



Child Lures® Prevention

Take-Home Parent and Guardian Training Component to the
Think First & Stay Safe Youth Curriculum

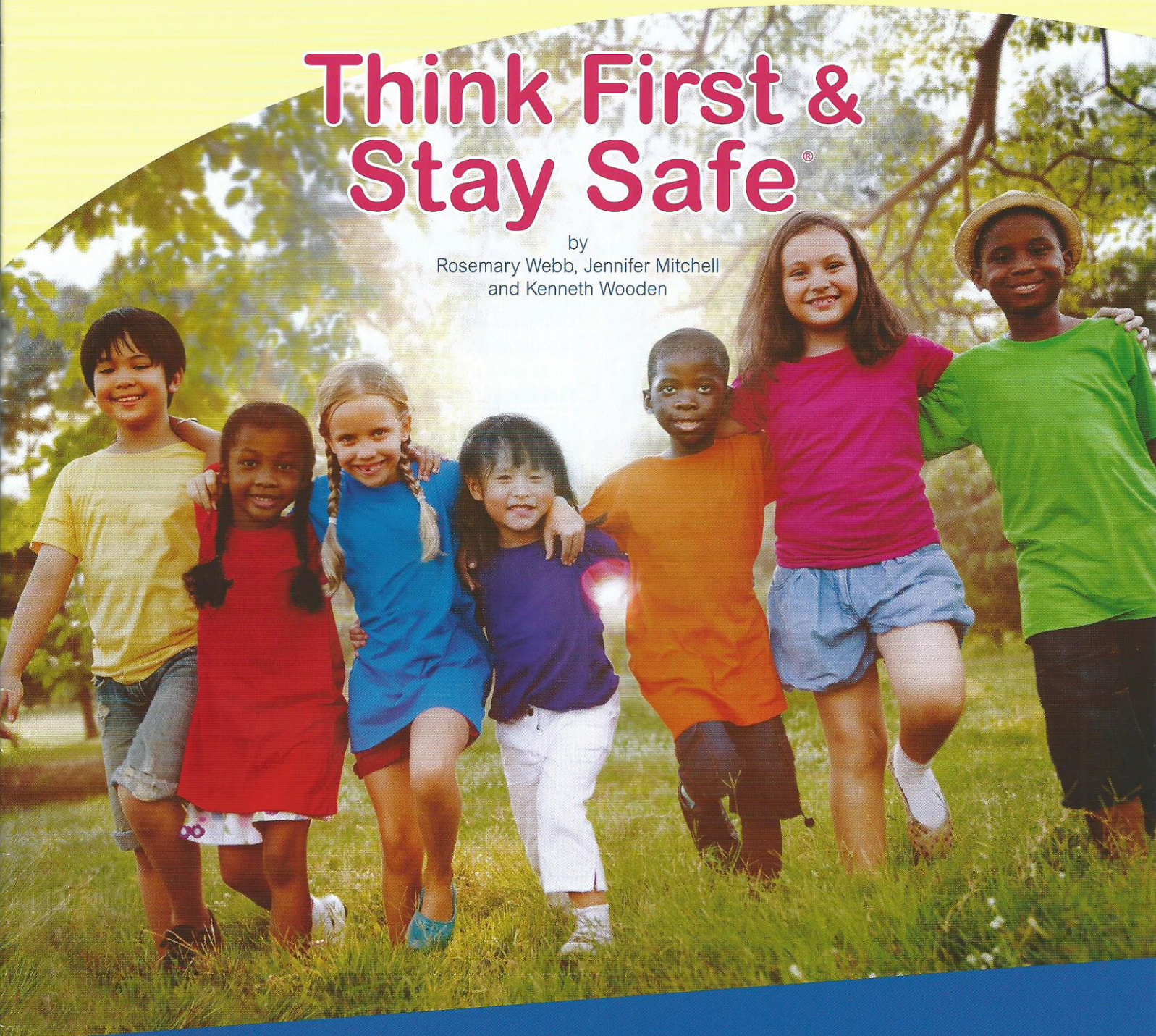
PARENT GUIDE

PERSONAL SAFETY for CHILDREN OF ALL AGES

Think First & Stay Safe®

by

Rosemary Webb, Jennifer Mitchell
and Kenneth Wooden



childluresprevention.com

Promoting Respectful Behaviors
to Prevent Child Sexual Abuse, Bullying,
Cyber Exploitation, Abduction & Trafficking

Dear Concerned Parents and Guardians,

Thank you for reading this personal safety guide.

While the majority of children live abuse-free, far too many do not. The most common crimes facing children today are bullying and sexual abuse. Fortunately, most child victimization is preventable, and this guide contains information needed to help keep your child safe.

You will learn when, where and by whom children are abused, as well as Grooming Behaviors, Child Luring and Signs of Abuse. This guide also provides specific safety tips, a Family Safety Plan and Helplines to call/text questions and report suspected or known abuse.

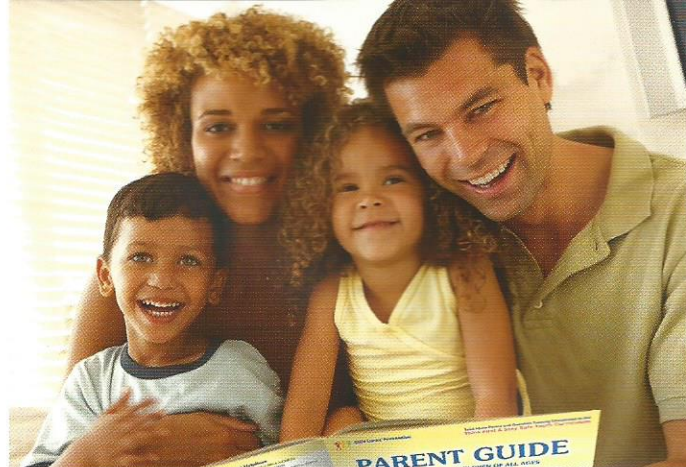
Over 90% of child sexual abuse is committed by someone known to, and usually trusted by the child, such as a parent, step-parent or other relative, family friend, instructor or an older youth. The shame and secrecy surrounding child sexual abuse needs to end, as it allows the cycle of abuse to continue. We need to teach children: ***All Secrets Can Be Told.***

Our children also need to know: ***Abuse is never a child's fault.*** Nothing a child says, does or wears causes mistreatment to happen. The abuser is the sole person at fault.

Years ago, the National Weather Service reported that tornado-related deaths had declined by 2/3 rds in one year. The reason? Increased public awareness and preparedness. Using this same effective combination, we can and will help children stay healthy, safe and happy. Thank you for doing your part to become informed and prepared to stop child abuse, in all its forms.



Rosemary Wooden Webb & Jennifer Wooden Mitchell
National Child Safety Experts & Co-Presidents
Child Lures Prevention/Teen Lures Prevention



Getting Started

- Read this Guide through to become familiar with its contents.
- Sit with your child and review, suitable by age, each of the Child Lures & How to Stay Safe. (pp. 4-14)
- Review Personal Boundaries and the Family Safety Plan together. (pp. 16-17)
- Look for small ways to reinforce safety concepts during the course of everyday life.
- Praise your child for making safe choices and asking for advice or help.
- Children learn best through repetition, so read and discuss this Parent Guide regularly.

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3	Personal Safety Basics Trusted Adults Secrets The Concept of Law False Accusations Child Sexual Abuse Facts
4-13	Child Lures How to Stay Safe: <i>Affection, Assistance & Pet, Authority & Bribery, Ego/Fame & Emergency, Hero & Games, Name & Job, Friendship & Pornography, Drug & Threats/Weapons and e-Lure</i>
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18	Child Sexual Abuse Disclosure: What To Do
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Personal Safety Basics

- Make personal safety an ongoing conversation with your child. This will keep safety strategies fresh in mind and parent-child communication open.
- Ensure even very young children know their complete name, address and phone number.
- Teach your child how to dial 911 and ask for help.
- Help your child establish personal & digital boundaries, and encourage your child to defend those boundaries with both peers and adults.
- Know all your child's passwords.

Trusted Adults

- **Help identify (2) Trusted Adults** in your child's life: one inside the home, one outside the home. (See *Family Safety Plan*, p.17)

Secrets

- Assure children: **All Secrets Can Be Told**, especially secrets they have been threatened to keep or have been keeping for a long time. Let them know that it's never too late to tell a Trusted Adult about anything that makes them feel sad, embarrassed or unsafe.



An excellent video for parents & children to view together is **Tom's Secret**, free to view at www.childluresprevention.com/global-partnership

The Concept of Law

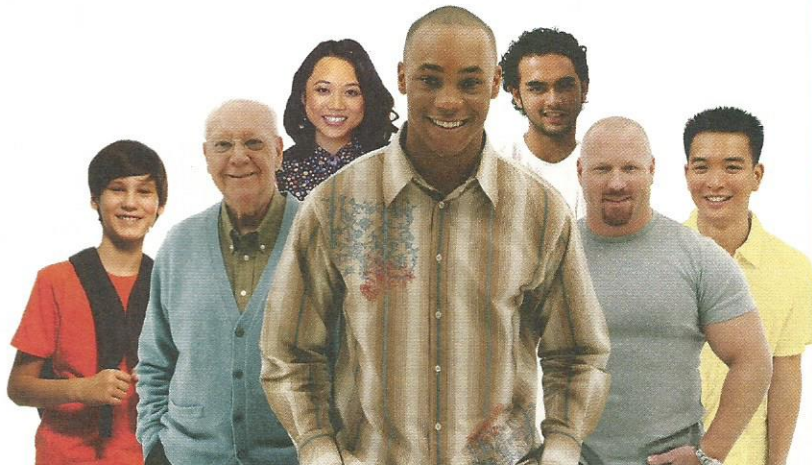
Youngsters who understand the concept of law – and the concept of breaking the law – are better able to assert themselves and speak up about any form of abuse. The following two questions help children understand the basics of law, crime and punishment.

Q: Are there rules you must follow in your home, school or house of worship? **A: Yes.**

Q: What happens when you break those rules?
A: You are punished.

Explain that everyone has rules they must follow. Adult rules are called “laws” and were made to protect all people, including children. It is against the law for someone to look at, touch or photograph a child's private parts (see p.4 for exceptions) or to force a child to look at, touch or photograph another's private parts. It is also against the law to bully or cyberbully another person. Children can tell a Trusted Adult about any bullying or abusive behaviors.

False Accusations: While children rarely make up stories about abuse, do explain to your child the seriousness of accusing someone of a crime they didn't commit. Falsely accusing a person of a crime is also against the law. It is always best to tell the truth.



Who Abuses Children?

Over 90% of reported Child Sexual Abusers are known to the child and their family, and about 1/3 are family members. Only 7% are strangers.* Abusers come from every race, class, age and gender. They are mainly male, although females do offend. The majority of abusers are **adults**, such as parents, step-parents, foster parents, grandparents, uncles & aunts, family friends, instructors. Nearly one-third are **juvenile offenders**, such as siblings, cousins, playmates or older kids.

