

# Who are Safe Adults?

## Talking Points for Parents & Care Givers



### The issue...

As much as we would hope our children would come to us if they were being sexually abused, the facts about child sexual abuse disclosure indicate otherwise. For a variety of reasons, the vast majority of children do NOT disclose sexual abuse right away (if at all!). Our challenge as parents and caring adults is to create a safe environment for children to talk about ANY issues or problems they are having so in the event they are ever victimized by a sexual predator, a safe foundation is already established for them to talk with someone they trust.

Hence, the exercise of helping kids identify (at least) five Safe Adults in their lives.

### Please follow these steps...

- 1) With your child, watch the “Believe Jeeves!” video, “Who are Safe Adults?”
- 2) Help your child identify five (5) Safe Adults s/he could talk to if they were ever worried or scared about something—try to pick an adult from all the places your child spends time (i.e., home, school, church, sports, clubs, babysitters, etc.).
  - a. Print the worksheet from the website and write down the names of your child’s Safe Adults on this sheet
  - b. OR... have your child trace the outline of his/her hand and write down the names of the Safe Adults on that sheet
  - c. Hang the completed worksheet in your child’s room, on your kitchen refrigerator or somewhere your child and others who visit your home can see it
  - d. Feel free to list additional Safe Adults elsewhere on these sheets! 😊
- 3) In private conversations, let the identified Safe Adults know your child has listed them as people to whom s/he could turn if they needed help.
  - a. Ask them to help your child “practice” talking about things that might be worrying them to set-the-stage for future safe communication.

- b. If your child seems worried about something and doesn't readily share it with you, ask your child if s/he would like to call one of the Safe Adults... then allow them to chat in private.
  - c. Or, YOU contact a Safe Adult and ask that person to reach out to and talk with your child about what's on his/her mind.
  - d. Print or email the information on page 3 of this document to the Safe Adults... add your own personal notes or ideas when you share this information!
- 4) Find ways to reinforce a safe environment in which your child can share his/her thoughts, feelings, worries and concerns.
  - 5) Watch this and other "Believe Jeeves!" videos to help teach and reinforce body safety messages that are important to helping protect your child from sexual abuse, bullying and more!

### **Do you have suggestions or ideas?**

We are always eager to receive feedback and suggestions about ways to help protect children from sexual abuse. Please email us at [Jeeves@traversebaycac.org](mailto:Jeeves@traversebaycac.org) with your ideas! Thank you!

### **How do I tell my child that Jeeves doesn't REALLY talk?**

Kids are naturally curious, inquisitive and oh-so-smart, so you may find yourself fielding questions about Jeeves and his video series:

- "Can Jeeves really talk?"
- "Do other dogs talk?"
- "Do the other animals in Jeeves' videos speak in real life?"

These are all excellent questions! You can respond to these inquiries by simply sharing:

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"Jeeves has friends who help him speak on camera.  
But if he COULD talk, these are the things he would say  
and would want you to know."

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# CONGRATULATIONS!



My child, \_\_\_\_\_,  
has identified YOU as a SAFE ADULT!

Dear \_\_\_\_\_,

In our home, we are discussing body safety rules and who my child can go to if s/he has a problem or needs help. My child has identified YOU as one of the Safe Adults in whom s/he trusts.

As part of our body safety discussions, we are talking about private body parts, who is allowed to see or touch a private body part and when, along with a host of other safety lessons.

As one of my child's Safe Adults, I'd like you and I to collaborate on ways for my child to "practice" sharing with you not only good things that are happening, but also worries and concerns s/he may have. May I collaborate with you about ways for you and my child to "practice" this?

One of the lessons we are teaching is that if someone ever touches or asks to see my child's private body parts or makes my child feel uncomfortable or "icky" in any way, it's important to tell a Safe Adult so that trusted person can help. In over 90% of child sexual abuse cases, perpetrators are KNOWN, LOVED or TRUSTED by the child victims and are often known by the family.

I invite you to read the "7-Step Response to Child Abuse Disclosure" and please be sure to listen to and believe my child if s/he tells you something is happening, regardless of who s/he says is the perpetrator.

[www.traversebaycac.org/2018/03/08/7-step-response-child-abuse-disclosure](http://www.traversebaycac.org/2018/03/08/7-step-response-child-abuse-disclosure)

THANK YOU in advance for being an integral part of my child's "village" and for your positive influence on his/her health and well-being!