



Coffee County CAC

IMPROVING PARENT-CHILD COMMUNICATION TO PREVENT CHILD SEXUAL ABUSE

OVERVIEW

This project aims to prevent child sexual abuse by encouraging parents to use correct terms for private body parts when talking with their children and to promote parent-child communication about sexuality.

Elena Cawley

RESEARCH



RESOURCES





Table of Contents

Program overview	2
Stories for Nov. 20, World Children’s Day	4
Story 1 – Melanie Sachs talks about her personal experience as a survivor of child sexual abuse.	4
Story 2 – Laurie Gray talks about the negative impact of child sexual abuse, the importance of teaching children correct terms for genitals and battling stigma.	7
Story 3 – Child sexual abuse pediatrician Lauren Burge talks about the difficulty of diagnosing child sexual abuse and about teaching her children correct terms for genitals.	10
Story 4 – Sally Kimel-Sheppard provides tips about age-appropriate topics.	13
Sample email	16
Media list.....	17
Additional resources	26
About Melanie Sachs.....	26
About Laurie Gray	26
About Dr. Lauren Burge.....	26
About Sally Kimel-Sheppard.....	26
About Joyce Prusak.....	27
Age-appropriate topics parents should discuss with their children	28
Books to help parents talk with children about safety, sexuality and body autonomy	32
Books to spark positive and supportive conversations about diversity and LGBTQ+	34
Websites providing resources to help parent-child conversations about sexuality	35
Song teaching children body safety	35
Fact sheet: Why parents should teach children correct terms for genitals.....	36
Fact sheet: Child sexual abuse is a serious public health problem.	37
Fact sheet: Knowing correct terms for genitals vital for child sexual abuse prevention	39
Fact sheet: Parents can help prevent child sexual abuse	41



Program overview

This project aims to prevent child sexual abuse by encouraging parents to use correct terms for genitals when talking with their children and to promote parent-child communication in general – essential aspects of child sexual abuse prevention. The goal is to send stories to local media to be published Nov. 20, World Children's Day.

As professionals working in the field of child abuse prevention and intervention, we have a chance to reach out to parents through local media. The stories in this package stress the importance of child sexual abuse prevention, fight stigma, and include helpful tips for parents to help them discuss age-appropriate topics with their children.

This package includes four stories, a media list, a sample email and additional resources.

Stories

The stories are based on research and include quotes from national experts in the field of child sexual abuse prevention. By localizing the stories, you can share information about your local children's advocacy center. You can localize the stories by replacing the parts in blue with information about your advocacy center and including quotes from the director of your advocacy center.

The stories provide links to helpful resources for parents, including books and age-appropriate topics parents should discuss with their children. You can find information about the research [here](#) and resources [here](#).

Please choose one of the stories, localize it (by replacing the parts in blue with information about your advocacy center), and send to the newspapers serving your area. The media list will help you find contact information of local editors. Please post the other stories on social media and your website.

When you send the localized story to the newspaper, please include a photo of the advocacy center's director and/or staff.

Media list

The media list includes contact information of editors of newspapers in Tennessee. Search for the counties that your advocacy center serves, and you will find the email address of the editor of your local newspaper.

Sample email

This package includes a sample email you can use to send to your local newspaper. Please attach the story you have localized and send it to the newspapers in your area no later than Nov. 10, using the provided sample email.

Purpose and impact

This project was prepared by Elena Cawley, outreach coordinator of Coffee County Children's Advocacy Center. To measure the impact of this project, please email Elena at



elena@coffeecountycac.org and let her know if your local newspaper published the stories. If you have any questions, please email Elena at elena@coffeecountycac.org.

I am completing my graduate degree in media and communications at Middle Tennessee State University in December 2022. As my main responsibility at the Coffee County Children's Advocacy Center is providing child sexual abuse prevention training (Darkness to Light's Stewards of Children®), I have noticed that many parents feel embarrassed to use correct terms for private body parts and feel unsure about what topics are age-appropriate when it comes to talking about sexuality with their children. This is the reason I chose this topic for my research and professional project at MTSU.

I am very thankful for the support of Joyce Prusak, executive director of Coffee County Children's Advocacy Center. I would like to thank Melanie Sachs, Laurie Gray, Dr. Lauren Burge and Sally Kimel-Sheppard for sharing their experience and knowledge, and Dr. Jun Zhang, Dr. Katie Foss and Dr. Ken Blake for providing guidance.

Working at children's advocacy centers, which better communities by serving children who have experienced abuse, you have a positive impact and can help prevent child sexual abuse by educating parents and providing tools and knowledge to adults and children.

Your work is invaluable.

Thank you for participating in this project!

Elena



Stories for Nov. 20, World Children's Day

Story 1 – Melanie Sachs talks about her personal experience as a survivor of child sexual abuse.

As communities celebrate World Children's Day and promote improving children's welfare, local and national experts in the field of child sexual abuse prevention celebrate the positive steps parents are taking to empower and protect children. One of the proven elements of prevention is teaching children correct terms for genitals. When caregivers teach children correct terminology – such as “penis,” “vagina,” “scrotum” and “vulva” – they reduce the risks for children to suffer sexual abuse. [Coffee County Children's Advocacy Center Executive Director Joyce Prusak](#) and Melanie Sachs, survivor and prevention activist, express optimism for future generations, as an increasing number of parents teach children the correct terms.

[Insert a quote from your director here, similar to the quote below.]

“Consequences of child sexual abuse include behavioral, health, sexual and emotional issues, and we see the impacts in our county,” Prusak said. “Perpetrators use children's innocence and try to silence them. One proven tool that can empower children is teaching them correct terms for private body parts. As more parents take this preventative step, I feel encouraged. In our field, we often see heartbreak, and it's important to take a moment and recognize the glimpses of light and hope.”

Research shows that children who know the scientific names for private body parts are at a lower risk for becoming victims. Knowledge of correct terms for genitals gives children the notion their body belongs to them and provides foundation for subsequent sexual education. Additionally, knowledge of genital names helps children report abuse and aids the investigation and prosecution.

Sachs echoed [Prusak's](#) sentiments. Sachs has made preventing child sexual abuse her mission. New Hampshire native, Sachs currently lives in Massachusetts. She knows the impacts of sexual abuse all too well.

“I was 9-10 years old when I was sexually abused in the home I was being watched after school,” Sachs said. “I was 12 when I was sexually assaulted in broad daylight in the woods behind an elementary school in my hometown by a 17-year-old.”

Turning “pain to purpose,” Sachs has shared her survivor story at conferences across the country. She has chosen a career to help children who have experienced sexual abuse. With a degree in sociology, Sachs has served as family advocate and forensic interviewer. Working in the field of child abuse and neglect for 10 years, she has borne witness to more than 1,000 child sexual abuse cases.

The best way to fight child abuse is to stop it before it happens. As a proven element of prevention, teaching children correct terms for private body parts is vital, according to Sachs.

“As a trained forensic interviewer of children, I know the difficulty of figuring out what body part children are referring to if they use five different names or play names for penis and vagina, such as ‘pocket’ or ‘piepie,’ as I have heard, among many others,” Sachs said.



Using euphemisms for genitals can be detrimental to children, regardless of whether they have been sexually abused or not. Replacing scientific words with euphemisms can create “a great deal of shame,” said Sachs.

“Empowering your children to call their body parts the correct names early on can reduce the stigma and increase the accuracy of what they are able to tell you if something happens to them, which we all hope never does,” Sachs said.

Studies show that one in 10 children suffer child sexual abuse before the age of 18.

“The statistics are real, and we have to be aware and willing to be a champion for our children and speak truth, even when it comes down to the names of body parts,” Sachs said. “We call an elbow an elbow, not a ‘weenus,’ which is the slang word for the skin on your elbow. If ‘weenus’ sounds weird to you, then any name other than penis and vagina should sound weird to you, too.”

Parents have the opportunity and responsibility to provide accurate information about sexuality to their children.

“This information could save children from many years of pain, questioning and wondering,” Sachs said. “If you don’t inform them, someone else will, and the information they find somewhere else can be inaccurate and harmful.”

Recently married, Sachs is looking forward to raising children. She will teach them correct terms for genitals.

“Although kids ages 2 and younger often don’t retain much information, I will plant seeds of information at this age that will be reiterated in an age-appropriate manner as my child grows,” Sachs said.

As children grow, information makes more sense if “seeds are planted early on.”

“My children will have awareness of their body and will know the correct names for private parts,” Sachs said. “I will foster a no-shame experience for my children around these topics.”

Perpetrators use shame and silence as tools to abuse victims. Eliminating stigma disarms abusers and empowers children. Teaching children correct words for genitals can protect them from becoming victims.

Child sexual abuse creates trauma and has long-term consequences. Taking preventative measures now will have a significant impact in the future, and it’s encouraging that many parents are taking action to prevent child sexual abuse. Prusak and Sachs praised parents who use the scientific names for private body parts, as this knowledge will make children safer.