*Exception: American Indians, ages 12+, 41% by strangers
Source: US Department of Justice

Where does Sexual Abuse Happen?

Over 80% of child sexual abuse occurs in one-on-one situations, one offender/one child in a home or residence.*

Sexual exploitation can also occur electronically through messaging, gaming, social media, apps, webcams, websites and browsing.

WHEN? Incidents of physical child sexual abuse spike around meal times; 8am, noon and 6pm. With incidents involving juvenile offenders, 1 in 7 occur on school days between 3-7pm, with a peak from 3-4pm.*

Knowing this, close supervision in homes/residences - especially after school and while kids are using technology - can help keep children safe.

*Source: US Department of Justice



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Learn the Lures. While numerically and creatively infinite, the **Child Lures** used to groom, intimidate, and exploit children generally fall into sixteen categories and are explained on the following pages:



Affection p. 4	Emergency p. 7	Pornography p. 10
Assistance p. 5	Hero..... p. 8	Drug p. 11
Pet p. 5	Games p. 8	Threats & Weapons p. 12
Authority p. 6	Name p. 9	e-Lure p. 12
Bribery p. 6	Job p. 9	Bullying & Intolerance .. p. 14
Ego/Fame p. 7	Friendship p. 10	Human Trafficking p. 15

Child Lures are used both individually and in various combinations. For example, an abuser may give a girl special attention and compliments for six months (Affection Lure), show her x-rated videos, (Pornography Lure), sexually abuse her and then threaten to hurt her, or loved ones, if she reports the abuse (Threats & Weapons Lure).

1. The Affection Lure

Most children who are sexually abused are abused by someone they know. Access to a child creates opportunity. Showering the child with affection and attention helps secure their trust. Youngsters who are starved for attention, lack adequate supervision or face issues at home like divorce, substance abuse or neglect are at increased risk. (See p. 16)

Offenders are experts at taking advantage of a child's innocence or natural curiosity about sexual development. Exploitation usually begins with innocent behavior that escalates into abuse over hours, days, weeks, months or years. Youngsters - and their parents - don't realize they are gradually being groomed for abuse. (See p. 15)

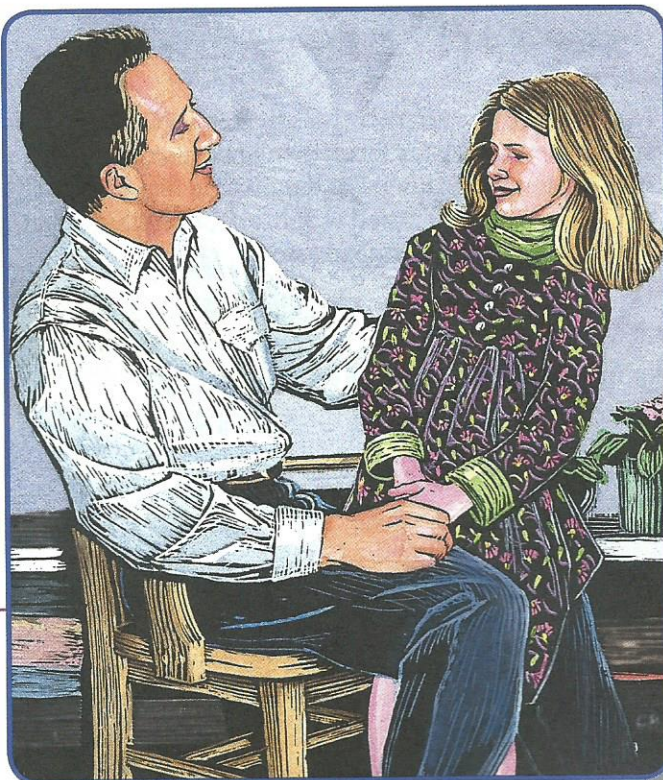
How to Stay Safe

Establish a basic understanding of private parts: the parts of the body covered by a bathing suit. Beginning at birth, teach children anatomically-correct names for private body parts (buttocks, anus, chest, breasts, vulva, vagina, penis and scrotum). Using correct names promotes positive body image & ownership, self confidence and parent-child communication. It also discourages perpetrators; and in the event of abuse, helps children & adults with the reporting and interview process.

Explain that it is against the law for anyone (i.e., family member, scout leader, coach, teacher, peer, clergy) to look at, touch or photograph a child's private parts - or force the child to view or touch theirs. Assure children that they have the right to stop anyone who tries.

Exceptions: Doctor's visit with a parent or guardian present, injury to the private parts, bath time for young children.

Differentiate between Real Love (being tucked into bed at night by Mom, a big hug from Grandpa) and Fake Love (touching a child's private parts). It is important to use the terms Real Love and Fake Love rather than "good touch" and "bad touch," since a bad touch may actually feel good.

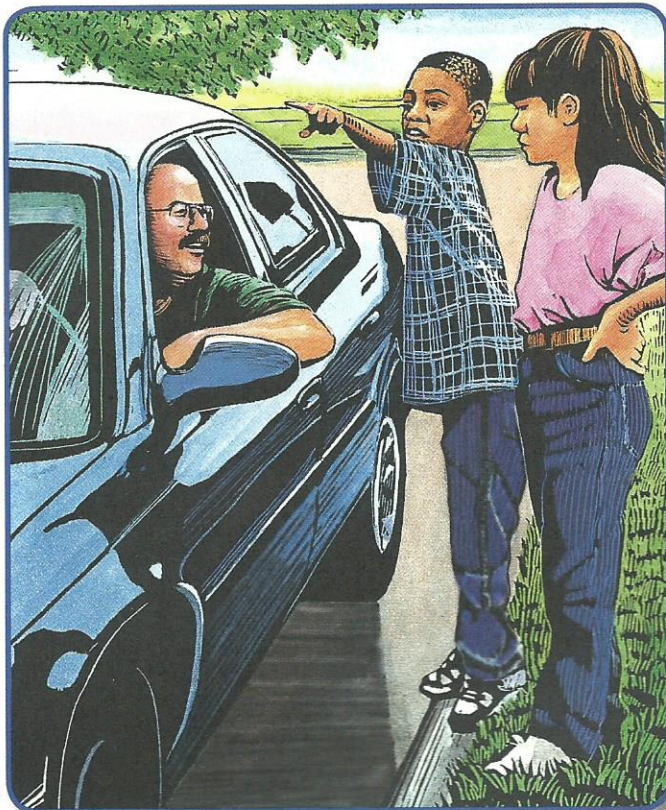


Parents, especially single Moms: Question the motives of individuals who take extreme interest in your child, or are always first to offer rides or babysitting services. Rely heavily on your parental instincts. (See bottom of p. 17)

Monitor and participate in after-school, youth group, summer camp, sport and faith-based activities – especially those involving travel, overnight stays or sleepovers.

Let your child know they can tell you anything – and you will believe and support them. Stress that secrets should not be kept from you, even seemingly innocent ones. Secrecy often plays a significant role in the grooming process. □

"It is important to teach your child the **proper names for body parts**. Making up names for body parts may give the idea that there is something bad about the proper name," states the American Academy of Pediatrics.



2. The Assistance Lure

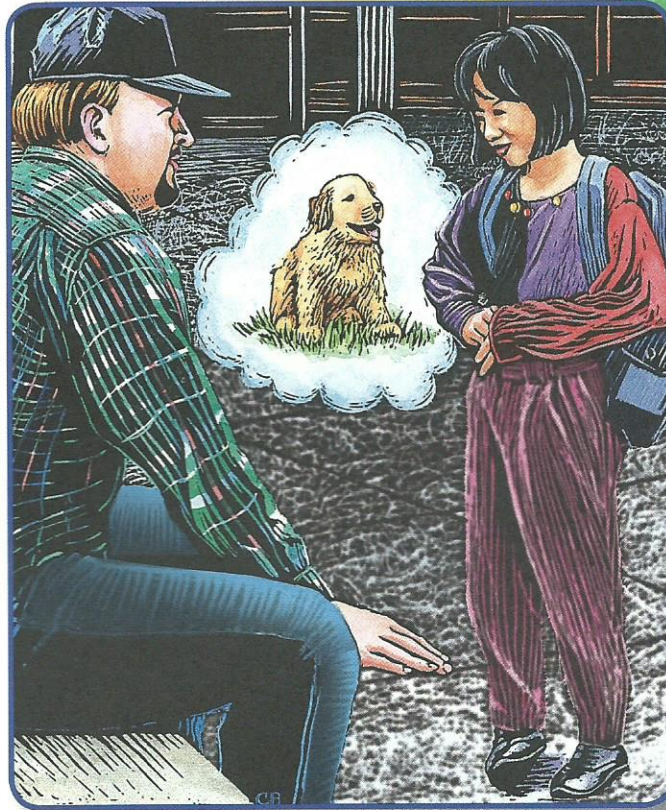
The Assistance Lure appeals to the helpful nature of children. Youngsters may be asked for help carrying packages to a neighbor's house or vehicle. They may be asked for directions to a nearby landmark. Some criminals pretend to be disabled and in need of a helping hand. They may even wear a brace, sling or fake cast.

Offenders may also *offer* assistance (i.e use of a cell phone or a ride) and *insist on providing it*.

How to Stay Safe

As a general rule, adults should ask other adults, not children, for help. Youngsters should always check with parents or guardians before lending or accepting a helping hand. Give your child permission to ignore requests for assistance or offers of uninvited help.

It's always safer for a child to choose who will help them, than for someone to choose the child. If approached by a driver, youngsters should stay three giant steps back, and be ready to run like the wind in the *opposite direction*. □



3. The Pet Lure

Children love animals and are easily caught off guard by lures involving them. Cute, cuddly pets such as puppies and kittens hold an especially powerful attraction. Children may be offered the chance to see a new litter of kittens – or perhaps something more exotic, like a bearded dragon or a snake.

In some cases, youngsters are asked to help look for a “lost” or “sick” puppy or other pet. Online postings for jobs pet sitting/walking may appeal to older kids.

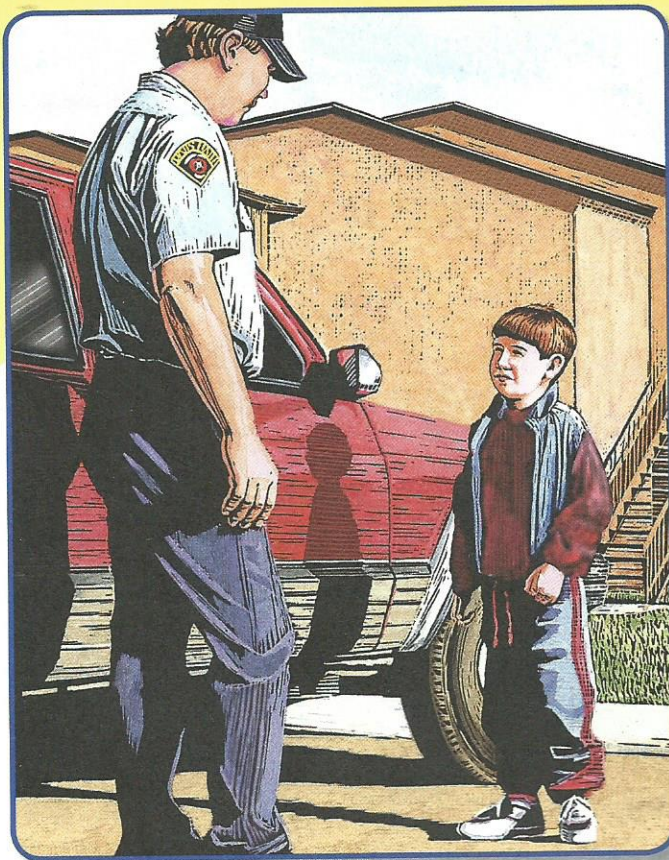
How to Stay Safe

Explain that animals have been used to lure children into abusive and dangerous situations. Children should not *ever* enter a home, vehicle or other secluded place – or leave a public area – to see or care for an animal, unless accompanied by a Trusted Adult.

