

LANGUAGE TIPS: SAFE FROM THE START

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- Recognize
- Refuse
- Report

Trusted Adults:
Allow them to identify who those are to them.

Safe and Unsafe Touches:
Ask how they make them feel.

Unwanted Touch:
Asking them how they know it's unwanted.

Private Body Parts:
If anyone breaks the rule we report



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Lesson 1 – The 3 R's: Teach kids the 3 R's – Recognize, Refuse, Report. These are easy steps they can use when something doesn't feel right. Let them know they can always come to you.

Lesson 2 – Permission First: Remind kids that we always ask before touching someone, even in fun or friendly situations. This keeps everyone safe and helps the grown-ups in their lives feel at ease.

Lesson 3 – Trusting Their Body Alarm: Help kids understand that their body has an "alarm" – a feeling that tells them when something is safe, unsafe, or just not okay. Their body doesn't lie, and those feelings matter.

Lesson 4 – Private Parts Boundaries: Let kids know that no one should touch their private parts unless it's to help keep them healthy (like a doctor), and even then, they should always ask first. Talk about how it might feel if someone didn't follow that rule – and let them know they can always tell you.

Lesson 5 – Secrets vs. Surprises: Teach that we never keep secrets about private parts. Help them understand the difference: surprises are fun and get shared later, but secrets about body safety should always be told to a trusted adult.

And most importantly, keep reminding them:

- If someone breaks a body safety rule, it's **never their fault**.
- You're someone they can trust – and if they come to you, you'll know how to help and keep them safe.

DISCLOSURE TIPS: SAFE FROM THE START

What is reportable in the state of Colorado?

If an individual suspects or observes a child being subjected to abuse or neglect, they should immediately report to the child abuse hotline. The caller does not have to provide any sort of proof when a report is made, concern or suspicion is sufficient.

When a child discloses abuse:

- Be calm, patient and listen carefully
- Find a private place to talk
 - Respond empathically, objectively and use supportive language
- Acknowledge their feelings
- Respect the fact they may only tell you some details
- Reassure the child that it is never their fault
- Tell the child what you will do (“I want to help keep you safe, so I am going to talk with the teacher, or social worker.”)
 - Make the report

Key messages a child needs to hear:

1. I believe you
2. It is not your fault
3. You are not alone. I am here to keep you safe.
4. You are brave for telling me.
5. I am here

Remember: never promise a child that you will not have to tell someone. It is your job to keep them safe and you may have to make a report.

**IF NOT YOU,
THEN WHO?**

Colorado Child Abuse and Neglect Hotline **844-CO-4-Kids**

Available 24 hours a day, every day. Don't hesitate to call and get help. Anyone witnessing a child in a life-threatening situation should call 911 immediately.