For more information about the importance of teaching children correct terms and tips about age-appropriate parent-child communication about sexuality, visit www.coffeecountycac.org/tea.

[Insert information about your advocacy center here, such as the paragraph below.]

About Coffee County Children’s Advocacy Center



When the most vulnerable members of the community experience abuse and need help, they find a safe place and support at Coffee County Children's Advocacy Center. Coffee County Children's Advocacy Center serves children who have experienced severe abuse through prevention, education and intervention. Coffee County Children's Advocacy Center provides free child sexual abuse prevention training, Darkness to Light's Stewards of Children® program. To learn more about child sexual abuse and how you can prevent it, visit www.coffeecoutycac.org.



Story 2 – Laurie Gray talks about the negative impact of child sexual abuse, the importance of teaching children correct terms for genitals and battling stigma.

Child sexual abuse affects one in 10 children and crosses all cultural and socioeconomic status boundaries. Child sexual abuse leads to mental, health and emotional problems. The good news is parents hold a key to preventing child sexual abuse by empowering their children with knowledge. Parents can reduce the risks for their children by simply teaching them correct terms for private body parts. Research has proven that this preventative measure is beneficial. As the nation celebrates World Children's Day to promote improving children's welfare, local and national professionals express optimism, as an increasing number of parents teach their children correct terms for genitals.

[Insert a quote from your director here, similar to the quote below.]

"Using anatomically correct terminology will allow raising a new generation of children, who will not suffer the negative consequences caused by stigma and shame," said Joyce Prusak, executive director of Coffee County Children's Advocacy Center.

Laurie Gray, trial attorney and child advocate, echoed [Prusak's](#) sentiments.

Perpetrators use shame and silence as tools to abuse children. Eliminating stigma disarms abusers and empowers children. Merely teaching children correct terms – such as penis, vagina, vulva and scrotum – can protect them from becoming victims. For children, knowledge of correct terms can make the difference between becoming a victim and avoiding abuse, said Gray.

Child sexual abuse traumatizes victims and causes long-term consequences. Taking preventative measures now will have a significant impact in the future, and it's encouraging that many parents have taken steps to prevent child sexual abuse.

"Child abuse creates trauma that left untreated can adversely affect the child's physical, neurological, mental, emotional, and spiritual growth for a lifetime and future generations," Gray said. "We know that much of our current mental health and addiction crises are the direct result of childhood trauma."

Gray quoted Frederick Douglass, saying, "It is easier to build strong children than to repair broken men."

Parents must be aware and learn how child sexual abuse affects children. They must act to empower their children and protect them.

"The less accurate information parents have, the more likely they are to be driven by fear and to shame/silence their children," Gray said. "For our own children, nieces, nephews, and grandchildren and their friends that come into our home and whose homes and families our children visit, it's important to recognize normal curiosity and development and distinguish harmful and/or coercive behaviors, so that we can stay connected to children, not shame them for normal development and behaviors, and recognize when a child may need help. Knowledge



is power, and the power here is to create a safe place for children to feel supported and understood.”

Arming children with knowledge gives them protection and takes away the power of offenders.

“Two of the greatest tools for perpetrators of sexual abuse are shame and silence,” Gray said. “When we teach kids that it is dirty or bad to even mention certain body parts, we are sowing the seeds for sexual predators to cultivate and manipulate.”

Replacing the correct terms for body parts with euphemisms damages healthy development for children, even when child sexual abuse is not of concern.

“Using incorrect words undermines healthy, consensual relationships for them as adults because they do not know how to talk about their bodies, understand normal bodily functions, ask for what they want, or how to say no to a partner or accept a partner’s no,” Gray said.

It’s impossible to set healthy boundaries around “that which shall not be named.” To ensure children have the knowledge they need, parents must have discussions about sexuality with their children.

The sexuality education children receive varies from state to state, school to school, and family to family. The only way to know what your children are being taught is to talk with them and teach them yourself, said Gray.

“Books create opportunities for parents to talk with kids about characters and situations in ways that promote understanding and connection,” Gray said. “And we have to recognize that what we were taught growing up, or surmised based on the lack of correct information, may not be correct. So many states require abstinence-only sex education, as if a light switch is somehow switched on by the recitation of wedding vows. In the absence of medically correct information, what we are brought up to believe will just happen naturally for newly married couples is fueled by years of immersion in a culture of misogyny and toxic masculinity. If we don’t have regular discussions with our children, we have no way of knowing what they’re learning online and from their friends. In the absence of knowledge, that void is more likely to be filled with porn and rubbish than healthy, reliable facts.”

It’s hopeful that an increasing number of parents are beginning to have appropriate conversations about sexuality with their children, a development in a positive direction. A 2021 study, titled “Examination of parents’ attitudes toward and efforts to discuss child sexual abuse prevention with their children,” revealed that more than half of the parents from the sample discussed child sexual abuse and sexuality topics with their children. By providing children with correct, age-appropriate information, parents fill the void and offer children tools that can protect them and help them grow up safe and healthy.

About Laurie Gray

Gray earned her juris doctor degree from Indiana University School of Law in 1993. Her experience includes working in private practice, being a prosecutor, and serving as a bilingual child forensic interviewer. She has authored several books, including a book about parenting. She worked as the statewide sexual assault response team coordinator for the Indiana Coalition to End Sexual Assault and as a professional trainer for the National Criminal Justice Training



Center. She has also facilitated cognitive behavioral therapy classes and taught criminal justice classes, constitutional law and civil rights and civil liberties classes.

[Insert information about your advocacy center here, such as the paragraph below.]

About Coffee County Children's Advocacy Center

When the most vulnerable members of the community experience abuse and need help, they find a safe place and support at Coffee County Children's Advocacy Center. Coffee County Children's Advocacy Center serves children who have experienced severe abuse through prevention, education and intervention. Coffee County Children's Advocacy Center provides free child sexual abuse prevention training, Darkness to Light's Stewards of Children® program. To learn more about child sexual abuse and how you can prevent it, visit www.coffeecoutycac.org.



Story 3 – Child sexual abuse pediatrician Lauren Burge talks about the difficulty of diagnosing child sexual abuse and about teaching her children correct terms for genitals.

Medical professionals often can't diagnose child sexual abuse. Rather than trying to diagnose and intervene after sexual abuse has occurred, the best way to fight abuse is before it happens. Prevention is key, and one of the greatest tools parents have for preventing sexual abuse is teaching children the correct terms for private body parts, starting as early as possible. With the world celebrating World Children's Day, which promotes improving children's welfare, local and national professionals stress the importance of teaching children correct terminology and express optimism about the positive steps parents are taking to protect youth.

[Include a quote from the director of your CAC, similar to the quote in red below.]

"Statistics show that 95% of children who experience abuse are abused by someone they know and trust," said Joyce Prusak, executive director of Coffee County Children's Advocacy Center. "To prevent child sexual abuse, parents must be able to maintain honest relationships with their children. Communicating with children about any topic – especially topics related to sexual education – is extremely important when it comes to preventing child abuse."

Dr. Lauren Burge, assistant professor at the University of Tennessee School of Medicine and board certified child abuse pediatrician, also stressed the importance of parent-child communication. Burge is one of 350 child abuse pediatricians in the country. She is part of the CARES team at LeBonheur Children's Hospital in Memphis. CARES team helps identify suspicious injuries and assists child protective services and law enforcement in understanding medical conditions.

"Sexual abuse is really tricky," Burge said. "It's easier to diagnose physical abuse because you can see a bruise on the arm and ask what happened. Sexual abuse is not like that. Most often, there will be no physical signs that a child has been sexually abused."

Sexual abuse damages children, families and communities, and it's very hard for physicians to prove or recognize it.

"Sexual abuse is more prevalent than we even realize because you can't pick it up," Burge said. "Most often the people who are perpetrating abuse are people who are known by the child – family members and their friends, their trusted pastors, their mentors. Because we know we can't often diagnose it, we need to try to prevent it. Which means we need to get parents and children to be on the lookout and have knowledge and skills to protect themselves, to recognize when they are in an unsafe situation, get out of that situation, and tell someone immediately."

When it comes to fighting sexual abuse, prevention is "our best weapon," said Burge. Some long-held beliefs about child sexual abuse have been proven wrong. Many parents now realize that the idea about a sexual abuser being a man in a white van who picks up children at the parking lot and runs off with them is incorrect.

"That is just not true," Burge said. "Parents need to understand that sexual abuse can happen at anytime, anywhere, with anybody. Your church pastors need to be smart and never be alone with a child and have built-in protective mechanisms. You should be aware that it can come



from anybody. Be on guard, be wise, and teach your children to be wise. You need to understand there's no evidence a child has been sexually abused. There's no such thing as a virginity test. As a physician, if I do an exam, I can't tell you whether the child had a sexual contact or not."