If asked to look for a lost pet, your child needs to ignore the request, get to safety quickly and immediately report the incident to a Trusted Adult. The Pet Lure has been used in too many terrible crimes. Remember, “*There is no lost puppy!*” □

Victims of mistreatment have nothing to be ashamed of; they are not the wrongdoers.

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4. The Authority Lure

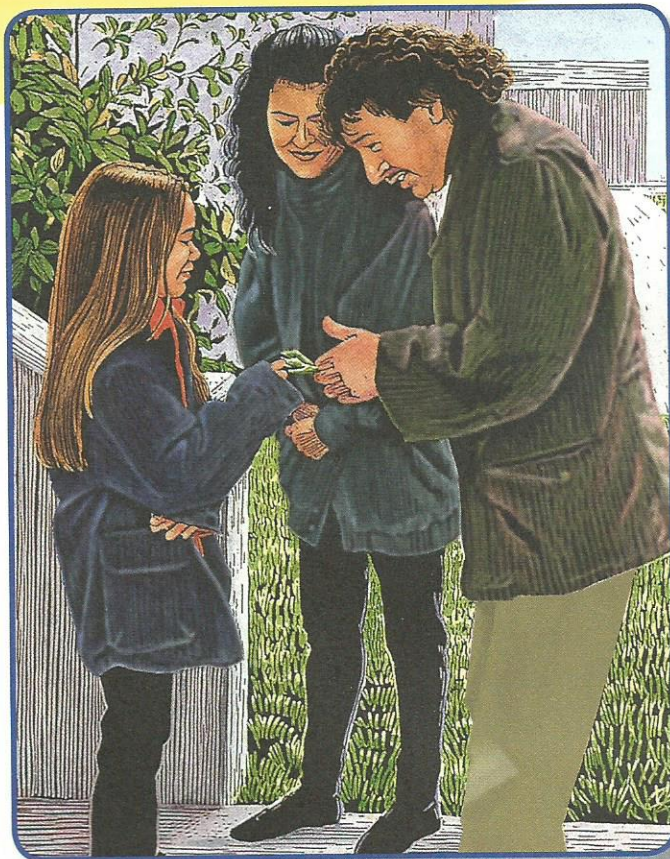
Children are taught to respect and obey adults and authority – and rightly so. However, authority figures may exploit their position as coach, clergy, scout leader, mother's boyfriend, babysitter or older child to coerce youngsters into abuse.

Some offenders go so far as to pose as police officers or store detectives. To appear real, they may use badges and uniforms or attach flashing lights to their vehicle. Older kids are easily intimidated when accused of doing something wrong, such as vandalism, shoplifting, smoking or skipping school.

How to Stay Safe

Give your child permission to disobey anyone who tries to force them into unhealthy, unsafe or illegal situations. Stress that it is against the law for ANY person to touch a child's private parts or force the child to touch theirs. (*Exceptions: Doctor visit, injury to privates, or bathtime for young children.*)

If confronted by someone claiming to be with law enforcement, children have a legal right to request a uniformed police officer in a marked police car. Youngsters should call a Trusted Adult immediately if accused of a crime, whether innocent or not. □



5. The Bribery Lure

The age-old lure of bribery still works. Kids are offered candy, toys, electronics, sports equipment, alcohol, drugs or – most effective of all – money. Bribes are used as part of the grooming process, as a means to help ensure abuse is kept secret.

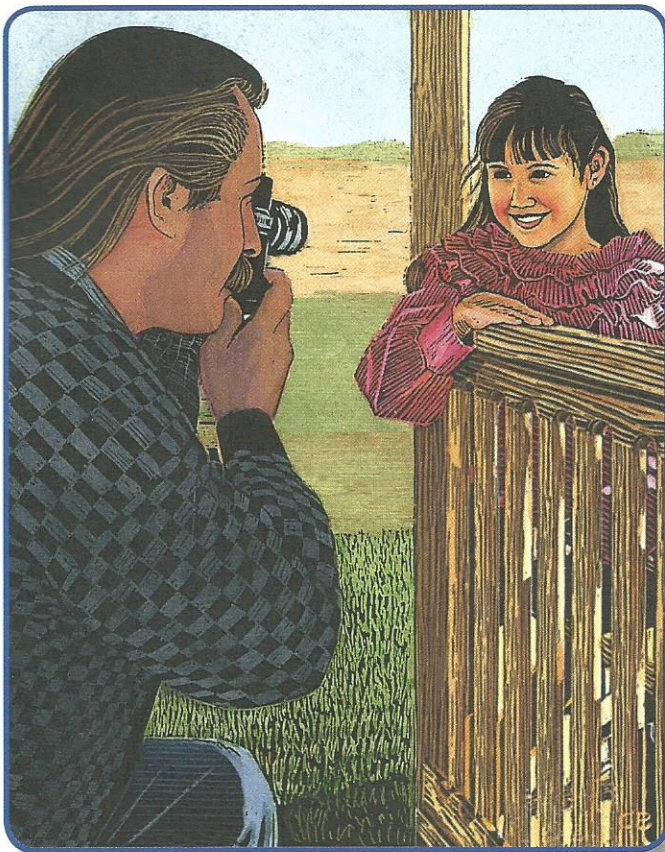
Kids can also be bribed into undressing for inappropriate, semi-nude or nude images, by peers and adults alike.

How to Stay Safe

Teach children that while most gifts are sincere and heartfelt, what seems like a gift could actually be a bribe. A sincere gift has no strings attached and is not kept secret.

A safe secret is one that is eventually told (surprise party); an unsafe secret makes a child feel upset or afraid to tell (bullying or abuse). Stress to children: **All secrets can be told** to parents, guardians, or other Trusted Adults.

Parents, be alert to unexplained gifts. Find out who gave these items: when, where and why? Remind children that no gift or amount of money is worth risking one's personal safety. □



6. The Ego/Fame Lure

Sincere compliments make kids feel good about themselves. However, flattery can also be used to lure youngsters into exploitation. Complimentary remarks and other appeals to the ego are a significant part of the grooming process. This can happen in person or when using technology.

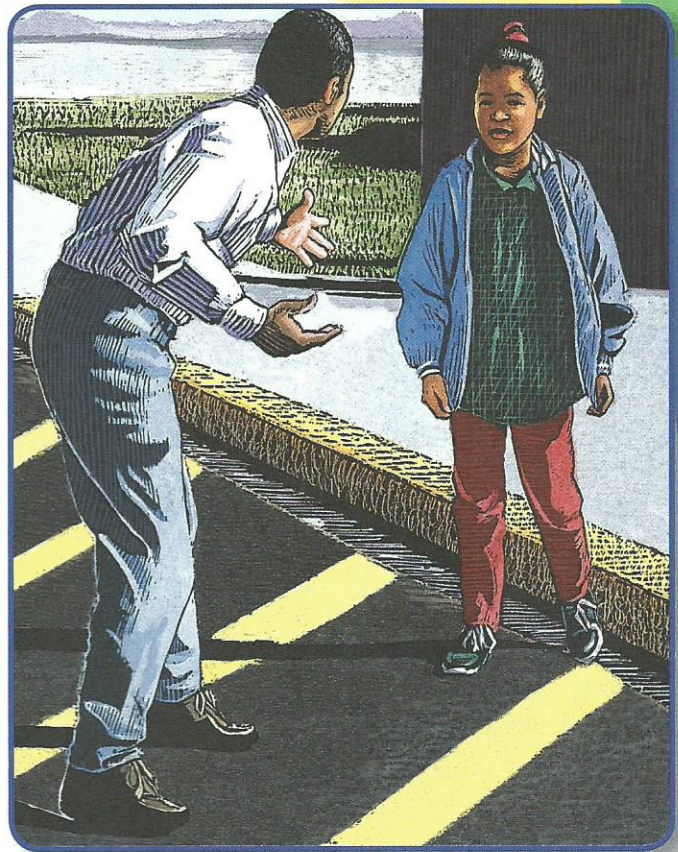
Some children are offered chances to model, act, appear on tv or other exciting opportunities. They may be urged to keep these offers secret from parents or guardians.

Photo sessions may involve requests to take some images without clothing.

How to Stay Safe

Explain to youngsters that not all compliments are sincere; abusers use flattery to groom their victims. Parents, chaperone all talent pursuits and verify credentials of those involved. By law, a parent or legal guardian must co-sign any contract for children under 18.

Youngsters should not remove clothing for photos or video. Regularly monitor your child's electronic devices for inappropriate messages and images. □



7. The Emergency Lure

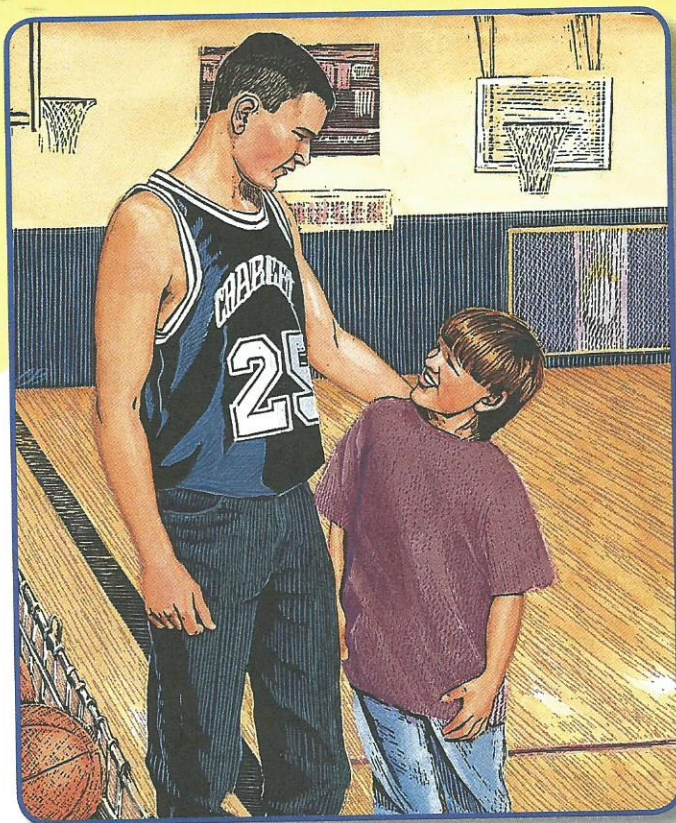
Emergencies are a fact of life. They require quick decisions and immediate action, which can short-circuit our basic self-protection instincts.

