

SAFETY BULLETIN

PRAESIDIUM Our passion. Your protection.

Spotlight on Teaching Boundaries | Issue 9

In The News

Brian, a second grader in Kansas, told his mother that his tutor had been molesting him for a year. He was prompted to tell because he had learned about inappropriate touching at school that day.

Three-year-old Kayla told her parents that she had been touched “in the potty” by her preschool teacher. The investigation revealed, however, that Kayla had not been taught names for her private body parts. No one could discern if “potty” was a location or a body part so the investigation ended as “unable to determine.”

Ten-year-old Rasheen told a camp counselor that she didn’t want to swim any more, even though it had been her favorite activity. She said she was “afraid of sharks.” The counselor allowed Rasheen to do crafts instead. At the end of the summer, a parent reported that her daughter had been repeatedly molested by older boys in the lake who were playing “shark.”

Police are investigating a 42-year-old registered sex offender for trying to lure Mei-Li, a twelve year old, into his car as she was walking home from school. When the man slowed the car to talk to her, Mei-Li said, “That’s my mom’s car over there,” pointing toward another car. The man sped away. Mei-Li provided a description of the car and tag number to the police, and the vehicle belongs to a man convicted ten years ago of indecency with a child.



Studies Show...

Abuse prevention training programs for children must be interactive and activity-based. Children learn best, especially young children, from doing, not from passive listening.

MacIntyre, 2000

Some studies demonstrate that preventative programs for children promote reporting.

Finkelhor, 2007

Safety Tips

1. Teach children rules about keeping their bodies safe and healthy.
2. Teach children how to recognize when someone is making them feel “uncomfortable” or “bad” by hurting their bodies or their feelings.
3. Teach children to identify all of their body parts, including their private parts. If you are uncomfortable using anatomically correct terms, choose words that other people would recognize as private parts.
4. Teach children about appropriate touch and that only certain people (parents, doctors) can touch them in the areas covered by their swim suits.
5. Teach children ways to remove themselves from uncomfortable situations with phrases such as, “Oh, I just remembered my mom told me to be home by now,” or “I could never lie to my parents, they always seem to find out.”
6. Teach children the words to tell someone if they have been touched inappropriately or made to do something they didn’t want to do. Let them know you love them and that they won’t be in trouble for telling.



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Building Boundaries™

For grades K - 5

Teaching children self-protection skills is essential to any abuse prevention program. However, current research demonstrates that programs about dangerous strangers and good/bad touch are ineffective and outdated. Building Boundaries™ is different. Based in the most recent knowledge of child development and learning theory, Building Boundaries™ teaches children in grades K-5 boundary skills they can understand and use.

Building Boundaries™ incorporates age-appropriate information in lesson plans that are easy for teachers, child care workers and parents to present.

Each grade level learns three key lessons and participates in related hands-on activities:

Kindergarten	Focus on: <i>Rules about the Body</i>
Grade 1	Focus on: <i>Feelings</i> (includes bullying)
Grade 2	Focus on: <i>Intuition</i>
Grade 3	Focus on: <i>Secrets</i>
Grade 4	Focus on: <i>Friendships</i> (includes peer abuse)
Grade 5	Focus on: <i>Privacy</i> (includes Internet safety)

Building Boundaries™ includes supplemental information for parents such as age-specific safety tips and recommendations for the best books to read with children.

For pricing information or to order these programs, call Denise at 800.743.6354 or e-mail

DFeeley@Praesidiuminc.com.

Your Boundaries. Your Call!™

For grades 6 - 12

Teach teens self-protection skills that will last a lifetime. Your Boundaries. Your Call!™ is the first program specifically designed to teach middle and high school youths how to protect themselves from sexual predators, recognize their personal boundaries, respond if someone tries to violate their boundaries, and what to do if someone is sexually abusing them or someone they know.



You can easily implement Your Boundaries. Your Call!™ in your organization. Using the three-part DVD, trainer's manual, guided group discussions and creative age-appropriate activities, it is easy to provide invaluable education and skills.

Schools, churches, camps, youth development programs, residential treatment centers, and foster care agencies all provide the perfect setting for delivering this critical information.

A complete Trainer's Kit contains:

- Three-part DVD ([Click here to view a demo](#))
- Trainer's manual with complete lesson plans
- Group discussion questions
- Age-appropriate activities
- Youth journal
- Parent handouts
- Answers to frequently asked questions
- Behavior management tips



Why Teach Kids About Boundaries?

No one expects children to be fully responsible for keeping themselves safe from sexual abuse. But we know that children who have knowledge about their bodies, about boundaries, and about communicating their feelings are less likely to be abused. Teaching children these skills is essential for their protection.

Prevention programs are not designed to teach children to fear all adults or to teach children explicit information about sex. Quality programs should include age-appropriate information and activities that teach specific self-protection skills. These skills build a wall of safety that can last a lifetime.

Very young children can learn rules about the body and what to say if someone is breaking the rules. As they grow older, children need to learn: how secrets can be dangerous, how to recognize their feelings, about the types of appropriate privacy, about Internet safety, and how to have healthy interactions with adults and peers.

By the time they are in middle school, children should understand boundaries, how to tell if someone (either an adult or a peer) is crossing boundaries, how to remove themselves from those situations, and how to tell someone they trust what has happened.

These skills can help protect a child when we cannot be there.



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About Praesidium

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