Child sexual abuse happens frequently, quickly and by trusted figures.

"Parents need to set their children up for success by arming them with knowledge about what is appropriate and what is not," Burge said. "All that information needs to come out from the mouths of the parents and come as early as possible, starting at birth."

Knowing correct terms for private parts helps children disclose abuse and be understood.

"Let's say a girl comes to a teacher and says, 'Uncle Billy touched my Cheeto.' The teacher will think, 'That's weird. I don't know what that means. I have to move on with the lesson.' So the girl made an outcry, but the teacher didn't recognize it because the child was using an incorrect word," Burge said. "That child is not protected because the teacher didn't know what Cheeto meant. But if the girl told the teacher, 'Uncle Billy touched my vulva.' Then, wow – the teacher is going to know."

Teaching children the correct terminology is important not only for protection but also for having a healthy sexuality. Humans are sexual beings.

"We are born sexual," Burge said. "When you are raising your boy or girl, you should say, 'This is your penis/this is your vulva. These are great body parts. They are cool body parts that cool things happen to – urine comes out of them, and babies come out of them.' Tell your children these body parts are special and should be kept protected and private."

Eliminate any shame around these words. Begin using correct terminology as early as you start talking to your child.

"Let your children know their bodies are beautiful and healthy," Burge said. "It's very beneficial to use correct terms. We should not be ashamed to say penis, vagina, clitoris – these are all scientific terms, just like elbow."

Burge has two children, and she has taught them correct terms for genitals. Her children have "a lovely vocabulary," she said.

"My daughter has knowledge and pride of her own body," Burge said.

Burge expressed hope for future generations, as the knowledge they receive now will serve them well when they grow up.

"My professional friends – people who are doctors, nurses, lawyers, and healthcare professionals – all of them use the correct terms unabashedly," Burge said. "They teach their children correct phrases for their private parts without hesitation. We all use correct terms at an early age, and we are very adamant about this because we know how important it is."

With an increasing number of parents using correct terminology, children will be empowered with knowledge and better protected from child sexual abuse.



For more information about the importance of teaching children correct terms and tips about age-appropriate parent-child communication about sexuality, visit <http://www.coffeecountycac.org/teach-correct-terms-resources>.

[Insert information about your advocacy center here, such as the paragraph below.]

About Coffee County Children's Advocacy Center

When the most vulnerable members of the community experience abuse and need help, they find a safe place and support at Coffee County Children's Advocacy Center. Coffee County Children's Advocacy Center serves children who have experienced severe abuse through prevention, education and intervention. Coffee County Children's Advocacy Center provides free child sexual abuse prevention training, Darkness to Light's Stewards of Children® program. To learn more about child sexual abuse and how you can prevent it, visit www.coffeecoutycac.org.



Story 4 – Sally Kimel-Sheppard provides tips about age-appropriate topics.

World Children's Day promotes improving children's welfare, and one way to empower children and keep them safe is by providing age-appropriate knowledge. As teaching children correct terms for private body parts and parent-child communications about sexuality are among the proven elements of child sexual abuse prevention, local and national experts praise parents for taking these important steps and provide tips to help parents maintain age-appropriate discussions with their children.

[Insert a quote from your CAC director, similar to the quote below.]

"An increasing number of parents are using correct terms for private body parts, and we are celebrating their commitment to provide necessary information to their children and keep children safe," said Joyce Prusak, executive director of Coffee County Children's Advocacy Center.

Sally Kimel-Sheppard, child sexual abuse prevention expert, also stressed the importance of teaching children correct terms and commended parents for overcoming stigma. Kimel-Sheppard has an extensive experience working in the fields of child sexual abuse prevention and intervention, serving as therapist and forensic interviewer, conducting nearly 1,000 forensic interviews. She served as executive director of the Cottage Sexual Assault Center and Children's Advocacy Center, in Athens, Georgia, for 15 years. She teaches subjects related to child sexual abuse prevention at the University of Georgia and the National Criminal Justice Training Center of Fox Valley Technical College. Kimel-Sheppard has two children.

Kimel-Sheppard provided tips for parents about age-appropriate topics to discuss with their children. Parent-child communications about body autonomy, safety and sexuality are essential for preventing child sexual abuse.

Prevention is multi-layered, and one of the most important and easiest prevention tools for parents is to use correct terms for private body parts and have ongoing conversations about sexuality, according to Kimel-Sheppard.

Use correct terms and speak with your child about body autonomy, safety and sexuality matter-of-factly, without emphasis or embarrassment. Read with your child or ask your child to read age-appropriate books about safety, body autonomy, sexuality and diversity. You can also use scenes in movies and TV shows to start conversations.

Birth to 2

Parents should start using correct terms for private body parts – such as penis, scrotum, vulva, vagina, breasts – when talking with their children as soon as they start speaking to them.

When you're giving your child a bath, you can say, "I'm cleaning your arm. I'm cleaning your penis/scrotum/vulva." Changing your child's diaper is also an appropriate time to mention the correct words. When you're changing your child's diaper, say, "I'm changing your diaper and I'm cleaning your vulva/scrotum/penis," advises Kimel-Sheppard.



Ages 2 to 5

Continue using correct terms for private body parts. By now, penis/scrotum/vulva/vagina/breasts are normal words for your child. At that age, you should teach your children to keep their private parts covered and that it is not okay for other people to see or touch their penis/scrotum/vulva/vagina/breasts. Explain that there are exceptions, such as going to the doctor and getting help with cleaning when going to the bathroom.

Children start exploring their bodies, and that's normal. If your children touch their genitals, redirect their attention and explain they shouldn't do that at a public place, said Kimel-Sheppard.

Start conversations about consent and boundaries. Let children know it is okay to say no if they don't want to hug someone, even if that person is a close family member, such as a grandmother. At the same time, explain to your child that if someone, another child for example, doesn't want to be hugged, your child should respect that.

Talk about these topics without embarrassment. When you're preparing to take a shower, for example, you could tell your child that you need privacy because people should keep their penis/scrotum/vulva/vagina/breasts private.

Ages 6 to 8

At that age, your children might ask how babies are made, and they need an explanation. It's also important to talk about touches that are okay and not okay and develop a safety plan.

Your children already know the names of their body parts and use correct words without embarrassment, so it's not a big deal to talk with them about these age-appropriate topics, according to Kimel-Sheppard.

Talk about touches and explain what is okay and what is not okay.

"You could say, 'We've talked about parts of your body that are private – your penis/vulva/breasts. If someone wants to give you a touch there, that is not okay. It may be okay if you are hurt there, or if you are at the doctor's office, or if dad needs to give you medicine; but other than that, there's no good reason for anybody to give you a touch there,'" Kimel-Sheppard said.

Develop a safety plan. You could say to your child, "You need a safety plan if someone gives you a touch on your body that's not okay – it could be a hit or a smack, or a touch on your penis/vagina. First of all, get away from that person as soon as you can. And tell someone you trust." Help your child identify a trusted adult, a teacher or a coach, for example, said Kimel-Sheppard.

Your child might ask how babies are made. An appropriate way to explain is by saying, "There are lots of ways to become a parent. One way is when two adults get their bodies together and the sperm from the male combines with the egg from the female to make a child. Adoption is another way." If your child has additional questions, you might suggest to talk about this topic again, and then, read a book about it together later. *It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends*, by Robie Harris, is a book you can read with your child.



Ages 9 to 12

You already have a foundation. By now, your children know they can discuss sexuality topics with you, and you would be the first person to ask when they have any questions.

“Their body is changing. Their voice is changing. Talk about puberty. Erase the mystery and let your children know what to expect. Normalize growing hair and periods and erection and masturbation,” said Kimel-Sheppard. “I set expectations. I might say, ‘If you are going to touch your penis or vagina, which is totally normal, do it in a private space.’ I don’t want my children to think they are weird. All this is normal. And when my kids get to the age when they are thinking about having sex, I can talk with them.”

It’s also important to have conversations about diversity. *The Every Body Book* is appropriate for that age group. The book is an “illustrated LGBTQ+ inclusive kid’s guide to sex, gender and relationships education that includes children and families of all genders and sexual orientations, covering puberty, hormones, consent, sex, pregnancy and safety,” according to the book’s description.

Teenagers

Continue talking about topics you’ve already discussed in previous years. You have laid a foundation of trust and when your children have questions, they won’t hesitate to ask. Talk about birth control, relationships, love, sex, pregnancy, sexually transmitted infections (STIs) and pornography addiction. Talk about the dangers of taking, receiving and sending nudes (sexting), said Kimel-Sheppard.

“I feel comfortable talking with my children about that because I laid the foundation when they were kids.”