When a crisis is faked, youngsters can easily be tricked into believing, or even going with, someone. Children may be told that a loved one has been hurt or is in danger to confuse them and rush them into making a split-second decision.

How to Stay Safe

Explain that emergencies can and will happen. Children must not go with anyone until an emergency has been verified. It's safest to stay put, try to stay calm and seek help from a relative, neighbor or other Trusted Adult.

Pre-arrange a specific Family Emergency Plan. (Free download at childluresprevention.com/pdf/Family-Emergency-Plan.pdf) Who will contact your child if there really is an emergency? Where can they go? Whom should they call? (See p. 17) □



8. The Hero Lure

All youngsters seek and cherish the attention of people they admire. A hero encourages children to be the best they can be! Heroes might include favorite athletes, coaches, artists, teachers, parents and peers.

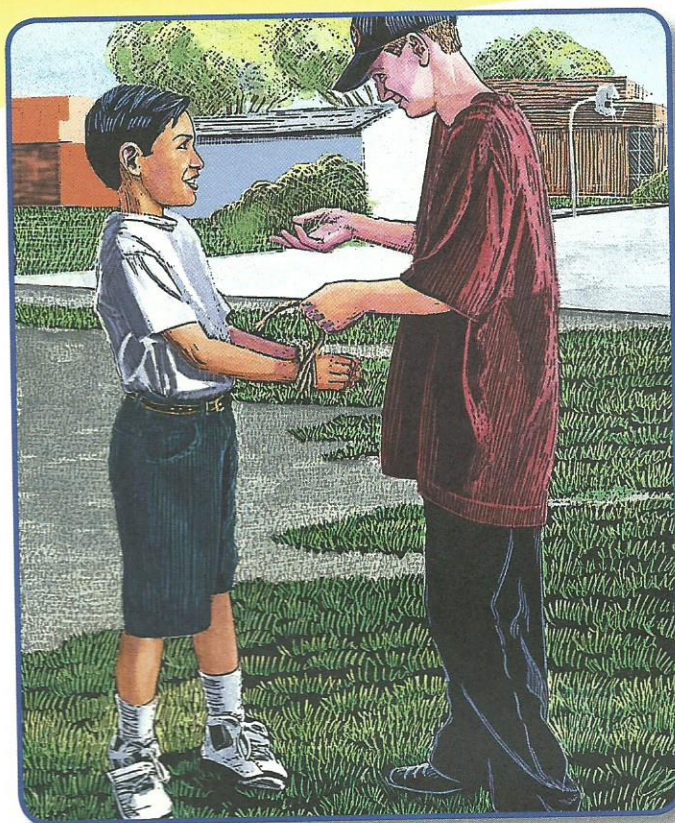
Unfortunately, there are some people who exploit their hero status to abuse kids. Coaches in particular have easy access to children (changing rooms, showers, during travel) and absolute power over a child's hopes and dreams.

When a real-life hero turns abusive, children may be forced to endure repeated abuse in order to maintain the relationship, retain team/group status, avoid threatened harm and/or keep their hero out of trouble.

How to Stay Safe

People who exploit children are not deserving of hero status. Reinforce that no one has the right to mistreat a child. Encourage children to tell a Trusted Adult about any inappropriate language, touching or other unsafe behaviors. (See *Grooming p.15*) □

Reassure your child that being victimized does not define a person, nor take away their dignity.



9. The Games Lure

Kids love to play games and sports. Most of the time, these activities are perfectly safe and healthy.

However, body contact sports and games like wrestling, tickling, or "Hide the Quarter" may be used to grope or fondle youngsters. Since physical contact is normal during these activities, kids may initially be unaware that anything out of the ordinary is happening. Games that include the use of restraints prevent children from protecting themselves or escaping.

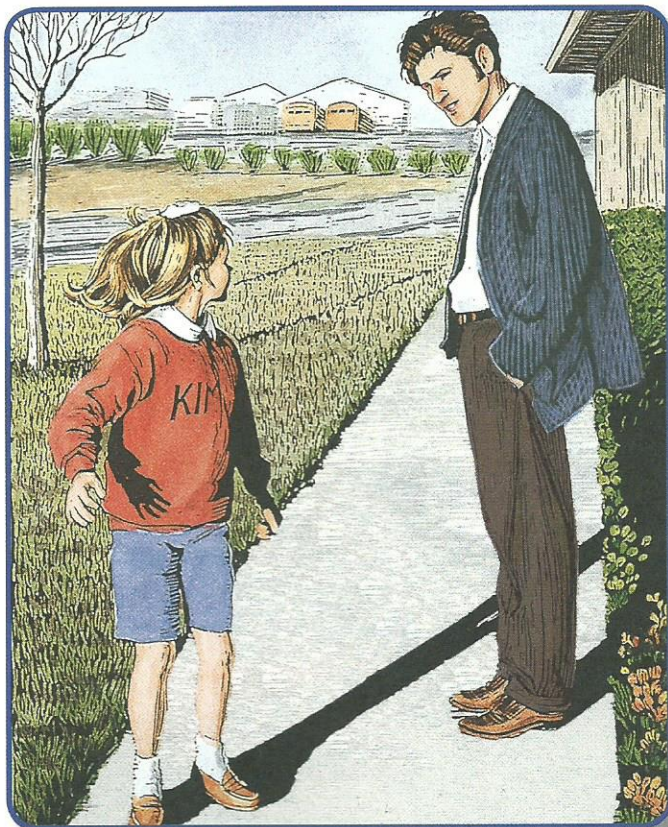
Interactive gaming and social networks have their own risks, including cyberbullying, harassment, hackers and meet ups.

How to Stay Safe

If inappropriate touching (even by a peer) occurs during a game, a youngster can quit and tell a Trusted Adult. Such behavior is against the law.

Children should not let anyone handcuff, tie up or place them in any type of isolation – including during a supposed game, stunt or magic trick. This makes it impossible for a child to self-protect or escape.

Encourage kids to be responsible when using technology, and to keep passwords private - even from friends. Remind your child to report harassers, hackers and other offenders to you and/or gaming administrators. □



10. The Name Lure

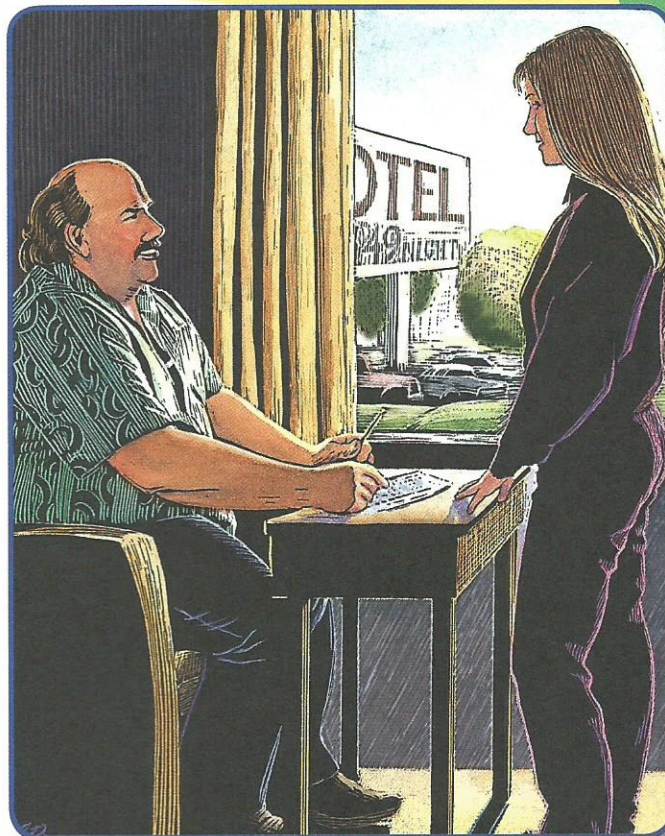
We all like to see and hear our name, but for safety purposes, a child's full name should not be shared with just anyone. Many well-meaning parents visibly label their child's belongings.

Names can also be easily overheard or inquired about, enabling someone to call a child by name. This can create a false sense of familiarity, as youngsters are naturally more trusting when spoken to by name. The same false sense of security is also quickly created online or electronically, when kids share their names on open networks.

How to Stay Safe

Caution youngsters that they should not trust or go with someone simply because the individual knows their name. If your child's belongings must be labeled, consider placing the name in a hidden area or using initials or symbols instead.

Remind youngsters not to share too much personal information or location when using technology, especially when tagging images. □



11. The Job Lure

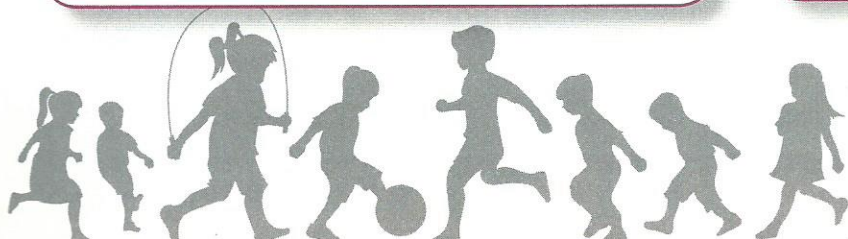
All kids like to earn money, and it's good for them to do so. Yet, the offer of a chore, errand or small job may actually be a lure. Children are especially attracted by the chance to earn quick money or the opportunity to perform fun or interesting tasks. Job offers are usually made verbally by someone the child and family knows. They may also be posted on a store, school or electronic bulletin board.

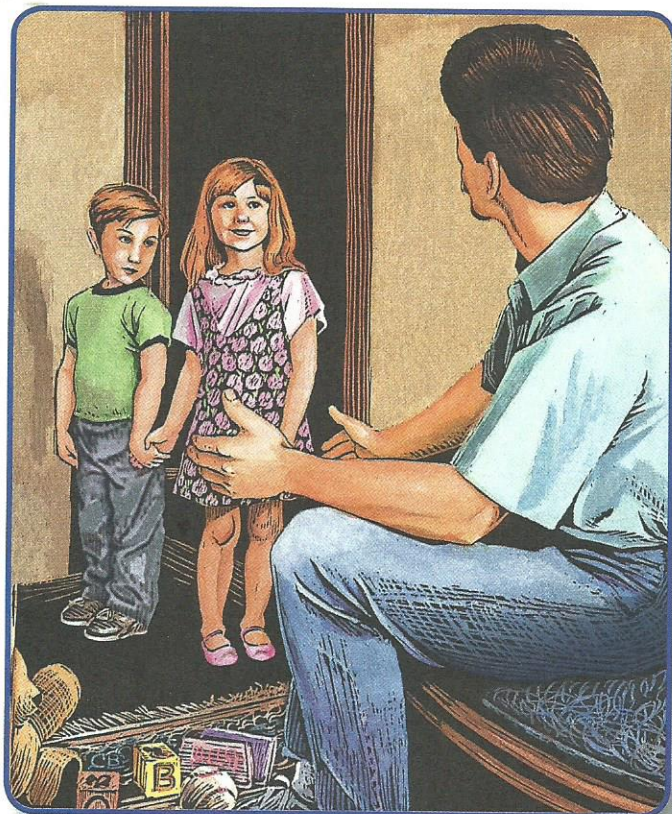
How to Stay Safe

Require permission before your child agrees to perform any chore, errand or job, including pet care, yard work, or help with packages/groceries.

