

Action/ Trusted Adults

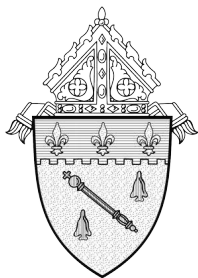
Children need to know what is and is not appropriate behavior from those around them.

How can we equip them to report boundary violations to a parent or trusted adult?

*"The child is the
beauty of God
present in the world,
that greatest gift
to a family."*

-St. Teresa of Calcutta

- a) **Teach children about their bodies.** Use correct anatomical names when you talk.
- b) **Encourage them to say no.** A child who never says no to a parent or caregiver will never say no to another adult. Back them up if they don't want to give or receive hugs or are feeling uncomfortable in a situation.
- c) **Encourage communication.** Take children seriously. Listen carefully and help them name feelings.
- d) **Trust children.** Encourage them to report things that happen that frighten them or make them uncomfortable. Practice talking about emotions and difficult experiences. Respond calmly with love and trust.
- e) **Talk with children.** Talk about setting boundaries, making choices before situations arise, and the dangers of power imbalances in relationships. Also name and discuss situations that should be avoided, the risks associated with drug and alcohol use, and techniques to stay safe.
- f) **Know their Trusted Adults.** Even with a close parent/child relationship, children may be hesitant to talk to their parents about abuse. One of the most successful components of *Circle of Grace* is having children choose several trusted adults, in addition to their parents, to turn to if something happens. This gives them a bigger safety net to protect them if abuse occurs or could occur.



— The Roman Catholic Diocese of —
BATON ROUGE
CHILD AND YOUTH PROTECTION