For more information about research and tips helping parents talk with children about safety, body autonomy and sexuality, visit <http://www.coffeecountycac.org/teach-correct-terms-resources>.

[Insert information about your advocacy center here, such as the paragraph below.]

About Coffee County Children’s Advocacy Center

When the most vulnerable members of the community experience abuse and need help, they find a safe place and support at Coffee County Children's Advocacy Center. Coffee County Children's Advocacy Center serves children who have experienced severe abuse through prevention, education and intervention. Coffee County Children’s Advocacy Center provides free child sexual abuse prevention training, Darkness to Light’s Stewards of Children® program. To learn more about child sexual abuse and how you can prevent it, visit www.coffeecoutycac.org.



Sample email

Please attach the story you have localized and send it to the newspapers in your area no later than Nov. 10, using this sample email:

*Dear Editor,
I hope this email finds you well!*

Nov. 20 is World Children's Day, and it promotes improving children's welfare. Please consider publishing the attached story, which includes quotes from the director of the local advocacy center and from a national expert in the field of child sexual abuse prevention. The story is based on research and focuses on the importance of parent-child communication for preventing child sexual abuse. Research shows that teaching children correct terms for genitals is essential for child sexual abuse prevention. I have also attached a photo of the director of the local children's advocacy center.

*Best regards,
Child Advocacy Center Director*

Media list

Anderson County

The Courier News

Ken Leinart

Editor

editor@mycouriernews.com

865-457-2515

www.hometownclinton.com

Clinton, TN

Bledsoe County

The Bledsonian-Banner

Sandy Dodson

Editor

valleypubincnews@bledsoe.net

423-447-2996

www.thebledsonian-banner.com

Pikeville, TN

Blount County

The Daily Times

Mike Sisco

Editor

Mike.sisco@thedailytimes.com

865-981-1100

www.thedailytimes.com

Maryville, TN

Bradley County

Cleveland Daily Banner

Todd Foster

Editor

Todd.foster@clevelandbanner.com

423-472-5041

www.clevelandbanner.com

Cleveland, TN

Campbell County

The LaFollette Press

Robby O'Daniel

Editor

robby@lafollettepress.com

423-562-8468

www.lafollettepress.com

LaFollette, TN

Cannon County

Cannon Courier

Ron Fryar

Editor

news@cannoncourier.com

615-563-2512

www.cannoncourier.com

Woodbury, TN

Carroll County

The McKenzie Banner

Joel Washburn

Editor

banner@mckenziebanner.com

731-352-3323

www.mckenziebanner.com

McKenzie, TN

Carroll County

Carroll County News Leader

Shirley Nanney

Editor

shirley@newsleaderonline.com

731- 986-2253

www.newsleaderonline.com

Huntingdon, TN

Carter County

Elizabethton Star

Rozella Hardin

Editor

rozella.hardin@elizabethton.com

423-542-4151

www.elizabethton.com

Elizabethton, TN

Cheatham County

Cheatham County Exchange

Ivan Aronin

Editor

iaronin@mainstreetmediatn.com

615-746-0552

www.cheathamcountyexchange.com

Pleasant View, TN

**Chester County***Chester County Independent*

Kendall Patterson

Editor

news@chestercountyindependent.com

731-989-4624

www.chestercountyindependent.com

Henderson, TN

Claiborne County*Claiborne Progress*

Jeff Moreland

Editor

editor@amnews.com

423-626-3222

www.claibornepress.net

Tazewell, TN

Clay County*Dale Hollow Horizon*

Thomas Weaver

Editor

info@dalehollowhorizon.com

931-243-4710

www.dalehollowhorizon.com

Celina, TN

Cocke County*The Newport Plain Talk*

Matthew Winter

Assistant Editor

matt.winter@newportplaintalk.com

423-623-6171

www.newportplaintalk.com

Newport, TN

Coffee County*The Tullahoma News*

Duane Sherrill

Editor

dsherrill@tullahomanews.com

931-455-4545

www.tullahomanews.com

Tullahoma, TN

Coffee County*The Manchester Times*

John Coffelt

Editor

jcoffelt@manchestertimes.com

931-728-7577

www.manchestertimes.com

Manchester, TN

Crockett County*Crockett County Times*

Ron Barry

Editor

ron@crockettcountytimes.com

731-696-4558

www.crockettcountytimes.com

Alamo, TN

Cumberland County*Crossville Chronicle*

Heather Mullinix

Editor

hmullinix@crossville-chronicle.com

931-484-5145

www.crossville-chronicle.com

Crossville, TN

Davidson County*The Tennessean*

Liz Schubauer

Nashville city editor and American South editor

lschubauer@tennessean.com

615-259-8000

www.tennessean.com

Nashville, TN

Davidson County*The Nashville Ledger*

Lyle Graves

Editor

lgraves@TNLedger.com

615.254.5522

www.tnledger.com

Nashville, TN

**Davidson County***Main Street Nashville*

Karen Grigsby

Editor

kgrigsby@mainstreetmediatn.com

615-444-6008

www.mainstreet-nashville.com

Nashville, TN

Decatur County*The News Leader*

Danny Haynes

Editor

danny@readtheleader.com

731-847-6354

www.readtheleader.com

Parsons, TN

DeKalb County*Smithville Review*

Angie Meadows

General Manager

angie@smithvillereview.com

615-597-5485

www.smithvillereview.com

Smithville, TN

Dickson County*The Dickson Post*

Ivan Aronin

Editor

iaronin@mainstreetmediatn.com

615-375-8373

www.dicksonpost.com

Dickson, TN

Dyer County*State Gazette*

Brandon Hutcheson

Editor

bhutcheson@stategazette.com

731-285-4091

www.stategazette.com

Dyersburg, TN

Fayette County*Fayette Falcon*

Carolyn Rhea

Editor

news@fayettefalcon.com

901-465-3567

www.fayettefalcon.com

Somerville, TN

Franklin County*The Herald-Chronicle*

Brian Justice

Editor

bjjustice@heraldchronicle.com

931-967-2272

www.heraldchronicle.com

Winchester, TN

Gibson County*The Tri-City Reporter*

Logan Watson

Editor

logan@trentongazette.com

731-692-3506

www.tricityreporter.com

Dyer, TN

Gibson County*Mirror Exchange*

Caleb Revill

Editor

caleb@milanmirrorexchange.com

731-686-1632

www.milanmirrorexchange.com

Milan, TN

Gibson County*The Trenton Gazette*

Logan Watson

Editor

logan@trentongazette.com

731-855-1711

www.trentongazette.com

Trenton, TN

**Gibson County***The Humboldt Chronicle*

Danny Wade

Editor

dwade@hchronicle.net

731- 784-2531

www.hchronicle.net

Humboldt, TN

Giles County*Pulaski Citizen*

Cary Jane Malone

Editor

cary.malone@pulaskicitizen.com

931-363-3544

www.pulaskicitizen.com

Pulaski, TN

Grainger County*Grainger Today*

Tracey Wolfe

Editor

editor@graingertoday.com

865-993-0713

www.graingertoday.com

Bean Station, TN

Greene County*The Greeneville Sun*

Scott Jenkins

Editor

scott.jenkins@greenevillesun.com

423- 638-4181

www.greenevillesun.com

Greeneville, TN

Grundy County*Grundy County Herald*

cproudfoot@grundycountyherald.com

931-592-2781

www.grundycountyherald.com

Tracy City, TN

Hamblen County*Citizen Tribune*

John Gullion

Editor

ctliving@lcs.net

423-581-5630

www.citizentribune.com

Morristown, TN

Hamilton County*Hamilton County Herald*

David Laprad

Editor

editor@hamiltoncountyherald.com

423-485-4714

www.hamiltoncountyherald.com

Chattanooga, TN

Hamilton County*Chattanooga Times Free Press*

Alison Gerber

Editor

news@timesfreepress.com

423-756-6900

www.timesfreepress.com

Chattanooga, TN

Hardeman County*Bulletin Times*

Darrell Teubner

Editor

editor@hardemancountyjournal.com

731-658-3691

www.bulletintimesnews.com

Bolivar, TN

Hardin County*The Courier*

Ron Schaming

Editor

schaming@courieranywhere.com

731-925-6397

www.courieranywhere.com

Savannah, TN

Hawkins County*The Rogersville Review*

Jeff Bobo

jeff.bobo@therogersvillereview.com

423-272-7422

www.therogersvillereview.com

Rogersville, TN

Henderson County*The Lexington Progress*

Steve Corlew

news@lexingtonprogress.com

731-968-6397

www.lexingtonprogress.com

Lexington, TN

**Henry County***The Paris Post-Intelligencer*

Glenn Tanner