Find out everything about your youngster's "job," including who, what, where and when. Potential babysitting clients should provide references. Use them, and check in with your child periodically.

Extra caution should be taken if fundraising or collecting door-to-door. Youngsters should not enter someone's home, unless accompanied by a parent or guardian. □





12. The Friendship Lure

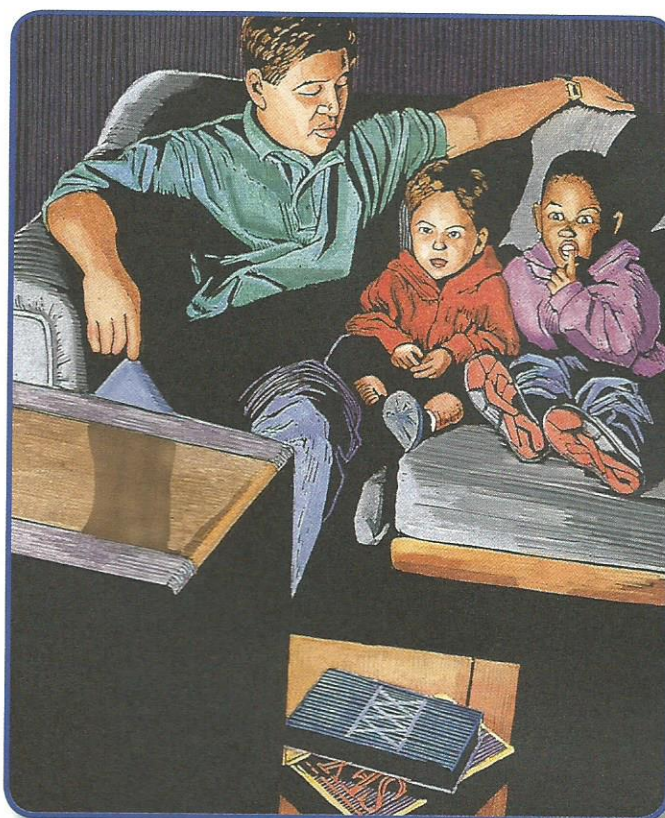
Friendships are an important part of growing up. Keep in mind, however, that over 30% of child sexual abuse is committed by other children. Most juvenile offenders abuse children younger than themselves.

Sometimes, kids innocently bring friends into abusive situations. Youngsters can be lured with special privileges or access to cool gear such as dirt bikes, go-carts, and newly released video games. In these “anything goes” zones, the offender targets and grooms children for abuse.

How to Stay Safe

Get to know your youngster’s friends and their families. If your child spends significant time at one location, find out why. Visit unannounced. If you feel at all uneasy, declare that person and place off-limits.

A child’s sudden strong dislike of a person or place may indicate ongoing grooming or abuse. Seek professional help for juveniles who have thoughts of abusing others or have acted upon those impulses. They may be victims of abuse themselves. □



13. The Pornography Lure

Children of all ages are curious about “the birds and the bees,” and sex offenders know this. Pornography, including internet pornography, is frequently used to set the stage for abuse.

Innocent youngsters are exposed to graphic materials, usually by someone they know and should be able to trust. Children as young as three have been known to innocently imitate behavior they have seen in pornographic videos.

How to Stay Safe

Pornography is harmful to the integrity of human beings. Offenders routinely use it to normalize and desensitize children to sexual behaviors.

Reinforce that if an adult or peer shows your child such materials or tells your child to participate in similar acts, they are breaking the law! The child can refuse, get to safety and tell a Trusted Adult right away.

Remind your child: do not remove clothing for photos, videos or webcams. □

Research shows that 95% of everything children learn, they learn from what is modeled for them. By modeling kind and caring relationships, we teach children to think, feel and behave respectfully.



14. The Drug Lure

The majority of kids don't use drugs and alcohol. However, drugs – especially alcohol – are used to incapacitate, manipulate and lure youngsters into abuse. Young children are usually tricked into intoxication; older children may willingly experiment. (Average onset of alcohol/marijuana experimentation is now age 12.)

Children under the influence of drugs or alcohol are at greater risk of sexual abuse and other forms of mistreatment, at the hands of an adult or one of their peers. Personal safety is a strong incentive for youngsters to avoid drugs/alcohol altogether.

“Sexually victimized children appear to be at a three-fold risk for substance abuse.”

Childhood Sexual Abuse: Impact on a Community's Mental Health Status, K.D. Scott

RED FLAGS OF CONCERN (May Indicate Drug Use or Abuse)

- Marked changes in personality, appearance, appetite or sleeping habits
- Friends with strong family and moral values drift away
- Sudden disinterest in once-important interests, activities and people
- Decline in academic performance
- Sudden explicit knowledge of drugs and/or defensive attitude toward drug culture
- Unusual feelings of distrust or hostility toward parents or guardians
- Disappearance of cash, family valuables, or personal possessions

How to Stay Safe

Explain that some offenders trick or encourage youngsters to drink alcohol and take drugs to lessen their inhibitions or leave them unable to defend themselves. Stress how keeping a clear head at all times is critical to personal safety.

Use everyday opportunities to discuss with your child:

- Personal Safety & Drugs/Alcohol
- Real friends vs. destructive peers
- Natural highs vs. artificial highs
- How drugs rob people of health, careers, lives

Actively listen and discuss. Share your expectation that your child will never use drugs.

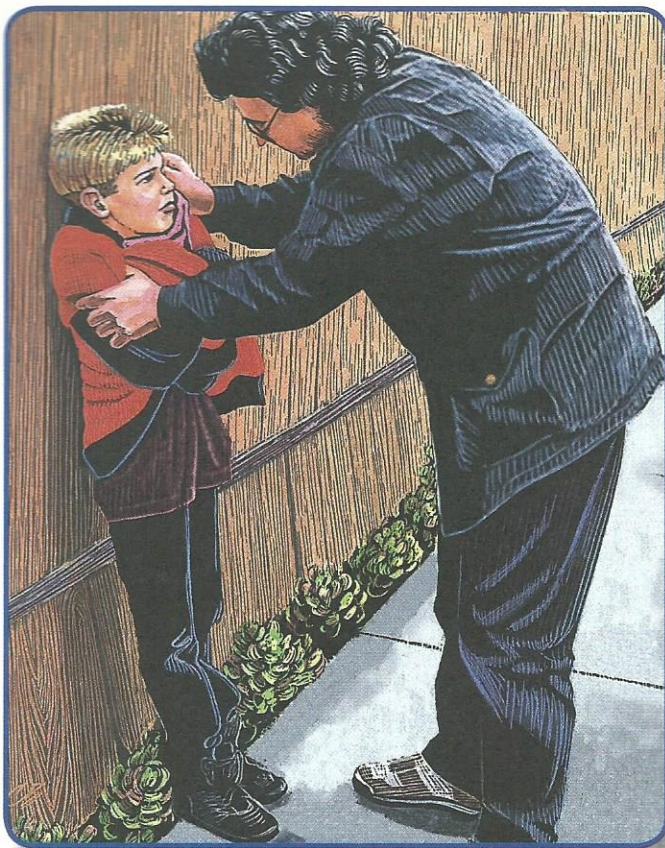
Praise your child daily. Give acclaim for kind deeds, good grades, helping out around the house, good sportsmanship or standing up to peer pressure (i.e. to bully others, smoke cigarettes, drink alcohol or use drugs.)

Trust your instincts. If you think your child has been given (or has taken) drugs/alcohol, seek medical attention immediately, especially after a period of time away from home - i.e. party, sleepover, overnight field trip or camping. Contact local police if necessary.

Be a good role model. If you drink, try to do so in moderation. Help your child practice standing up to peer pressure. Urge your child to come to you if and when the pressure becomes too much. Work together to find solutions.

Nurture your child's natural talents and encourage involvement in activities such as sports, art, music, dance, religion and community volunteer work. □





15. The Threats & Weapons Lure

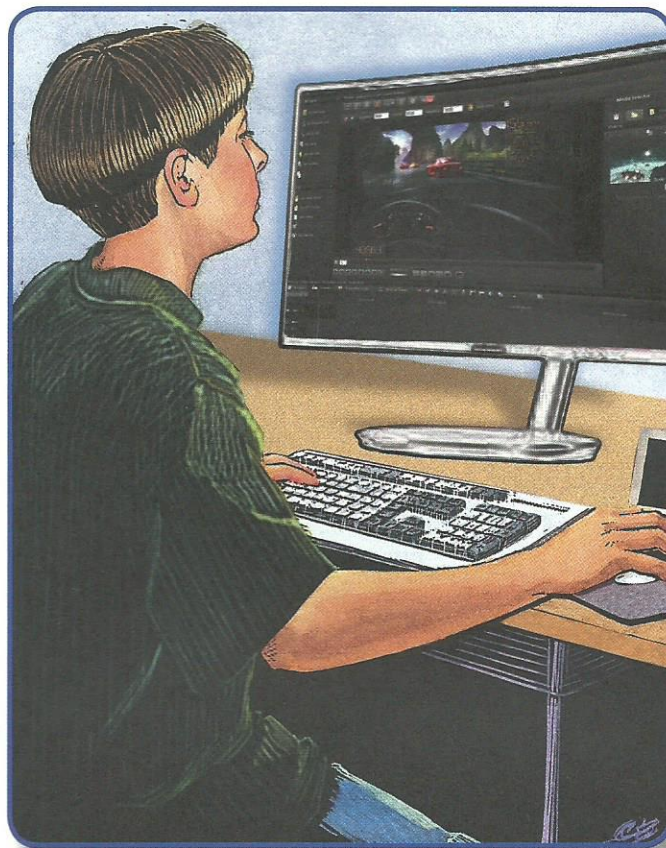
Verbal threats are routinely used by adult and peer sex offenders to pressure children into cooperation and silence. Children can also be intimidated by the abuser's size, age and position of authority.

Threats may also be made in-person or when using technology. Being threatened with a weapon is relatively rare, but is by far the most frightening scenario for children.

How to Stay Safe

Teach your child: All threats are against the law and can be reported to a parent or other Trusted Adult. Submitting to threats usually only makes matters worse. Reassure your child that verbal threats are rarely carried out, and weapons are rarely used in crimes against children.

If confronted with a weapon, children can make a commotion and try to get to safety. Most criminals will flee if faced with a loud, attention-getting youngster. It's unsafe for children to follow anyone into an isolated area, building or vehicle. Tell children to run for safety, and tell a Trusted Adult about any threats with words or weapons. □



16. The e-Lure

Today's youth spend significant amounts of time using technology. They stay connected throughout the day on a variety of electronic devices including phones, tablets, game sites & social media. They regularly and safely interact with people they don't know.

