

# TALKING POINTS

## ➤ Navigating and preventing child abuse ➤

- ✔ Practice open communication with children so they can feel comfortable talking with you about their feelings, concerns, or issues. Try to have a daily check in with them simply to hear about their day and anything on their mind.
- ✔ Teach your children about the privacy of their body parts and that no one has the right to touch their body without their consent. Teach your children to tell an adult right away they trust if anything happens they feel uncomfortable with.
- ✔ Practice being a good role model for your child: this can include expressing your feelings to model to your children how that looks.
- ✔ Accept that children make mistakes and just like adults, they can learn from them.
- ✔ Manage your stress: take time for yourself, recognize things in and out of your control, model appropriate emotional regulation through self-care. Coping Skills can be something your whole family engages in, together and on your own!
- ✔ Teach children to never give out personal information to someone they don't know and to be safe online.
- ✔ Seek help or assistance when you need it, visit us at: [www.friendsoflccac.org](http://www.friendsoflccac.org)