Editor

gtanner@parispi.net

731-642-1162

www.parispi.net

Paris, TN

Hickman County*Hickman County Times*

Bradley Martin

Editor

hc.times@att.net

931-729-4283

www.hickmancountytimes.com

Centerville, TN

Humphreys County*The News-Democrat*

newsdemocrat@bellsouth.net

931-296-2426

www.thewaverlynews-democrat.com

Waverly, TN

Jefferson County*The Standard Banner*

Dale Gentry

Editor

news@standardbanner.com

865-475-2081

www.standardbanner.com

Jefferson City, TN

Johnson County*The Tomahawk*

Tamas Mondovics

Editor

editor@thetomahawk.com

423-727-6121

www.thetomahawk.com

Mountain City, TN

Knox County*The Knoxville Ledger*

Lyle Graves

Editor

lgraves@TNLedger.com

615-254-5522

www.tnledger.com/knoxville/

Knoxville, TN

Knox County*Farragut Press*

Alan Sloan

Editor

asloan@farragutpress.com

865-675-6397

www.farragutpress.com

Farragut, TN

Lake County*Lake County Banner*

Jamie Jordan

jordan@magicvalleypublishing.com

731-253-6666

www.lakecountybanner.com

Tiptonville, TN

Lauderdale County*The Lauderdale County Enterprise*

lcnnews@yahoo.com

731-635-1771

Ripley, TN

Lawrence County*The Democrat-Union*

dunews@bellsouth.com

931-762-2222

Lawrenceburg, TN

Lewis County*Lewis County Herald*

lewisherald@bellsouth.net

931- 796-3191

www.lewisherald.com

Hohenwald, TN

Lincoln County*The Elk Valley Times*

Lora Scripps

lscripps@elkvalleytimes.com

931- 433-6151

www.elkvalleytimes.com

Fayetteville, TN

Loudon County*News-Herald*

Steve Meadows

news@news-herald.net

865-986-6581

www.news-herald.net

Lenoir City, TN

**Macon County***Macon County Times*

editor@maconcountytimes.com

615-666-2440

www.maconcountytimes.com

Lafayette, TN

Macon County*Macon County Chronicle*

Jessie Williams

jechronicle@nctc.com

615-688-6397

www.maconcountychronicle.com

Lafayette, TN

Madison County

Jackson Sun

Lasherica Thornton

Reporter

lthornton@jacksonsun.com

731- 427-3333

www.jacksonsun.com

Jackson, TN

Marion County*Marion County News*

Montana Findley

Writer

423-837-6312

editorial@mcnewstn.com

423-837-6312

www.mcnewstn.com

South Pittsburg, TN

Maury County*The Daily Herald*

Mike Christen

Reporter

mchristen@c-dh.net

931-388-6464

www.columbiadailyherald.com

Columbia, TN

McMinn County*The Daily Post Athenian*

Dewey Morgan

Editor

dewey.morgan@dailypostathenian.com

423-745-5664

www.dailypostathenian.com

Athens, TN

McNairy County*McNairy County News*

news@mcnairycountynews.com

731-645-7048

www.mcnairycountynews.com

Selmer, TN

McNairy County*Independent Appeal*

editor@independentappeal.com

731-645-5346

www.independentappeal.com

Selmer, TN

Monroe County*The Advocate & Democrat*

webmaster@advocateanddemocrat.com

423-337-7101

www.advocateanddemocrat.com

Sweetwater, TN

Montgomery County*Main Street Clarksville*

news@mainstreetclarksville.com

931-802-2219

www.mainstreetclarksville.com

Clarksville, TN

Montgomery County*Fort Campbell Courier*

Mari-Alice Jasper

Editor

fortcampbellcourier@gmail.com

www.fortcampbell-courier.com

Clarksville, TN

Moore County*Moore County News*

Amy Hope

Writer

ahope@themoorecountynews.com

931-759-7302

www.themoorecountynews.com

Lynchburg, TN

Morgan County*Morgan County News*

support@morgancountynews.net

423-346-6225

www.morgancountynews.net

Wartburg, TN

**Obion County**

Union City Daily Messenger
David Critchlow
dcritch@ucmessenger.com
731-885-0744
www.ucmessenger.com
Union City, TN

Overton County

Overton County News
news@overtoncountynews.com
931-823-6485
www.overtoncountynews.com
Livingston, TN

Perry County

Buffalo River Review
brreditor@tds.net
931-589-2169
www.buffaloriverreview.com
Linden, TN

Polk County

The Polk County News
thepolkcountynews@gmail.com
423 438 1883
www.thepolkcountynews.com
Benton, TN

Putnam County

Herald-Citizen
Lindsay Pride
Editor
lindsay.pride@herald-citizen.com
931-526-9715
www.herald-citizen.com
Cookeville, TN

Rhea County

The Herald-News
news@rheaheraldnews.com
423-775-6111
www.rheaheraldnews.com
Dayton, TN

Roane County

Roane County News
newsroom@roanecounty.com
865-376-3481
www.roanecounty.com
Kingston, TN

Robertson County

Robertson County Connection
Sherry Mitchell
Editor
news@robertsoncountyconnection.com
615-672-3555
www.robertsoncountyconnection.com
Springfield, TN

Rutherford County

Murfreesboro Post
Ivan Aronin
Editor
news@murfreesboropost.com
615-869-0800
www.murfreesboropost.com/
Murfreesboro, TN

Sequatchie County

The Dunlap Tribune
valleypubincnews@bledsoe.net
423-949-2505
www.thedunlap-tribune.com
Dunlap, TN

Sevier County

The Mountain Press
Cindy Simpson
Editor
editor@themountainpress.com
865-428-0746
www.themountainpress.com
Sevierville, TN

Shelby County

New Tri State Defender
kajanaku@tsdmemphis.com
901-523-1818
www.tri-statedefender.com
Memphis, TN

Shelby County

Daily Memphian
James Overstreet
Editor
joverstreet@dailymemphian.com
901-501-6397
www.dailymemphian.com
Memphis, TN

**Smith County***Carthage Courier*

Eddie West

Reporter

news@carthagecourier.com

615-735-1110

www.carthagecourier.com

Carthage, TN

Stewart County*Stewart County Standard*

news@stewartcountystandard.com

(931) 232-3801

www.stewartcountystandard.com

Dover, TN

Sullivan County*Kingsport Times-News*

news@timesnews.net

423-246-8121

www.timesnews.net

Kingsport, TN

Sumner County*The Gallatin News*

Sherry Mitchell

Editor

smitchell@mainstreetmediatn.com

615-452-4940

www.gallatinnews.com

Gallatin, TN

Tipton County*The Leader*

news@covingtonleader.com

901-476-7116

www.covingtonleader.com

Covington, TN

Unicoi County*The Erwin Record*

Bryan Stevens

Editor

news@erwinrecord.net

423- 743-4112

www.erwinrecord.net

Erwin, TN

Union County*The Union News Leader*

Elbra Davis

Editor

enewspaper@aol.com

865-992-3392

www.ucnewsleader.com

Maynardville, TN

Warren County*Southern Standard*

Seth Wright

Editor

editor@southernstandard.com

931-473-2191

www.southernstandard.com

McMinnville, TN

Washington County*Johnson City Press*

Nathan Baker

Editor

nbaker@johnsoncitypress.com

423-929-3111

www.johnsoncitypress.com

Johnson City, TN

Wayne County*The Wayne County News*

news@waynecountynews.net

931-722-5429

www.waynecountynews.net

Waynesboro, TN

Weakley County*The Weakley County Press*

Beth Cravens

viewpoints@wcpnews.com

731-587-3144

www.nwnttoday.com

Martin, TN

Weakley County*Dresden Enterprise*

Ron Park

Editor

ron@magicvalleypublishing.com

731-364-2234

www.dresdenenterprise.com

Dresden, TN

**White County***The Sparta Expositor*

Kim Wood

Editor

kim@spartalive.com

931-836-3284

www.spartalive.com

Sparta, TN

Williamson County*Main Street Fairview*

Nancy Stephens

Editor

news@mainstreetfairview.com

615-375-8373

www.mainstreetfairview.com

Fairview, TN

Wilson County*The Wilson Post*

Ivan Aronin

Editor

news@wilsonpost.com

615-444-6008

www.wilsonpost.com

Lebanon, TN

Wilson County*The Lebanon Democrat*news@lebanondemocrat.com

615-444-3952

www.lebanondemocrat.com

Lebanon, TN

Additional resources

About Melanie Sachs

Melanie Sachs has made preventing child sexual abuse her mission. New Hampshire native, Sachs currently lives in Massachusetts. A survivor of child sexual abuse, she has turned “pain to purpose.” Sachs has shared her survivor story at conferences across the country. Sachs has served as family advocate and forensic interviewer. Working in the field of child abuse and neglect for 10 years, she has borne witness to more than 1,000 child sexual abuse cases. Currently, she serves as board member of SHIELD Task Force, Charleston, West Virginia. She is also a stakeholder for the Granite State Children’s Alliance in New Hampshire. She earned her bachelor’s degree in sociology from Keene State College in 2013.

