

Name: _____

Stuff for Younger Kids

- Your whole body is private and belongs to you.
- Some parts of your body are extra special and they are “off limits” to touching unless there’s a good reason (like keeping you clean, healthy and safe). These are the parts of your body that would be covered even when you go swimming.
- So it’s OK for your Mom or Dad to clean your baby brother or sister- change their diaper or give a bath. It’s also OK for the Doctor to check you or visit for a checkup or because you are sick. All of these things are meant to keep you clean, healthy and safe.

Stuff for Younger Kids continued

- **The Bathing Suit Rule- No one should touch you on any part covered by your bathing suit.**
- **If anyone tries to touch you in those places say, “Stop! I don’t like that” in a loud voice. You should do that even if the person trying to touch you is a relative, a neighbor, a friend or a teacher.**
- **You should do the same if the older kids ask you to touch them on parts of their body that would be covered by a bathing suit.**

Stuff for Younger Kids continued

- Always tell your Mom and Dad or another safe adult whenever that happens again, **ALWAYS** keep telling (*Talk 2 US*) until someone makes it stop.
- Always tell, even if the bigger kid or grownup who touched you told you not to tell.
- No matter what the bigger kid told you that kind of touching is never your fault, even if you couldn't avoid being touched. (*Talk 2 Us*).

Stuff For Younger Kids continued

- If you get an “Uh-oh!” feeling or just any kind of uncomfortable feeling about the way an older kid or adult touches you, trust that feeling. Tell your Mom or Dad. (*Talk 2 Us*).
- How do you tell when a touch is not OK? When the person says that the touching is a secret. Secrets are not OK.
- When the person tries to scare you into not telling anybody. The person might say” You’ll get in trouble if you tell or “I’ll hurt your Mommy if you tell.”

Stuff for Younger Kids continued

- **Saying scary things is not okay!**
- **Icky feelings are not okay.**
- **When a person won't stop touching even though you said, "No! Stop! This is definitely not okay.**

What kind of tricks might a person try on YOU.

Gifts, money, toy, scare you, confuse you

"Doesn't that feel good? "Everybody likes to be touched like this.

Talk 2 Us... Tell someone... Talk 2 Us.