Common e-threats to youngsters include cyberbullying, sexual harassment and sexting (*sending suggestive, semi-nude or nude images electronically*).

Youngsters can be exposed to internet pornography via apps, texting, browsers and webcams. Cyber predators (adults or peers) may convince a youngster to share intimate images of themselves or others, which can lead to blackmail.

Youngsters put themselves at risk by sharing such images electronically and having inappropriate conversations with people.

While sexual predators can easily distort their online identity, studies show only 5% of them do so.* Most adolescents go willingly to meet online acquaintances in person and are expecting a sexual encounter. Lonely, neglected, confused and risk-taking adolescents are most vulnerable.

(Continued on next page)

e-Lure (continued) Online luring can and does happen. The cyber predator becomes a more serious threat if he or she:

- (1) succeeds in learning a youngster's full name, phone number, location or other personal information,
- (2) convinces a youngster to send inappropriate images (including video) or
- (3) manages to arrange a private, in-person meeting with the youngster.

Youth who have shared too much information or agreed to in-person meetings without adult supervision have been robbed, assaulted and sexually abused.

How to Stay Safe

The best high-tech safety policy between parents and youngsters is surprisingly low-tech: education, communication, supervision and trust.

Share with your son or daughter your expectation that he/she will use technology responsibly.

Parents and caregivers have a duty to **be familiar with all technology their kids are using**. Supervise and interact with your child electronically.

Acknowledge if your child is more tech savvy than you, and ask for their assistance with technology such as texting, social media, apps and gaming networks. It will boost your child's self-esteem.

Promote child-parent communication. Encourage your child to discuss questionable content or activities they encounter, without disapproval or punishment. Use local and national news stories concerning e-crimes as teachable moments.

Know your child's passwords. Let youngsters know that, for their own safety, you will be monitoring their electronic devices from time to time. Then do so. Become familiar with text and chat acronyms (*see blue box on top right*).

Praise good behavior. The majority of youngsters are using technology in positive and educational ways. However, if your youngster misuses any form of technology (and like most kids, they will probably make a few mistakes along the way), consider taking the privilege away for a period of time. Together, work out a plan for your child to regain their privileges and your trust. Regularly discuss the importance of being kind, respectful and honest when using any type of technology. □

*Source: Youth Internet Safety Survey by David Finkelhor, Kimberly Mitchell and Janis Wolak; Crimes Against Children Research Center, University of New Hampshire.

Text & Chat Acronyms

Zerg = To gang up on someone

WYCM? = Will you call me?

OLL = Online love

A/S/L = Age, Sex, Location

LMIRL = Let's Meet in Real Life

TDTM = Talk Dirty To Me

420 = Marijuana

Pron = Porn

For additional acronyms, visit:

teenluresprevention.com/pdfs/Texting-Lingo_Parents.pdf

The best e-safety policy is
surprisingly low-tech:
**Education, Communication,
Supervision and Trust.**

Sexting Facts

Once a nude or semi-nude image is sent, can the recipient send it to other people? **Yes.**

Can those people forward it to even more people? **Yes.**

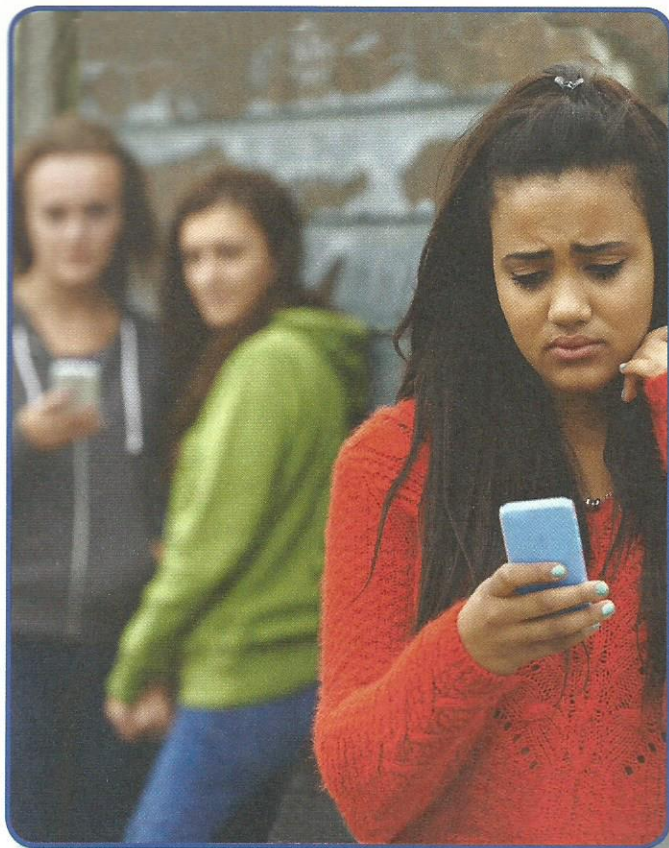
Will that image be out there for everyone to see, forever? **Yes.**

If the recipient is over 18 years old, can they be arrested for possessing child pornography? **Yes.**

Should youngsters be sending nude or semi-nude images of themselves? **No.**

For minors, is sexting still a crime in some states? **Yes.**





17. Bullying & Intolerance

Kids are generally kind and accepting of others, but sometimes they're not. Bullying/cyberbullying threatens the safety and well-being of youngsters. And, like child sexual abuse, bullying can profoundly traumatize youngsters, effecting their development and education.

Youngsters may mistreat peers - even good friends - with verbal, emotional (excluding or ignoring others) and physical abuse. Cyberbullying can be particularly traumatic, in that kids are effectively stalked 24/7, even inside their own homes - at times by multiple known and unknown individuals. The resulting humiliation and fear causes many youngsters to skip school or flatly refuse to go. Some even contemplate, attempt or commit suicide.

Bullying/cyberbullying is often based on prejudice against different races, cultures, religions, disabilities, gender, sexual orientation or social standing. Such intolerance may be learned from friends, family, or media - and then fueled by peer pressure, low self-esteem, feelings that they don't fit in, anger and frustration. In some school shootings, relentless bullying by fellow students has been determined to be the main motive for the violent actions of the young gunmen.

How to Stay Safe

Urge your child to respect and admire the differences in people. Encourage her/him to be understanding of those who are different and to have empathy for those less fortunate.

Stress the importance of standing up for kids who are bullied, and reporting abuse. Bullying, cyberbullying, threats of violence or weapon possession by schoolmates can be reported anonymously, but parents and school officials need to be told.

Limit how much violence your child is exposed to via media, gaming, music and books. Point out the physical and emotional pain violence causes victims and their families. Create and practice anger resolution techniques as a family. If you own guns, it is safest to lock up firearms and ammunition separately.

Supervise your children. Know their interests and what they do in their free time. What are your kids and their friends posting, texting and talking about? If your child displays symbols of intolerance on social media, clothing, jewelry or other belongings, disallow it - and find out why!

Ask about bullying and cyberbullying. Reassure your child that she can tell you, or another Trusted Adult, about anything. If one Trusted Adult can't help, encourage her to tell another and another until she feels safe again. No youngster deserves to be mistreated, and it's not their fault if it happens.

If your child is mistreating others, insist he/she stop. Contact school officials to find out how you can work together to fix the problem. Seek professional help for any troubling behaviors, prolonged depression or withdrawal by your child.

Foster self-esteem. Children who feel good about themselves generally treat others with kindness and respect. Consider reaching out to kids who may need a mentor. A few well-placed words of praise can work wonders on a youngster's self-image! Kids learn by example, so be a positive role model. □

RED FLAGS OF CONCERN (May Indicate A Need For Professional Help)

- Reports that your youngster is bullying or cyberbullying others
- Social media posts containing intolerant messages or images
- Mistreatment of pets or animals
- Prolonged depression or withdrawal from family and peers
- Clothing or belongings bearing symbols of intolerance
- Lack of friends or inability to make friends
- Obsession with violent movies or video games
- Fixation with guns, bombs and other weaponry
- Talk of hurting/killing self or others

Signs of Abuse

Behavioral and Emotional signs in both female and male victims are typically more evident to all adults who interact with these girls and boys, and can include (but are not limited to):

- Sudden withdrawal from friends, teachers and schoolmates.
- Marked change in behavior or appearance (clothing, weight loss/gain, hygiene).
- Sleep disturbances.
- Depression, anxiety, phobias.
- School problems (difficulty concentrating, poor grades, disinterest, absences).
- Balks at attending certain activities (lessons, sports, faith-based, scouting, clubs).
- Avoids, or seems threatened by, physical contact.
- Uncharacteristically aggressive or disruptive behavior.
- Physical complaints (stomachaches, headaches).

Physical signs of child sexual abuse are usually not observable to adults other than parents, caregivers and health professionals, but may include difficulty sitting, pain, injury, bleeding, discharge or infection. Bed wetting or soiling accidents unrelated to potty training should be closely monitored and questioned.

- Interest or knowledge of sexual matters beyond the child's years.
- Using sexual language or acting out sexually.
- Touching other students sexually.
- Running away from home.
- Self-harm or mutilation (cutting, burning, scratching, hair-pulling, banging).

Please note: any one physical, behavioral or emotional sign does not mean that a girl or boy has been sexually abused, but the presence of several signs gives reason for parents or guardians to begin asking questions and consider seeking professional help.

Reporting Abuse: Suspected abuse is reason enough to contact authorities. (See p. 20) **Questions? Call the National Child Abuse Hotline: 1.800.422.4453**

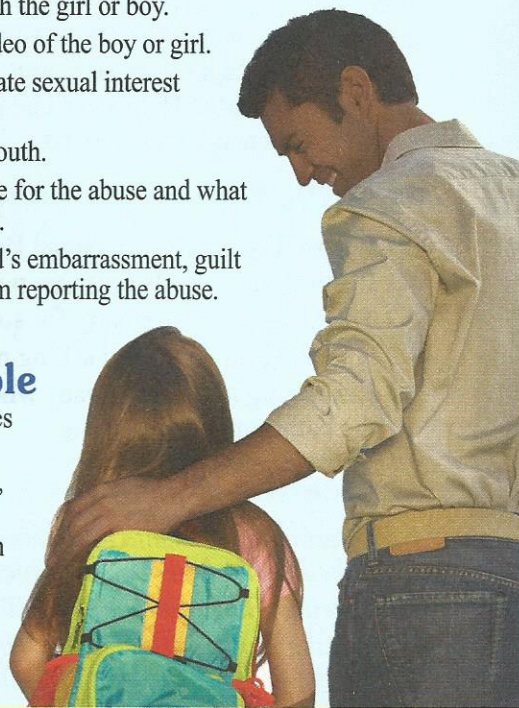
How Sex Offenders Groom Children For Abuse

Grooming refers to deliberately establishing an emotional connection with a child to prepare him/her for abuse. Abusers build familiarity and trust with the child (and their family), using some or all of the following grooming behaviors - which on the surface can appear innocent:

- Spends time befriending the child and doing things busy parent may not be able to do.
- Gives gifts, money, trips and/or performs special favors for the youngster
- Offers to drive carpool or babysit, including overnight trips or sleepovers.
- Encourages harmless secrets, laying the foundation for future sexual secrets. ("Let's get ice cream, but don't tell your Mom!")
- Promotes the notion that the relationship with the girl or boy is special.
- Initiates body contact games and sports, such as tickling, backrubs or wrestling with children.
- Uses swear words, roughhousing, dirty jokes or sexualized games (truth or dare, pants-ing, strip poker) with children.
- Desensitizes the child through nonsexual touching, "accidental" touching of privates and/or walking in on bathroom or dressing time.
- Encourages the youth to break rules, which can then be used to blackmail the child into abuse and secrecy.
- Excessive texting or calling with the girl or boy.
- Regularly takes pictures and video of the boy or girl.
- Introduces pornography to initiate sexual interest or to normalize the behaviors.
- Provides alcohol/drugs to the youth.
- Makes the child feel responsible for the abuse and what may happen if anyone finds out.
- Uses threats, as well as the child's embarrassment, guilt and shame, to keep him/her from reporting the abuse.