About Laurie Gray

Laurie Gray earned her juris doctor degree from Indiana University School of Law in 1993. Her experience includes working in private practice, being a prosecutor, and serving as a bilingual child forensic interviewer. She has authored several books, including a book about parenting. She worked as the statewide sexual assault response team coordinator for the Indiana Coalition to End Sexual Assault and as a professional trainer for the National Criminal Justice Training Center. She has also facilitated cognitive behavioral therapy classes and taught criminal justice classes, constitutional law and civil rights and civil liberties classes.

About Dr. Lauren Burge

Dr. Lauren Burge is assistant professor at the University of Tennessee School of Medicine and board certified child abuse pediatrician. Burge is one of 350 child abuse pediatricians in the country. She is part of the CARES team at LeBonheur Children's Hospital in Memphis, helping to identify suspicious injuries and assisting child protective services and law enforcement in understanding medical conditions. She became part of the CARES team after completing her fellowship at Baylor College of Medicine at Texas Children's Hospital. She graduated medical school at the University of Texas Health Science Center at San Antonio. Burge completed her pediatric residency at the University of Oklahoma. She served as chief resident and as an assistant professor in pediatrics at the University of Oklahoma.

About Sally Kimel-Sheppard

Sally Kimel-Sheppard has an extensive experience working in the field of child sexual abuse prevention and intervention. She has served as therapist and forensic interviewer, conducting nearly 1,000 forensic interviews. She served as executive director of the Cottage Sexual Assault Center and Children’s Advocacy Center, in Athens, Georgia, for 15 years. She teaches subjects related to child sexual abuse prevention at the University of Georgia and the National Criminal Justice Training Center of Fox Valley Technical College. She earned her bachelor’s degree in sociology from Appalachian State University, Boone, North Carolina, and her master’s degree of social work from the University of Georgia.



About Joyce Prusak

Joyce Prusak joined the Coffee County Children's Advocacy Center in 2007. Her experience includes serving as chair of Children's Advocacy Centers of Tennessee. She earned her bachelor's degree in political science and government from Georgetown University. She has a master's degree in organizational leadership from Johns Hopkins University. She spent the early days of her career life in Washington, D.C., on Capitol Hill.



Age-appropriate topics parents should discuss with their children

Research shows that teaching children correct terms for private body parts can help prevent child sexual abuse. Parents can protect children from child sexual abuse by teaching correct terms, such as “penis,” “scrotum,” “vulva” and “vagina” and by talking with their children about age-appropriate topics related to sexuality.

Age 0-2

Topics

Use correct words for genitals - penis, scrotum, vulva, vagina, breasts.

Emphasize that private body parts are beautiful and special.

Examples of things you could say

“I’m cleaning your arm. I’m cleaning your penis/scrotum/vulva.”

“I’m changing your diaper and I’m cleaning your vulva/scrotum/penis.”

“This is your penis/this is your vulva. These are great body parts. They are cool body parts that cool things happen to – urine comes out of them, and babies come out of them.”

“These body parts are special and should be kept protected and private.”

When and how

Matter-of-factly

During bath time

When changing a diaper

Don’t make a big deal of the conversations.

Convey that penis, scrotum, vulva, vagina, breasts are just words, like elbow and nose.

Age 3-5

Topics

Use correct words for genitals - penis, scrotum, vulva, vagina, breasts.

Private parts should be covered.

Talk about consent and boundaries.

It’s okay for children to explore their body.



Examples of things you could say

“It’s okay to touch your body and you can do this in private.”

“We keep our vulva/scrotum/penis/breasts covered.”

“It’s not okay for anyone to see or touch your penis/vulva/breasts. Exceptions are going to the doctor or cleaning after going to the bathroom.”

“You aren’t obligated to give anyone a hug if you don’t want to, even to grandmother or grandfather.”

“Respect others, if they don’t want a touch or a hug.”

When and how

Without embarrassment

Read to your child age-appropriate books about safety, sexuality, diversity and body autonomy.

When you’re preparing to take a shower, you could tell your child that you need privacy because people should keep their penis/scrotum/vulva/vagina/breasts private.

Use scenes in movies, commercials and TV shows to start conversations.

Age 6-8

Topics

Use correct words for genitals - penis, scrotum, vulva, vagina, breasts.

Your child may ask how babies are made.

Talk about touches that are okay and not okay.

Develop a safety plan.

Examples of things you could say

“If someone wants to give you a touch on your penis/vulva/breast, it’s not okay. It may be okay if you are hurt there, or if you are at the doctor’s office; but other than that, there’s no good reason for anybody to give you a touch there.”

“Let’s create a safety plan if someone gives you a touch on your body that’s not okay – it could be a hit or a smack, or a touch on your penis/vulva/breast. First, get away from that person as soon as you can. Then, tell someone you trust.”

“There are lots of ways to become a parent. One way is when two adults get their bodies together and the sperm from the male combines with the egg from the female to make a child. Adoption is another way.”



When and how

When developing a safety plan, identify adults your child trusts, a teacher or coach, for example.

Read with your child or ask your child to read age-appropriate books about safety, body autonomy, sexuality and diversity.

Use scenes in movies, commercials and TV shows to start conversations.

Age 9-12

Topics

Use correct words for genitals - penis, scrotum, vulva, vagina, breasts.

Puberty

Diversity

Normalize growing hair, menstruation, erection, masturbation.

Examples of things you could say

“Your body is changing and your voice is changing, and all this is totally normal.”

“Menstruation is also called a period. Most women have a period every month, which means they bleed from their vagina a little. This is how the body prepares for a baby one day.”

“If you are going to touch your penis or vagina, which is totally normal, do it in a private space.”

“Erection and masturbation is totally normal, and it’s something private.”

When and how

Erase the mystery and let your children know what to expect.

Have conversations about diversity. The Every Body Book is appropriate for that age group. The book is an illustrated LGBTQ+ inclusive kid's guide to sex, gender and relationships.

Recommend age-appropriate books about these topics to your child.

Use scenes in movies, commercials and TV shows to start a conversation.

Helpful books and websites

Age 13 and older

Topics

Teens need to know that masturbation is normal.



Sex and love

STIs

Pregnancy

Pornography

Sexting

Examples of things you could say

“When having sex, it is important to use a condom for health and safety. Condoms help prevent sexually transmitted infections and pregnancy.”

“Love is a deep, emotional connection that develops overtime.”

“Sometimes, it may be really appealing to send or ask someone to send you a picture (nude) but let’s talk about the risks.”

“It’s important for people to ask their sexual partner, 'Are you going to be okay with this?'”

When and how

You have laid a foundation. By now using correct terms for genitals and conversations about sexuality are normal.

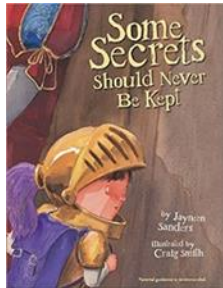
You may discuss decisions you have handled well or regretted.

Explain the dangers of sexting and pornography addiction.

Use scenes in movies, commercials and TV shows start a conversation.



Books to help parents talk with children about safety, sexuality and body autonomy



Some Secrets Should Never Be Kept

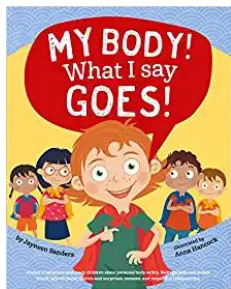
Written by Jayneen Sanders

Illustrated by Craig Smith

Appropriate for children 3 to 12 years old

Find the book [here](#).

Description by the publisher: "*Some Secrets Should Never Be Kept* is a beautifully illustrated children's picture book that sensitively broaches the subject of keeping children safe from inappropriate touch. We teach water and road safety, but how do we teach Body Safety to young children in a way that is neither frightening nor confronting? This book is an invaluable tool for parents, caregivers, teachers and healthcare professionals to broach the subject of safe and unsafe touch in a non-threatening and age-appropriate way. The comprehensive notes to the reader and discussion questions at the back of the book support both the reader and the child when discussing the story."



My Body! What I Say Goes!

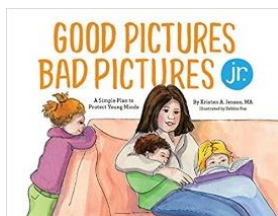
Written by Jayneen Sanders

Illustrated by Anna Hancock

Appropriate for children ages 3 to 10 years old

Find the book [here](#).

Description by the publisher: "The crucial skills taught in this book will help children to protect their bodies from inappropriate touch. Children will be empowered to say in a strong and clear voice, *This is my body! What I say goes!* Through age-appropriate illustrations and engaging text this book, written by the author of *No Means No!* and *Some Secrets Should Never Be Kept*, will teach children the following crucial and empowering skills in personal body safety: identifying safe and unsafe feelings; recognizing early warning signs; developing a safety network; using the correct names for private parts; understanding the difference between safe and unsafe touch; understanding the difference between secrets and surprises; respecting body boundaries."



