

# 5 THINGS YOU CAN DO

**1 Talk to your children** about touching safety. Teach them that it is OK to say “NO,” get away and seek help.

**2 Help your children** make a list of the people they can turn to for help if they have a problem.

**3 Teach your children** that unsafe touch can happen with people they know and trust; not only with strangers.

**4 Respect your children’s personal boundaries.** Teach them to trust their intuition about others.

**5 Become informed** about parish, Archdiocese and community resources you can turn to for help.

# Safe

## ENVIRONMENT

Protecting the young and vulnerable

Child abuse is a tragic reality that affects not only our Church but the entire community.

When one in every four girls and one in every five boys are sexually abused before the age of 18\*, it is a problem that can not be ignored. We must all work together to be a part of the solution.

On the other side of this card are five simple things you can do to help protect the young and vulnerable.

For more information, visit  
**[www.seattlearch.org](http://www.seattlearch.org)**

\* Elliott, D. M., and Briere, J. (1994). "Forensic Sexual Abuse Evaluations: Disclosures and Symptomology." **Behavioral Sciences and the Law**, 12, 261–277.



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