

KEEPING OUR CHILDREN SAFE

These are my lips
They help me speak, they help me kiss
I kiss my mummy, I kiss my daddy
But when my teacher, an uncle or an aunty ask
for a kiss
I give them a flying kiss, I don't kiss them on their lips
or anywhere else.
I keep my lips safe



This is my chest
When I have a bath I clean my chest
But when my teacher, an uncle or an
aunty touch my chest
I say No and I tell my mummy about it.

These are my bottoms
They help me sit
I wear an underwear
to protect them
But when my teacher, an uncle or an aunty touch
or tickle my bottom
I say NO and I tell my mummy about it.



This is the part between my legs
I keep it clean.
I wear an underwear to protect it.
But when a teacher, an uncle or an aunty
touch the part between my legs
I say NO. NEVER and I tell my mummy about it.



My lips, my chest, my bottoms and the part between
my legs belong to me. I can touch them.
But no teacher, uncle or aunty should touch or
tickle me there.



I should not touch or tickle anyone on their lips, chest,
bottom or the part between their legs.

These are important body parts and not to play with
I tell my mummy when someone troubles me.
I don't get scared because my mummy cares.
I don't get frightened because my mummy cares.





WHY ARE KIDS EASY TARGETS FOR SEXUAL ABUSE?

- a. **KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...** young children thrive on touch, touch is one of their most important senses in the early years and naturally they show and accept love using this sense the most.
- b. **KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...** early experiences at touching and being touched are incredibly important - not only for molding later tactile sensitivity, motor skills, and understanding of the physical world but also for her very health and emotional well-being. If your child associates touch with a traumatic experience then it will impact overall development. So it is important to keep them away from all kinds of bad touch. Stop hitting them, slapping them as they start to associate these with love.
- c. **KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...** they do not understand what bad touch is unless explained to recognize it. Use the poem and video from www.jumbokids.com/downloads
- d. **KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...** they lack the communication or vocabulary to share with you about what they experienced. Talk to them every night about their day, who did they play with, talk to and what kinds of play did they indulge in. Keep it simple do not get anxious.
- e. **KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...** many parents think kids are imagining this behaviour and thus tend to ignore the child's attempts to talk about it. If your child shares any unusual talk or behaviour do not ignore it, look into it. Do not get hyper about it or your child will use it as an attention seeking tactic. Be calm but ensure that you look into all the facts to safeguard your child
- f. **KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...** the abuser is usually someone you trust and he is confident that you will not suspect him and it will be his word against that of a small child. Stop calling everyone an uncle or an aunty. And also teach them the poem given above.
- g. **KIDS ARE EASY TARGETS OF SEXUAL ABUSE BECAUSE...** abusers know that most parents are afraid of the social stigma and will thus not bring any action against the abuser and he can move on to the next child. Never be lenient with a child abuser, your child can be at risk again. We have strict laws in our country, demand justice for your child. Read the PROTECTION OF CHILDREN FROM SEXUAL OFFENSES ACT 012 – download more details from 'A new normal', www.jumbokids.com/downloads

HANDLING CERTAIN UNUSUAL 'SEXUAL' BEHAVIOR IN CHILDREN

- a. **If two children are playing doctor-doctor or are curious about their genitals-**
Since a young child doesn't yet know the rules of modesty or morality, he's not consciously breaking them when he plays doctor. His curiosity about a playmate's genitals is as natural and as innocent as his curiosity about his own, and motivated more by scientific than sexual interest. So educate parents to deal with this kind of behavior in children in a matter of fact manner.
- b. **What should the parent do and not do in such a situation-**
Punishing, ridiculing, scolding, or embarrassing a child for acting on a very natural impulse can confuse, demean, and/or make the activity that's now been "forbidden" all the more intriguing.
- c. **Should a parent say to the child that genitals are bad and so we should not play with them or touch them?**
Such a statement by an adult can instill in a child unhealthy feelings about the private parts of his body that can linger through adolescence into adulthood. Such feelings may make the child accept bad things that are done to him by others to his/her private parts.
- d. **If as a parent you find your child indulging in looking at the genitals of themselves or others or playing doctor –doctor etc,**
It is important to take this opportunity to find out who plays doctor–doctor with him and train your child that there are better games to play and if anyone plays doctor-doctor with him then he should say no and then come and tell you about it.
- e. **If you find that another child has kissed your child on the lips-**
This is a new trend among parents, of kissing their kids on their lips. Many find it quite natural but here is a word of caution against it for 2 reasons- a) when you teach your child that kissing on lips is an acceptable way to show affection then they will accept it from all adults. Better to teach them then that only mummy and daddy can kiss you here. b) At this young age they are susceptible to a lot of infections and the mouth has the most bacteria. Adults should refrain from kissing kids on their lips, mainly for health reasons. View the video on <http://youtu.be/KVgMTvmXeUA>
- f. **Stop sharing your bed with your child.** Or when indulging in your sexual activity with your spouse ensure that your child is not around. Even when kids are sleeping they can be aware of it. Many kids mimic adult behaviour and may then find nothing wrong in doing it with others.
- g. **If children ask you** about a kissing scene or a rape scene or a bedroom scene that they may have seen on television or movies or magazines and newspapers talk to them that is what adults do to adults not children to children or adults to children. You do not need to talk about this unless your child asks about it, remember if children ask about something it means their brains are ready to understand about it and are curious. It would be better that they get their curiosity satisfied from a known and trusted source rather than a source that can mislead them. Also talk to them about good touch bad touch especially when they ask you about rape.

SCHOOLS AND PARENTS CAN JOINTLY DO THE FOLLOWING

1. **For schools-** Ensure that staff appointed like drivers, attendants, bais, watchman are registered at the nearest police station or get their adhaar card, ration card, driving license copies with you.
2. **For schools-** All teachers appointed, their background checks should be done. If they have joined you from another school call that school and find out the reason they left.
3. **For schools-** ensure that you have photos, documents copies of all your staff, this will help you in tracing them in case they abscond after an incident.
4. **For parents-** screen all the staff that you appoint to take care of your child, including driver. Ensure you have their documents.
5. **Teach children** about good touch bad touch in the same manner that you teach them about road safety rhymes. Your child is not going to cross the road or drive a car and yet we teach them about red light, green light or to cross at a zebra crossing, very likely that your child is, can be the easy target of sexual predators so teach rhymes about body safety and show video on good touch bad touch- <http://www.youtube.com/watch?v=bCgtNSU4kg4&feature=youtu.be>