Good Pictures Bad Pictures Jr.: A Simple Plan to Protect Young Minds

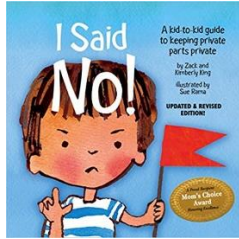
Written by Kristen A. Jenson

Illustrated by Debbie Fox

Appropriate for children 3 to 6 years old

Find the book [here](#).

Description by the publisher: "Young children deserve to be armed early against internet dangers. *Good Pictures Bad Pictures Jr.* makes it easy for parents to protect their young kids ages 3 to 6. Using gentle, age-appropriate messages, children will learn to Turn, Run & Tell when they are accidentally exposed to inappropriate content."



I Said No! A Kid-to-kid Guide to Keeping Private Parts Private

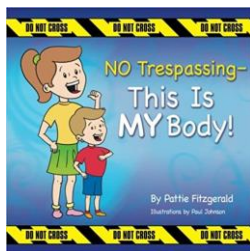
Written by Zack and Kimberly King

Illustrated by Sue Rama

Appropriate for children 4 and older

Find the book [here](#).

Description by the publisher: "Helping kids set healthy boundaries for their private parts can be a daunting and awkward task for parents, counselors and educators. Written from a kid's point of view, *I Said No!* makes this task a lot easier. To help Zack cope with a real-life experience he had with a friend, he and his mom wrote a book to help prepare other kids to deal with a range of problematic situations. *I Said No!* uses kid-friendly language and illustrations to help parents and concerned adults give kids guidance they can understand, practice and use. Using a simple, direct, decidedly non-icky approach that doesn't dumb down the issues involved, as well as an easy-to-use system to help kids rehearse and remember appropriate responses to help keep them safe, *I Said No!* covers a variety of topics, including: What's appropriate and with whom. How to deal with inappropriate behavior, bribes and threats. When and where to go for help, and what to do if the people you're turning to for help don't listen. Dealing with feelings of guilt and shame."



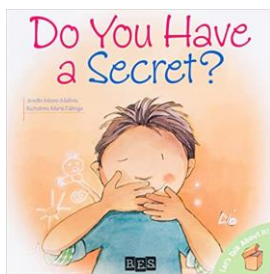
NO Trespassing – This Is MY Body!

Written by Pattie Fitzgerald

Appropriate for children 4 to 8 years old

Find the book [here](#).

Description by the publisher: "Siblings Katie and her little brother Kyle learn about personal safety, private parts, and 'thumbs up & thumbs down' touches by talking with their mom in a loving and easy-to-understand manner. With an empowering dialog that is never fearful, parents can use this book to begin this important discussion with their children. Katie and Kyle's mom also explains the essential 'No Secrets' rule in their family, and that it is never their fault if they get an 'uh-oh feeling' from anyone. The story is written with a positive and engaging approach using child-friendly language and charming illustrations."



Do You Have a Secret? (Let's Talk About It!)

Written by Jennifer Moore-Mallinos

Illustrated by Marta Fabrega

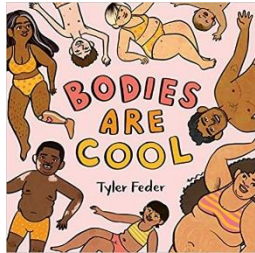
Appropriate for children 6 to 9 years old

Find the book [here](#).

Description by the publisher: "Every child has secrets, and many secrets are fun to keep, for instance, a surprise birthday gift for Mom, or a secret handshake with a friend. But sometimes, children have secrets that make them feel bad or scared, and these secrets are best shared with parents, or with a trusted adult. A child who is bullied might be inclined to keep it secret, but it's always best to tell an adult or teacher about it. Or children who are touched intimately and improperly by an older person will soon feel better if they confide in a trusted adult. *Do You Have a Secret?* helps kids distinguish between good and bad secrets."



Books to spark positive and supportive conversations about diversity and LGBTQ+

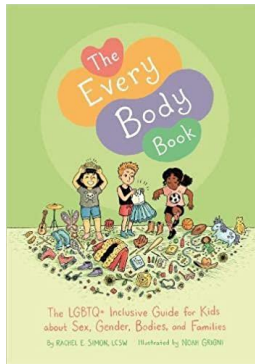


Bodies are cool

Written and illustrated by Tyler Feder
Appropriate for children 3 to 5 years old

Find the book [here](#).

Description by the publisher: “This cheerful love-your-body picture book for preschoolers is an exuberant read-aloud with bright and friendly illustrations to pore over. From the acclaimed creator of *Dancing at the Pity Party* and *Roaring Softly*, this picture book is a pure celebration of all the different human bodies that exist in the world. Highlighting the various skin tones, body shapes, and hair types is just the beginning in this truly inclusive book. With its joyful illustrations and encouraging refrain, it will instill body acceptance and confidence in the youngest of readers.”

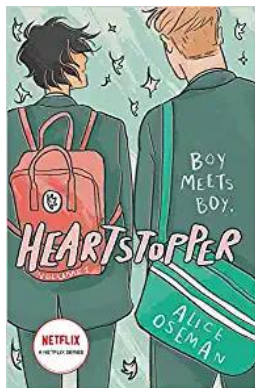


The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families

Written by Rachel E. Simon
Illustrated by Noah Grigni
Appropriate for children 8 to 11 years old

Find the book [here](#).

Description by the publisher: “An illustrated LGBTQ+ inclusive kid's guide to sex, gender and relationships education that includes children and families of all genders and sexual orientations, covering puberty, hormones, consent, sex, pregnancy and safety.”

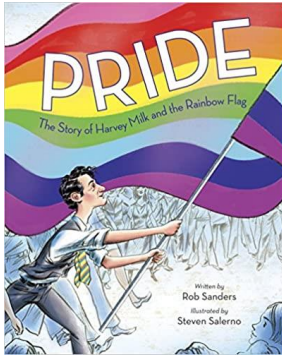


Heartstopper

Written by Alice Oseman
Appropriate for teens 13 and older

Find the book [here](#).

Description: “Charlie and Nick are at the same school, but they've never met ... until one day when they're made to sit together. They quickly become friends, and soon Charlie is falling hard for Nick, even though he doesn't think he has a chance. But love works in surprising ways, and Nick is more interested in Charlie than either of them realized. *Heartstopper* is about love, friendship, loyalty and mental illness. It encompasses all the small stories of Nick and Charlie's lives that together make up something larger, which speaks to all of us.”



Pride: The Story of Harvey Milk and the Rainbow Flag

Written by Rob Sanders

Illustrated by Steven Salerno

Appropriate for children 3 to 9 years old

Find the book [here](#).

Description by the publisher: "In this deeply moving and empowering true story, young readers will trace the life of the Gay Pride Flag, from its beginnings in 1978 with social activist Harvey Milk and designer Gilbert Baker to its spanning of the globe and its role in today's world. Award-

winning author Rob Sanders's stirring text, and acclaimed illustrator Steven Salerno's evocative images, combine to tell this remarkable - and untold - story. A story of love, hope, equality, and pride."

Websites providing resources to help parent-child conversations about sexuality



AMAZE

About AMAZE: "AMAZE strives to assist adults—parents, guardians, educators and health care providers around the globe—to communicate effectively and honestly about sex and sexuality with the children and adolescents in their lives."

Visit AMAZE [here](#).



Answer

About Answer: Answer provides "honest, accurate answers about sex in response to the many questions teens and adult professionals have about this complex topic."

Visit Answer [here](#).

Song teaching children body safety



My Body is My Body Song

Appropriate for children ages 3 to 8 years old.

Listen to the song [here](#).

Description: "My Body Is My Body Song Child Abuse Prevention Program for 3-8 year olds teaching body safety, and a fun way to learn the subject good touch/bad touch."

This list has been compiled by the Coffee County Children's Advocacy Center and includes resources recommended by experts in the field of child sexual abuse prevention. The advocacy center doesn't endorse specific books, authors or websites. The advocacy center offers free child abuse prevention training, using [Darkness to Light's Stewards of Children](#) program. Learn more about the [training](#) and find more resources on [coffeecountycac.org](#).



Fact sheet: Why parents should teach children correct terms for genitals



WHY PARENTS SHOULD TEACH CHILDREN CORRECT TERMS FOR GENITALS, SUCH AS “PENIS,” “SCROTUM,” “VAGINA,” “VULVA”

Key to prevention

Teaching correct terms for genitals, such as penis, vagina, vulva, is fundamental for child sexual abuse prevention programs (Kenny et al., 2008).

“I said NO!”

Knowing correct terms for genitals gives children the notion their body belongs to them (Citak Tunc et al., 2018).

