

**For
Parents:
Keeping
Children
Safe**



STAR

SEXUAL TRAUMA PREVENTION & RESPONSE

Confidential 24/7 Crisis Help Line
(907) 276-7273
or (800) 478-8999

We are here to help.

**If you or someone you know has
experienced sexual assault,
we are here 24/7/365, and our
services are free and
confidential.**

www.staralaska.com



@staralaska

It is important to equip children with the proper tools to help keep themselves safe but it is an adults responsibility to protect them.

5 Ways to Help Protect Children

Learn the Facts

1

1 in 10 children in the US is sexually abused by the age of 18. Learn more about this and other statistics at www.D2L.org.

Minimize Opportunity

2

More than 80% of child sexual abuse occurs when children are isolated, 1-on-1 situations with adults or other youth.

Talk About It

3

Children often keep abuse a secret, barriers can be broken down by talking openly about body safety, sex & boundaries

Recognize the Signs

4

Signs of child sexual abuse can be physical and/or emotional, with physical signs being less common. Emotional signs can range from “too perfect” behavior to withdrawal, depression, or unexplained anger.

React Responsibly

5

Disclosure, discovery, & suspicions of sexual abuse provide an opportunity to intervene on behalf of a child.

For more information, call:
(907) 276-7273 or
(800) 478-8999 or visit
www.staralaska.com



How to Talk to Kids About Personal Safety

Create an Honest, Open Environment

Kids look to their parents to help guide them. Be supportive and positive. Listen and take their feelings into consideration. You may not have all the answers, and being honest about that can go a long way.

Be Patient

Try and resist the urge to rush through the tougher conversations with your kids. Most kids need to hear information repeated in small doses, for it to really sink in. Keep talking to your kids, your patience and persistence will pay off.

Use Every Day Opportunities to Talk

When going to swim class, talk about the private parts of your body that are covered by your bathing suit.

Find Out What Your Child Knows Already

If your child asks you a difficult question, you might simply ask “what have you heard?”. This allows your kiddo to tell you what they understand or misunderstand and can give you a great starting point to the conversation.

Use the Proper Names for Body Parts

Giving cute names for body parts can send a message that you are uncomfortable talking about them.

Additional Resources

Darkness to Light: www.d2l.org
Office of Children's Services
(800) 478-4444



OUR SERVICES

- Prevention & Education Presentations
- 24/7 Free & Confidential Crisis Line
(907) 276-7273 or (800) 478-8999
- Crisis Intervention & Response
- Advocacy
- Information & Referrals
- Counseling
- Ongoing Support

OUR MISSION

STAR's mission is to prevent sexual trauma and provide comprehensive, collaborative crisis intervention, advocacy and support to victims/survivors, their families, and our communities.

www.staralaska.com

