



Secondary Personal Body Safety Lessons Overview and Resources for Parents

MCPS

Overview

- ▶ Students will receive instruction in personal body safety lessons. This PowerPoint will compliment the lessons that students will receive. It will provide you with web resources and tools you may need to continue conversations at home with your child.
- ▶ Students in Grades 6, 7, 8 and 10 receive lessons through their Health class with support and guidance from a school counselor.
- ▶ These lessons are delivered by our Health teachers and School Counselors but all MCPS staff receive compliance training annually on all types of abuse and neglect as well as mandatory reporting.

Child Abuse – definitions and examples

There are three types of abuse:

- ▶ **Physical abuse** which is the injury of a child on purpose
 - ▶ (striking, kicking, burning, hair pulling, choking, throwing, shoving, whipping or any other action causing injury)
- ▶ **Emotional and verbal abuse** which refers to the harming of a child's mental and social development, causing severe emotional harm, regular and consistent belittling, threats or name calling or ridicule.
 - ▶ (rejecting, ignoring, shaming, threatening, humiliating, mocking, and/or telling the child that they are unwanted or unloved)
- ▶ **Sexual abuse** is defined as using, persuading, or forcing a child for sexual purposes to engage in sexual acts or the imitation of such acts
 - ▶ (exposure, molestation, sexual advances, kissing, human trafficking, fondling, sexting, sextortion and pornographic exploitation)

Additional definitions

- ▶ **Sexting** is sending, receiving, or forwarding sexual photos or sexually suggestive messages through text message or email. With a click of a button a picture can be distributed to many people instantaneously—and once it's out there, there's no going back. 20%-30% of teens admit to sending or receiving a sext.
- ▶ **Sextortion** occurs primarily online and in which non-physical forms of coercion are utilized, such as blackmail, to acquire sexual content (photos/videos) of the child, obtain money from the child or engage in sex with the child.

Grooming – definition

- ▶ **Grooming** - Grooming is when someone builds an emotional connection with a child to gain their trust for the purposes of sexual abuse, sexual exploitation or trafficking.
- ▶ The majority of perpetrators are someone the child or family knows. **As many as 93 percent of victims under the age of 18 know the abuser.** They can have any relationship to the child including an older sibling or playmate, family member, a teacher, a coach or teacher, a babysitter, or the parent of another child.
- ▶ **One in four girls and one in six boys** will be sexually abused before they turn 18 years old. (nsvrc.org)

Grooming - examples

- ▶ Seeks opportunities to be alone with the child
- ▶ Makes comments about the child's appearance that are too personal
- ▶ Communicates with the child in a personal way in private about non-school matters via text, social media and without the parent or guardian's knowledge
- ▶ Bribes the child with special gifts, items or special privileges
- ▶ Asks a child about their romantic relationship status

Neglect – definition and examples

- ▶ Neglect is failure to meet a child's basic needs
 - ▶ Not providing adequate food or shelter or basic supervision.
 - ▶ Exposing a child to domestic violence
 - ▶ Not providing necessary medical or mental health treatments
 - ▶ Not providing adequate educational or emotional comfort

Warning signs and effects of abuse

- ▶ Significant changes in behavior and overall well-being.
 - ▶ Depression, unhappiness, engaging in risky behavior, increase in appeared physical ailments, changes in friendships, academic issues may point to some form of abuse or neglect.

Who can you tell?

- ▶ If you or a friend are being abused, you can tell any trusted adult
- ▶ Parent or guardian, counselor, teacher, school nurse, grandparent, coach, friend's parent, neighbor - or go with a friend to tell an adult
- ▶ It is never ever the child's fault!!

Web Resources

- ▶ <https://safersmarterteens.org/education/middle-school/>
- ▶ <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Parent-Tips-for-Preventing-and-Identifying-Child-Sexual-Abuse.aspx>
- ▶ https://www.enoughabuse.org/images/stories/Bookshelf/Straight_Talk/st_md_i nteractive.pdf
- ▶ <https://www.ovc.gov/pubs/helpseries/pdfs/CATipSheet.pdf>
- ▶ <https://www.rainn.org/articles/child-sexual-abuse>
- ▶ <https://www.nsopw.gov/en-US/Education/TalkingChild?AspxAutoDetectCookieSupport=1>
- ▶ <http://preventchildabuse.org/resource/parenting-tip-answering-questions/>

Web resources

- ▶ https://childmind-org.cdn.ampproject.org/v/s/childmind.org/article/10-ways-to-teach-your-child-the-skills-to-prevent-sexual-abuse/amp/?amp_js_v=0.1&usqp=mq331AQGCAEYASgB#origin=https%3A%2F%2Fwww.google.com&prerenderSize=1&visibilityState=prerender&pageTop=54&p2r=0&horizontalScrolling=0&csi=1&aoh=15251146137688&viewerUrl=https%3A%2F%2Fwww.google.com%2Famp%2Fs%2Fchildmind.org%2Farticle%2F10-ways-to-teach-your-child-the-skills-to-prevent-sexual-abuse%2Famp%2F&history=1&storage=1&cid=1&cap=swipe%2CnavigateTo%2Ccid%2Cfragment%2CreplaceUrl

Web resources

- ▶ <https://teachingsexualhealth.ca/parents/>
- ▶ <http://www.stopitnow.org/ohc-content/tip-sheet-7>
- ▶ www.advocatesforyouth.org
- ▶ www.nsvrc.org
- ▶ <http://www.missingkids.org>