Reporting

Knowledge of genital names helps children report abuse (Kenny & Wurtele, 2008).

Helps subsequent education

Knowledge of genital names provides foundation for subsequent sexual education (Kenny & Wurtele, 2008).

Aids investigation

Knowing correct terms for genitals aids investigation (Eisen et al., 2001).

Aids prosecution

Knowing correct terms for genitals aids prosecution (Eisen et al., 2001).

Decreases risks

Children who know the correct terms for genitals, such as penis, vagina, vulva, are at a lower risk for becoming victims (Elliot et al., 1995).

REFERENCES

- Citak Tunc, G., Gorak, G., Ozyazicioglu, N., Ak, B., Isil, O., & Vural, P. (2018). Preventing Child Sexual Abuse: Body Safety Training for Young Children in Turkey. *Journal of Child Sexual Abuse*, 27(4), 347–364. <https://doi.org/10.1080/10538712.2018.1477001>
- Eisen, M.L., Quas, J.A., & Goodman, G.S. (Eds.). (2001). *Memory and Suggestibility in the Forensic Interview* (1st ed.). Routledge. <https://doi.org/10.4324/9781410602251>
- Elliott, M., Browne, K., & Kilcoyne, J. (1995). Child sexual abuse prevention: what offenders tell us. *Child Abuse and Neglect*, 19(5), 579. [https://doi.org/10.1016/0145-2134\(95\)00017-3](https://doi.org/10.1016/0145-2134(95)00017-3)
- Kenny, M. C., Capri, V., R., R., Thakkar-Kolar, Ryan, E. E., & Runyon, M. K. (2008). Child sexual abuse: from prevention to self-protection. *Child Abuse Review*, 17(1), 36–54. <https://doi.org/10.1002/car.1012>
- Kenny, M. C., & Wurtele, S. K. (2008). Preschoolers' Knowledge of Genital Terminology: A Comparison of English and Spanish Speakers. *American Journal of Sexuality Education*, 3(4), 345–354.

For more information, visit www.coffeecountycac.org.



Fact sheet: Child sexual abuse is a serious public health problem.

CHILD SEXUAL ABUSE IS A SERIOUS PUBLIC HEALTH PROBLEM.

Child sexual abuse has serious consequences.

- Child sexual abuse includes various experiences, from noncontact abuse, such as exposure, voyeurism, and child pornography, to genital fondling to violent genital, oral and anal rape.
- Child sexual abuse occurs to approximately 8% of men and 20% of women under the age of 18 (Pereda et al., 2009).
- Most child sexual abuse cases are not reported (Olafson & Lederman, 2006).
- Child sexual abuse crosses all cultural and socioeconomic status boundaries (Gray et al., 2018).
- Consequences for victims include psychological, behavioral, sexual and medical issues, which often continue into adulthood (Maniglio, 2009).





CHILD SEXUAL ABUSE IS A SERIOUS PUBLIC HEALTH PROBLEM.

REFERENCES

- Gray, S., & Rarick, S. (2018). Exploring Gender and Racial/Ethnic Differences in the Effects of Child Sexual Abuse. *Journal of Child Sexual Abuse*, 27(5), 570–587. <https://doi.org/10.1080/10538712.2018.1484403>
- Maniglio, R. (2009). The impact of child sexual abuse on health: A systematic review of reviews. *Clinical Psychology Review*, 29(7), 647–657. <https://doi.org/10.1016/j.cpr.2009.08.003>
- Olafson, E., & Lederman, J. C. S. (2006). The State of the Debate About Children's Disclosure Patterns in Child Sexual Abuse Cases. *Juvenile and Family Court Journal*, 57(1), 27–40. <https://doi.org/10.1111/j.1755-6988.2006.tb00112.x>
- Pereda, N., Guilera, G., Forns, M., & Gómez-Benito, J. (2009). The prevalence of child sexual abuse in community and student samples: A meta-analysis. *Clinical Psychology Review*, 29(4), 328–338. <https://doi.org/10.1016/j.cpr.2009.02.007>





Fact sheet: Knowing correct terms for genitals vital for child sexual abuse prevention

KNOWING CORRECT TERMS FOR GENITALS, SUCH AS PENIS, SCROTUM, VAGINA, VULVA, VITAL FOR CHILD SEXUAL ABUSE PREVENTION

Child sexual abuse must be prevented.

- Teaching correct terms for genitals, such as penis, vagina, vulva, is fundamental for child sexual abuse prevention programs (Kenny et al., 2008).
- Knowing correct terms for genitals gives children the notion their body belongs to them (Citak Tunk et al., 2018).
- Knowledge of genital names helps children report abuse and provides foundation for subsequent sexual education (Kenny & Wurtele, 2008).
- Knowing correct terms for genitals aids investigation and prosecution (Eisen et al., 2001).
- Children who know the correct terms for genitals, such as penis, vagina, vulva, are at a lower risk for becoming victims (Elliot et al., 1995).



Coffee County CAC



KNOWING CORRECT TERMS FOR GENITALS VITAL FOR CHILD SEXUAL ABUSE PREVENTION

REFERENCES

- Citak Tunc, G., Gorak, G., Ozyazicioglu, N., Ak, B., Isil, O., & Vural, P. (2018). Preventing Child Sexual Abuse: Body Safety Training for Young Children in Turkey. *Journal of Child Sexual Abuse*, 27(4), 347–364. <https://doi.org/10.1080/10538712.2018.1477001>
- Eisen, M.L., Quas, J.A., & Goodman, G.S. (Eds.). (2001). *Memory and Suggestibility in the Forensic Interview* (1st ed.). Routledge. <https://doi.org/10.4324/9781410602251>
- Elliott, M., Browne, K., & Kilcoyne, J. (1995). Child sexual abuse prevention: what offenders tell us. *Child Abuse and Neglect*, 19(5), 579. [https://doi.org/10.1016/0145-2134\(95\)00017-3](https://doi.org/10.1016/0145-2134(95)00017-3)
- Kenny, M. C., Capri, V., R., R., Thakkar-Kolar, Ryan, E. E., & Runyon, M. K. (2008). Child sexual abuse: from prevention to self-protection. *Child Abuse Review*, 17(1), 36–54. <https://doi.org/10.1002/car.1012>



Coffee County CAC

Kenny, M. C., & Wurtele, S. K. (2008). Preschoolers' Knowledge of Genital Terminology: A Comparison of English and Spanish Speakers. *American Journal of Sexuality Education*, 3(4), 345–354.



Fact sheet: Parents can help prevent child sexual abuse

PARENTS CAN HELP PREVENT CHILD SEXUAL ABUSE

Critical role of parents

- Child sexual abuse prevention education for children should be provided as early as possible; and parental involvement is extremely important (Elrod & Rubin, 1993; Kopp & Miltenberger, 2009; Ashcraft & Murray, 2017).
- Home is a fundamental setting when it comes to teaching children how to take care of themselves (Hunt & Walsh, 2011).
- Involvement of parents and repeating the concepts of prevention help children maintain knowledge (Kenny et al., 2008).
- Parents have significant influence on their child's behaviors (Mendelson & Letourneau, 2015).





PARENTS CAN HELP PREVENT CHILD SEXUAL ABUSE

REFERENCES

- Ashcraft, A. M., & Murray, P. J. (2017). Talking to Parents About Adolescent Sexuality. *The Pediatric Clinics of North America*, 64(2), 305–320. <https://doi.org/10.1016/j.pcl.2016.11.002>
- Elrod, J. M., & Rubin, R. H. (1993). Parental involvement in sexual abuse prevention education. *Child Abuse & Neglect*, 17(4), 527–538. [https://doi.org/10.1016/0145-2134\(93\)90027-3](https://doi.org/10.1016/0145-2134(93)90027-3)
- Hunt, R., & Walsh, K. (2011). Parents' Views about Child Sexual Abuse Prevention Education: A Systematic Review. *Australasian Journal of Early Childhood*, 36(2), 63–76. <https://doi.org/10.1177/183693911103600209>
- Kenny, M. C., Capri, V., R., R., Thakkar-Kolar, Ryan, E. E., & Runyon, M. K. (2008). Child sexual abuse: from prevention to self-protection. *Child Abuse Review*, 17(1), 36–54. <https://doi.org/10.1002/car.1012>
- Kopp, B., & Miltenberger, R. G. (2009). Evaluating the Acceptability of Four Versions of a Child Sexual Abuse Prevention Program. *Child & Family Behavior Therapy*, 31(3), 192–202. <https://doi.org/10.1080/07317100903099183>
- Mendelson, T., & Letourneau, E. J. (2015). Parent-Focused Prevention of Child Sexual Abuse. *Prevention Science*, 16(6), 844–852. <https://doi.org/10.1007/s11121-015-0553-z>



Coffee County CAC