


# Happy Bear Suggestions for Parents



Brought to you by Happy Bear and Family Service & Guidance Center

## **Unfortunately, sexual abuse of children is much more common than many of us realize. To protect your children, you can:**

- Pay careful attention to who is around your children. Unwanted touches often come from someone they like and trust.
  - Back up your child's right to say, "No."
  - Encourage communication by taking what your children say seriously.
  - Take a second look at signals of potential danger.
  - Never leave your children in the company of someone you don't trust.
  - Include information about sexual abuse when teaching your children about safety.
  - Provide specific examples of sexual abuse.
  - Remind your children that even "nice" people sometimes do mean things.
  - Urge your children to tell you about anyone who makes them feel uncomfortable.
  - Prepare your children to deal with bribes and threats, as well as possible physical force.
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- Virtually eliminate secrets between you and your children.
  - Teach your children how to say, "No," and how to ask for help and control who touches them and how they are touched.
  - Model self-protective and limit-setting behavior for your children.

More →



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**Child sexual abuse affects all of us, whether or not our own children were abused. To help deal with this problem, we each can:**

- Provide sympathetic care and support to children who have been victimized.
- Recognize that offenders do not change without intervention.
- Organize neighborhood programs to support each other's efforts to protect children.
- Encourage schools to provide information about sexual abuse as a health and safety issue.
- Organize community groups to support education, treatment and law enforcement programs.

**Should it ever be necessary to help a child recover from sexual abuse, as parents, we can:**

- Listen carefully and understand how your children tell you what has happened to them.
- Support your child for telling with praise, belief, sympathy and lack of blame.
- Know local resources and choose help carefully.
- Provide your child with opportunities to talk about the abuse.
- Provide opportunities for your entire family to go through a recovery process.
- Allow your child the privacy to tell. Don't hold the conversation in front of others.

- Don't assume you know how your child feels about the abuse or the abuser. Most children have mixed feelings. It is not helpful for you to tell them how to feel.
- Do not overreact or minimize the incident. The effects are different for each child and it may take time to assess the trauma.
- Call for help! There are experts in the field of treating sexual abuse. Find one.

**To report child sexual abuse, call:**

1.800.922.5330  
Kansas Protection Report Center  
500 S.W. Van Buren St., Topeka, KS 66603  
DCF.KSPRC@ks.gov

**For information on or treatment of child sexual assault, call Family Service & Guidance Center at 785.232.5005.**



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