

Personal Safety Trivia Question and Answer Sheet

Who are the people who sexually abuse children?

1. Can be male or female, the overwhelming majority are male.
2. 90% of sexual offenders are someone who knew their victim prior to the abuse.
 - a. Often a relative (e.g., father, stepfather, uncle, etc.), friend of the family and/or in a supervisory role (e.g., babysitter, coach, and educator).
3. 30% of sexual offenders are juveniles, meaning that they are under 18 years old.

What is grooming?

1. Grooming is a series of actions designed to obtain the trust and compliance of potential victims in order to eventually engage them in sexual behavior.
2. Sexual offenders may provide them with attention, bribes, treats, and privileges in order to gain their trust and affection.
3. May test limits and boundaries with potential victims by initially involving them in minor nonsexual “*rule violations*”
 - a. (e.g., allowing them to violate curfew, smoke cigarettes, drink alcohol, use adult language)
 - b. May engage in noncontact sexually inappropriate behavior (e.g., looking at pornographic images, talking about others in a sexual manner).
4. Sexual offenders may engage in “minor” infractions to see whether the child will tell an adult about it or “keep it secret” prior to engaging them in contact sexual offenses (e.g., touching of private parts).
5. Sometimes the “rule violations” are an attempt to manipulate the child into secrecy about the abuse. Offender may tell the victim that if the child discloses the abuse, the offender will inform the child’s caregivers of his or her “rule violations.”

Who do sexual offenders target?

There are certain factors that make some children more vulnerable than others. Examples are:

1. Children who do not have adequate supervision by caregivers
2. Children who may be overly trusting of others
3. Children with low self-esteem
4. Children who are socially isolated
5. Children who may have interpersonal, behavioral, and/or emotional difficulties

What can caregivers do to minimize children’s risk of future sexual abuse?

1. Be open and honest with them and other adults regarding risk and safety.
2. Distinguish between a surprise and a secret.
3. Emphasize the importance of telling about secrets to keep themselves and others safe.
4. Create a personal safety plan delineating the difference between appropriate and inappropriate behaviors and how to respond if confronted by a potentially risky or confusing situation.
5. Children can be taught the Yell-Go-Tell personal safety sequence.
 - a. This procedure involves yelling “no” or “stop,” quickly removing themselves from the situation, and telling a trusted adult who can help.
6. Tell children that if they are not provided with immediate assistance when they disclose abuse, they are to keep telling until help is received.
7. Children can be provided with opportunities to identify adults who can help in various situations.

8. Caregivers can set up family rules to protect each family member's right to privacy and control over his/her body.
9. Caregivers can inform children their bodies belong to them, and they can decide what makes them feel comfortable and uncomfortable.
10. Caregivers can provide information to children about how they can respond if someone makes them feel uncomfortable.
11. Caregivers can be highly active in their children's daily lives, knowing with whom, where, and when they are spending their time. Close supervision can minimize their children's contact with risky situations and individuals.
12. Caregivers should be aware of appropriate boundaries, and should speak up if they observe anyone potentially violating children's boundaries.
13. Caregivers should intervene promptly when children initiate potential boundary violations with others.

What can caregivers do if their child discloses sexual abuse or they learn of another child who has experienced sexual abuse?

1. Caregivers can provide support and validation to children when they disclose abuse.
2. Caregivers can assure them that they did the right thing by telling.
3. Caregivers should communicate that they will provide the child with assistance in helping them to stay safe.
4. Caregivers should immediately bring the child to a safe location and notify proper authorities (e.g., law enforcement, child protective services) and appropriate caregivers.
5. Caregivers should consult with authorities regarding how to talk with their children about the allegations to avoid interfering with investigations and to minimize any negative impact that the discussions may have on the child's well-being.

What can caregivers do to ensure safety with technology (e.g., cable television, internet, cellular telephones)?

1. Caregivers should develop guidelines for children using the various forms of technology in order to keep them safe.
2. Caregivers can begin by letting children know that they will be monitoring their use of technology and discuss risky practices including talking to strangers online and using cellular telephones and web cameras for taking and sending inappropriate pictures/videos.
3. Children can also be encouraged to inform caregivers of any potential risks that they come across.
4. Caregivers can minimize exposure to adult content on television by contacting the service provider and restricting access to adult channels and pay-per-view.
5. To minimize exposure to adult content on the Internet and social media, caregivers can
 - a. Discuss various online risks with children and provide them with rules and regulations for different types of online activities (e.g., chat rooms, websites, interactive games).
 - b. Put the family's computer in a highly trafficked area enabling caregivers to easily observe their children's use.
 - c. Ask children to provide caregivers with usernames and passwords for email and social media websites.
 - d. Require children to show them what sites they have been visiting.
 - e. Use various software programs to limit internet access and track their children's online behavior. These software programs can restrict access to certain websites, monitor children's internet usage (e.g., the content of children's email, search history, etc.), and alert caregivers to potential risks.