Sex Offenders also Groom "Safe" People

Abusers also groom "safe" families and co-workers and consciously don't abuse their children. Instead, the abuser manipulates these families into believing he/she is an upstanding citizen. In this way, the abuser builds support for his/her innocence should abuse allegations arise against him/her.



About Human Trafficking

According to the U.S. Department of Homeland Security, each year 100,000-300,000 American children are at risk of being trafficked for commercial sex in the United States. While many at-risk children (including runaways and foster children) emerge from poor neighborhoods, broken homes and immigrant families, no child or community is immune to the threat of human trafficking.

Child Lures are regularly used by traffickers to entrap children & youth. Most victims are lured

into sexual slavery by clever predators who promise attention, affection, jobs, modeling opportunities, new clothes, jewelry or a place to stay. Kids are being lured into this life in plain sight; victims are recruited at the mall, school or on social media.

By teaching kids about healthy relationships and Child Lures routinely used by sex traffickers, we can begin to cut off the supply to those who prey on - and profit from - vulnerable children. Parents and guardians can help protect children from human trafficking by modeling healthy relationships and being aware of how easily kids can be lured into modern day slavery.

National Human Trafficking Resource Center
Text "HELP" or "INFO" to 233733 (BeFree) or call 1.800.373.7888

Who is At Highest Risk for Abuse?

Children of every age, gender, race, ethnicity, socioeconomic status, background and family structure are at risk of child sexual abuse. And while no boy or girl is immune, there are certain child and family characteristics that put some youth at increased risk of sexual abuse.

- Females under the age of 18
- Children unfamiliar with proper names for private body parts
- Children who are unaware that child sexual abuse is a crime
- Loners, with lack of friends and low self-esteem
- Kids with unsupervised access to technology, and the Internet
- Foster children and runaway youth
- Children with Disabilities (physical, emotional and/or learning)
- Ethnicity: African American, Hispanic, American Indian and Alaska Natives
- Gender and Sexual Diversity
- Children living in homes with domestic violence, unemployment, substance abuse, mental illness, stepfather or live-in boyfriend
- Children with a parent who has been physically or sexually abused
- Females and males uneducated about healthy relationships & child sexual abuse.

Healthy Personal Boundaries

Help your child understand the difference between healthy and unhealthy **behaviors** by adults, children and teens alike. **Which behaviors are appropriate, and which are inappropriate?** Help your child come up with other examples to ensure they understand the concept.

Healthy Behaviors include:

- 👍 Respecting a child's Personal Boundaries
- 👍 Respecting requests for more personal space
- 👍 Throwing a surprise party for someone
- 👍 Knocking on doors and asking permission to enter
- 👍 Respecting a child's privacy when changing, using the bathroom or showering

Unhealthy Behaviors include:

- 👎 *Offering to let a child do something they're not allowed to do (eat goodies, watch tv, curse, smoke)*
- 👎 *Forcing a hug or other physical contact on a child*
- 👎 *Making inappropriate jokes about private body parts*
- 👎 *Touching private areas of a child's body.*
- 👎 *Forcing a child to touch another's private parts*
- 👎 *Telling a child to keep secrets from parents*

Review with children the difference between safe and unsafe **touching**, by adults, children and teens alike. **Which touching is safe, and which is unsafe?** Help your child come up with other examples to ensure they understand the concept.

Safe Touches include:

- 👍 Warm hugs from a parent or guardian
- 👍 A pat on the top of the head
- 👍 High fives & low fives
- 👍 Holding hands with a friend
- 👍 A buddy putting their arm over your shoulder
- 👍 Hugging a friend you haven't seen in awhile

Unsafe Touching includes:

- 👎 *Touching a child does not want*
- 👎 *Touching a child is told to keep secret*
- 👎 *Touching a child's private parts*
- 👎 *Forcing a child to touch another's private parts*
- 👎 *Touching that hurts or upsets a child*
- 👎 *Touching that is attached to a threat of any kind*



Encourage your child to tell you about any unsafe or confusing touches or behaviors. Urge her/him to come to you with any questions or concerns about things, especially body safety, by saying, "I need help with a safety problem. Can you please help me?"

A hula hoop shows the approximate amount of personal space people need to feel comfortable!

Choosing a Safe Adult

If children are lost or hurt, safe choices include a:

- Mom or Dad, with children of their own,
- Uniformed Police Officer in a marked police car
- Store Employee working behind a counter, preferably wearing a store name tag.

Family Safety Plan

Make personal safety an ongoing conversation in your family. Let your child know they can tell you anything, and you will believe them.

Make it a Family Rule:

If a door is closed, knock first and wait for permission to enter. All family members have a right to privacy when:

- Dressing
- Bathing/Showering
- Using the toilet
- Sleeping and other personal activities



Family Gatherings & Sleepovers

Carefully supervise children during multi-family gatherings with multi-age youngsters. Check in regularly, and unannounced, especially when the kids are in a separate area of the residence (basement or playroom). If you choose to allow sleepovers, ask about supervision, visitors and sleeping arrangements. Give your child permission to contact you any time of the day or night.

e-Safety & Digital Citizenship

Most kids use technology responsibly, so praise good digital behavior. Share with your daughter or son your expectation that they will always be an upstanding digital citizen. If your child does misuse technology, (and like most of us, they'll probably make a few mistakes along the way!), consider taking the privilege away for a period of time. Together, work out a plan for how they can earn the privilege back.

All Secrets Can Be Told

Regularly reinforce that **all secrets can be told!** Look for teachable moments to reinforce your child's personal and digital boundaries, body ownership and right to privacy. Encourage your child to tell you about any unwanted attention, inappropriate behaviors, unhealthy touching or questionable content online - and let them know they won't get in trouble for telling you.

Family Emergency Plan:

Emergencies are a fact of life. They can and will happen. Pre-arranging a specific safety plan can help children know whom to contact, who is approved to give them a ride, where their safe places are and who will take care of them during an emergency.

Discuss with your child; During an emergency...

1. Who will contact your child, or who can they call?
2. Who is approved to pick them up?
3. Where are their safe places to go?
4. Who will take care of them until you arrive?

Knowing this can help children stay put, stay calm and stay with identified Trusted Adults.

My two **Trusted Adults** are _____ and _____.
(Name one adult inside the home, one outside the home.)
Give your child permission to disobey ANYONE who tries to force her/him into unsafe situations. If a child feels worried or scared, she/he can tell a Trusted Adult.

Teach your child to say, "I need help with a safety problem. Can you please help me?"

Trust Your Instincts

The human body is wired with an impressive inner warning system. These gut feelings work every day to protect us against unhealthy and unsafe situations. Trust your instincts, and teach your child to trust his or her gut feelings. Let your child know that if they have an uncomfortable or funny feeling about a person or situation, **they don't have to wait until something happens** - they can tell you or another Trusted Adult right away.

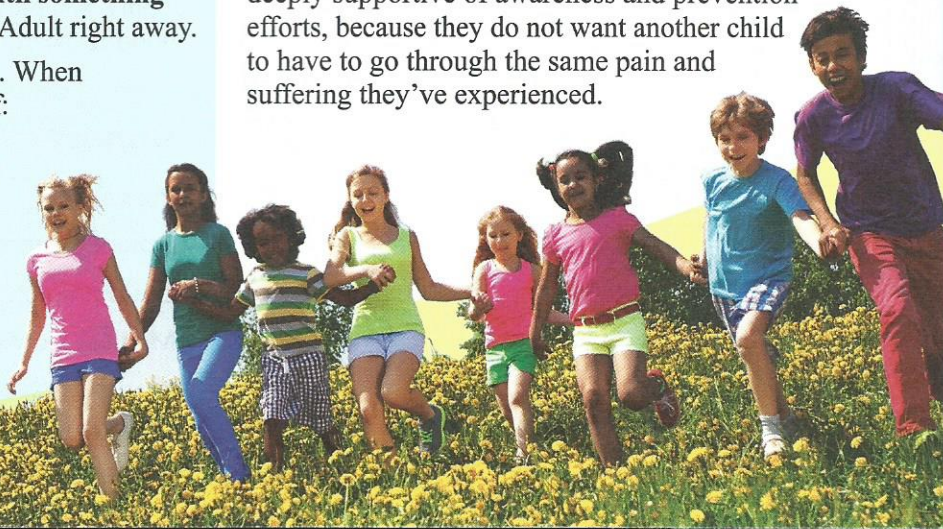
The same holds true for parents and guardians. When reflecting on someone's behavior, ask yourself:

- Does it seem odd?
- Did it make me feel uncomfortable?
- Does it happen too often?
- Has anyone else commented on it?

If you suspect sexual misconduct or have questions, call your local police, state Children & Family Services or the National Child Abuse Hotline at 1-800-422-4453.

Keeping a Balanced Perspective

Remember, most people are kind and safe. They do not abuse children. And the vast majority of children who have been sexually abused **DO NOT** go on to become sex offenders (even as adults.) In fact, most survivors of child sexual abuse are deeply supportive of awareness and prevention efforts, because they do not want another child to have to go through the same pain and suffering they've experienced.



