

Key Points and Resources for Prevention of Sexual Abuse

➤ **Personal Safety Skills**

Ensure the child or young person knows he or she will be believed and has a safety plan for prevention in place.

☆ **Just Say Know!** ☆ **SmartTrust** ☆ **Safe and Okay** ☆ **No, Go, Tell**

➤ **Personal Rights Education**

Relates to values and beliefs. All children and young people are sexual beings. Abuse happens and everyone needs to have information in order to protect him or herself. Use a system whereby anyone who is touching a person asks permission, and communicates their intentions. This method models respect and enables a person to know when something is out of the norm when people don't use this routine.

☆ **This Book is About Your Rights as a Young Adult** ☆ **Protocol for Personal Care**

➤ **Self Esteem and Assertiveness**

Focus on strengths. Create choice in children's and young people's lives.

☆ **Esteem Builders** ☆ **Just Because I Am**

➤ **Selection, Screening and Monitoring of Caregivers**

Use strict guidelines for interviewing and monitoring caregivers. The key is to ensure that the child's and young person's needs are being met and that prevention practice is in place.

☆ **Facing Our Fears** ☆ **Relationships and Sexuality: A Guide to Policy for Individuals with Intellectual Disabilities and Their Residential Service Providers**

➤ **Community Awareness**

Ensure that agencies and service providers understand the issue of abuse and its prevention. Know what issues you are working with in a child or young person so that your messages about sexuality are consistent.

☆ **Relationships and Sexuality: A Guide to Policy for Individuals with Intellectual Disabilities and Their Residential Service Providers**

➤ **Sexuality Education**

Utilize available resources. Use proper names of body parts. Provide a vocabulary for sexuality in whatever form that may take.

☆ **Life Facts** ☆ **Changes in You** ☆ **It's Perfectly Normal** ☆ **I Openers**

➤ **Establish Boundaries**

This is critical to prevention because it allows us to determine who and how people touch us and in turn informs our behaviour in terms of whom we touch and in what way.

☆ **Circles**