

## **Parent and Child Support Resources**

### **Online Resources:**

*Children and Sexuality: A Guide For Parents and Caregivers. Halton Region.* A reference for parents and caregivers containing information on how to talk your young child about healthy sexuality as well as a guide for normal behaviours at various ages and stages.

[www.halton.ca/common/pages/UserFile.aspx?fileId=15448](http://www.halton.ca/common/pages/UserFile.aspx?fileId=15448)  
<http://bit.ly/23NZUtw>

*Children and Sexuality: A Reference Guide for Parents, Child Care Providers, Kindergarten Teachers*

[www.halton.ca/common/pages/UserFile.aspx?fileId=84341](http://www.halton.ca/common/pages/UserFile.aspx?fileId=84341)  
<http://bit.ly/1XpnrkK>

*Healthy Sexual Development: What Can You Expect? Ages and Stages of Sexual Development from infancy to pre-adolescents*

[www.halton.ca/common/pages/UserFile.aspx?fileId=15444](http://www.halton.ca/common/pages/UserFile.aspx?fileId=15444)  
<http://bit.ly/1ZNRRMf>

*Canadian Child Care Federation, Protecting Children Resource Sheet*

[http://www.cccf-fcsge.ca/wp-content/uploads/RS\\_13-e.pdf](http://www.cccf-fcsge.ca/wp-content/uploads/RS_13-e.pdf)

### *The Underwear Rule*

The Underwear Rule is a simple guide to help parents explain to children where others should not try to touch them, how to react and where to seek help.

[http://www.underwearrule.org/source/text\\_en.pdf](http://www.underwearrule.org/source/text_en.pdf)

### **Parent and Child Support Organization Contacts:**

#### *Reach Out Centre For Kids (ROCK)*

Milton Walk In location at 400 Bronte St S, Suite 101, Milton, L9T 0H7  
Open Wednesdays from noon to 8:30. Last appointment begins at 6:30 pm.  
**ROCK CRISIS LINE:** Toll free in Halton: 905-878-9785  
**ROCK Intake Services** (birth to 6) 905-634-2347 x 439

#### *Radius Child and Youth Services*

<http://radiuschild-youthservices.ca> 905-825-3242

#### *Halton Family Services*

<http://www.haltonfamilyservices.org/>  
Phone: (905) 845-3811

#### *SAVIS (Sexual Assault and Violence Intervention Services)*

<http://www.savisofhalton.org/>  
905-825-3622

## Parent Support Organization Contacts:

*Canadian Mental Health Association,*  
342 Bronte St S, Milton, L9T 5B7 905-878-7551

*North Halton Distress Line*  
905-877-1211  
[www.distresscentrenorthhalton.ca](http://www.distresscentrenorthhalton.ca)

## Resource Book List

### Children's Book List:

**Your Body Belongs to You** by Cornelia Maude Spelman and Teri Weidner

**No Means No!** Jayneed Sanders

**The Bare Naked Book** by Kathy Stinson and Heather Collins

**Amazing You!: Getting Smart About Your Private Parts** by Gail Salt and Lynne Avril Cravath

**No Touching Secrets** by Melissa Pirwani

**The Swimsuit Lesson** by Jon Holsten (includes a parent's guide)

### Books for Parents:

**The New Speaking of Sex: What Your Children Need to Know and When They Need To Know It** by Meg Hickling

**Talking to Your Kids About Sex: Turning "The Talk" Into a Conversation For Life** by Dr. Laura Berman

**Out of Harm's Way, A Parent's Guide to Protecting Young Children from Sexual Abuse**

by Sandy K. Wurtele, Ph.D.

# Personal Safety: Where to Begin and What to Discuss?

- **Beginning the discussion: Approximately 4 to 7 years of age**

- Teach children to start to take ownership over their bodies:
  - Encourage children to begin to dress themselves;
  - With supervision, have children begin to bathe and wash themselves; and,
  - Introduce privacy to children and encourage them to use it when using the toilet.
- Teach children how to be assertive. Create opportunities for them to practice matching their body language with strong verbal messages that demonstrate they mean business ("NO!", "Stop!" "I don't like that!", etc.).
- Foster self-awareness around children's rights to make decisions about touching. If a child is reluctant to express affection, do not force it. Remember that teaching respect does not mean teaching obedience. Respect children's decisions to avoid physical affection, such as hugging.
- Teach children the correct names of body parts.
- Teach children that their private parts, the areas covered by their bathing suit, belong to them and shouldn't be touched by others (present exceptions such as times when they are hurt or sick and they need help from a doctor or parents/guardian, etc.).
- Teach children to tell you if a person:
  - asks to touch their private parts or asks them to touch another person's private parts;
  - wants to look at their private parts or asks them to look at another person's private parts;
  - wants to take naked pictures of them or shows them naked pictures of others;
  - tells them sexual jokes or talks to them about sex;
  - wants to bathe them and/or washes their private areas; and,
  - does anything that causes them to feel scared, hurt, sad, or uncomfortable.
- Explain the difference between secrets that are okay to keep and secrets that need to be told to a safe adult. Explain that any secrets about touching or secrets about picture taking should be told to a safe adult. Read Teatree's Keep and Speak Secrets.
- Teach children how to label and express their feelings (e.g. happy, sad, mad, scared, mixed-up).
- Help children identify safe adults in their lives who they can turn to for help.