Child Sexual Abuse Disclosure: What to Do

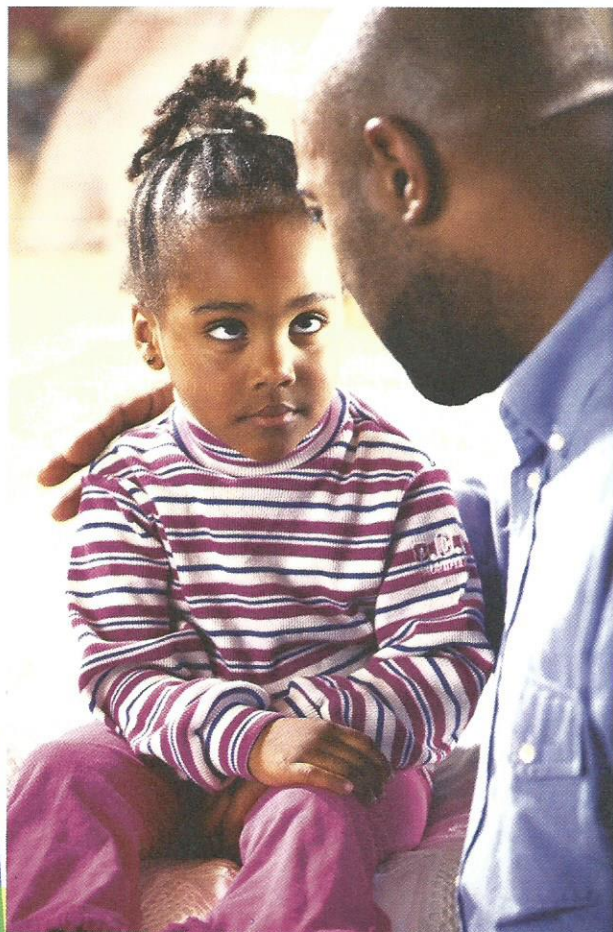
During a Disclosure:

Find a private place to talk with your child.

Do not express panic or shock.

- Reassure your child that you believe her/him.
- Do not pressure your child to tell you more than she/he is comfortable telling you.
- Ask limited questions.
- Listen, as calmly as possible.
- Reassure your child that it is good to tell and that you are proud of him.
- Reassure your child that it is not her fault and she is not bad or in trouble.
- Promise your child that you will protect and support him.
- If your child sees you are upset, explain that you are upset with the abuser...not your child.

Report abuse immediately to local police or Child Protective Services. (Questions? Call ChildHelp USA Nat'l Child Abuse Hotline, 1-800-422-4453.)



After a Disclosure:

After your child has revealed abuse, you may be shocked, confused and/or angry. Regardless of what you are feeling or thinking, it is important to respond to your child appropriately.

- Remember that your child is a *child*, and treat her as such. Don't expect your child to respond like an adult.
- Be supportive of your child, but do not treat him differently.
- Keep to your regular routine as much as possible.
- Do not expect your child to appear "changed."
- Do not question your child about the abuse; by doing so, you may jeopardize the police investigation. If your child wishes to discuss the abuse with you, just listen and be supportive.
- Do not advise your child on what to do or say in a police interview beyond encouraging them to tell the truth.
- Explain in simple, age-appropriate terms what is happening throughout the police investigation (or as your child has questions).
- Acknowledge any feelings of anger, guilt, frustration, sadness, etc. that your child may experience. Let your child know it is okay to feel anything. Teach him appropriate ways to express his feelings.
- Sexually abused children may be susceptible to feelings of low self-esteem. Help your child nurture a positive sense of identity with positive messages.
- Be prepared for depression or "let-down" weeks or months after the disclosure. Your child may become withdrawn or act out repeatedly over time. Obtain professional help, if needed.
- Be aware of your own reactions and get support and help as you work through your own feelings.
- Don't discuss the abuse with others in your child's presence.

Children often feel a sense of relief after disclosing abuse.

Support from the parent or caregiver is one of the most important factors in your child's healing process. By offering support, you play an important role in your child's mental and emotional health. ☐

Important Local Phone Numbers

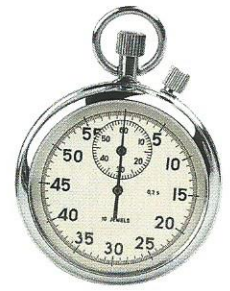
Police: _____ Emergency: 911

School Counselor: _____

Child Protective Services: _____

Medical Doctor: _____

Victim's Advocate: _____



What to Do if Your Child is Missing

Early Response System

While statistically rare, abduction puts a child's life in extreme danger. It is essential to determine as quickly as possible if a child has been criminally abducted, as 74% of abducted children who are murdered are killed within three hours. Since most missing kids are runaways who return home within three days, police often assume that even very young missing children have run away voluntarily. Sometimes it is up to parents to convince the authorities otherwise.

If Your Child is Missing:

1. Try not to panic, but act swiftly.
2. Search your home (under beds, in closets, etc.) thoroughly, as well as your child's favorite hangouts.
3. Review his/her recent online & electronic activity.
4. Call, text, post or email neighbors, relatives, your child's friends – anyone who may have seen him/her or have an idea where she/he may be.
5. Ask yourself the following questions:
 - Y / N** Has the child ever run away from home or threatened to do so?
 - Y / N** Are any of the child's clothes missing?
 - Y / N** Is money missing? (yours or the child's)
 - Y / N** Are any of the child's favorite possessions (phone, journal, backpack) missing?
 - Y / N** Is the child older than age 10?
 - Y / N** Has the child been recently depressed, withdrawn, or moody?
 - Y / N** Are there unhappy circumstances at home? (Pending/recent divorce, domestic violence, alcoholism, death in the family etc.)
 - Y / N** Has the child lost enthusiasm for activities once considered important?
 - Y / N** Have the child's grades dropped recently?
 - Y / N** Has the child suddenly withdrawn from favorite family members or friends?
 - Y / N** Has the child acquired new friends, including online, of whom you disapprove?
 - Y / N** Does the child have a history of substance use/abuse?

If the answer to most of these questions is NO, a runaway situation is highly unlikely, and you should CALL THE POLICE IMMEDIATELY.

Be prepared to give the police:

- Recent photograph
- Physical description: height, weight, identifying items (glasses, braces), clothing last seen worn
- Child's dental records, DNA and/or fingerprints
- Where child was last seen/going/coming from
- Access/passwords to all child's technology

6. Limit access to your home until law enforcement arrives.
7. Be completely honest with law enforcement - including any problems at home.
8. Explain why you feel your child is not a runaway by reviewing the questions in #5.
9. Request police activate AMBER Alert for your child.
10. Ask for a copy of the police report and name of the investigating officer; check back frequently to obtain updates on the case.
11. Notify the media.
 - Television (Assignment Editor/Producer)
 - Radio Stations (Station Manager)
 - Newspaper (City Desk Editor)
12. Be sure your child's name and identifiers are immediately entered into the National Crime Information Center missing person file. If the local agency will not enter your child, contact the nearest FBI office, which must enter the child, according to the Federal Missing Children Act (Public Law 97-292).
13. Call the National Center for Missing & Exploited Children at 1-800-THE-LOST (1-800-843-5678).
14. Mobilize relatives, neighbors, your child's friends and their families, clergy, etc.
 - Use Social Media.
 - Ask everyone to reach out to their VIP community contacts (i.e. police chief, principal, district attorney, district representative, mayor).
 - Go door-to-door. There is nearly always somebody who has seen something.
15. Assign someone to oversee all communications.
 - Continue to call, text, post and email contacts.
 - Monitor online & electronic messages.
 - Update messaging with incoming information.
16. Stress the **3-hour life expectancy** of a criminally abducted child.
 - Urge police and media cooperation.
 - Share new information immediately with police.

Consider sharing this Guide with your local Police Dept. Ask if they have a similar Early Response System.

NOTE: The plan above is designed for emergency situations.

Helplines

National Center for Missing and Exploited Children:
1-800-843-5678 (1-800-THE-LOST)

National Runaway Switchboard:
1-800-786-2929 | Text: 66008

Important National Helplines

Nat'l Child Abuse Hotline

1-800-422-4453 (1-800-4-A-CHILD)

Nat'l Runaway Switchboard

1-800-786-2929 | Text 66008

Nat'l Human Trafficking Resource Center

1-800-373-7888 | Text HELP or INFO to 233733

Nat'l Domestic Violence Hotline

1-800-799-7233 (1-800-799-SAFE)

Nat'l Hope Line Network (Suicide)

1-800-784-2433 (1-800-SUICIDE)

Nat'l Center for Missing & Exploited Children

1-800-843-5678 (1-800-THE-LOST)

**Nat'l Sexual Violence Hotline: Rape, Abuse
& Incest National Network (RAINN)**

1-800-656-4673 (1-800-656-HOPE)

Mandated Reporters

All U.S. States and territories identify persons who are required to report suspected child abuse or neglect to an appropriate agency. These persons are known as Mandated Reporters.

Mandated reporters, listed by state, can be found at: www.childwelfare.gov/pubPDFs/manda.pdf

To report, call a local law enforcement agency, State agency (child protective services) or your State's toll-free child abuse reporting hotline, which are listed at: nccafv.org/child-abuse-reporting-numbers

Think First & Stay Safe® Youth Curriculum

If you are reading this guide, there's a good chance your child is participating in the evidence-based *Think First & Stay Safe*® Youth Curriculum for Grades PreK-6.

Think First & Stay Safe® provides students with specific health and personal safety strategies, using interactive classroom activities, roleplaying, PowerPoint & video presentations, posters and more.

While adults are responsible for the safety of children, teaching students about personal safety helps them recognize personal safety risks, make healthy and safe choices and ask Trusted Adults for help when needed. For program specifics, visit childluresprevention.com.

For Grades 7-12, Teen Lures TV Newscast School Program information, please visit childluresprevention.com/grades7-12/index.asp.

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Reporting Child Abuse

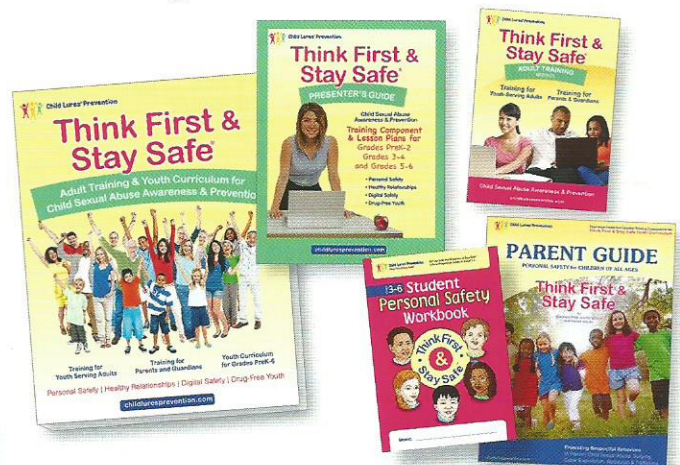
All adults should not hesitate to make a report when there is reasonable suspicion of child abuse or neglect. Any reasonable suspicion is reason enough to report. Sometimes a single incident may not seem significant, but when combined with other reports on the same individual, it may be the tipping point for an investigation to be opened.

Questions? Call 1-800-422-4453 (1-800-4-A-CHILD)

Reporting suspected child abuse makes it possible to protect a child, and for a family to obtain help.

Think First & Stay Safe® Adult Training Modules

Think First & Stay Safe® now includes Training Modules for Parents and Guardians, as well as for Youth-Serving Adults. Ask your school or organization for access to these Training Modules.



Child Lures® Prevention
Think First & Stay Safe®

5166 Shelburne Road | Shelburne, Vermont 05482

1.802.985.8458 | 1.800.552.2197

info@childluresprevention.com | childluresprevention.com

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