



TREASURE VALLEY
FAMILY YMCA

BE PROACTIVE YOU CAN PREVENT ABUSE

A Parent's Checklist:

- Encourage your child to talk about any sensitive problems or experiences. Children need to be allowed to talk freely about their likes and dislikes, their friends, and their true feelings.
- Teach your child about their body and the rules for their body.
- Have personal safety talks with them.
- Practice safety rules. Give your child "what if" situations and ask them what they would do. It gives them an opportunity to practice the skills they have been taught.
- Talk to your child about their experiences in YMCA programs, school, sports, mentoring, and other activities.
- Drop in on your child's programs.
- Trust your instincts. Don't wait to tell the Y or any other organization if something seems "strange." Speak up.
- Watch for warning signs of abuse. Listen and watch for signs of your child receiving special attention.
- Encourage your child to tell you or another trusted adult if anything happens to them.
- Know organizations' abuse prevention rules so you can report if anyone breaks them.

A child is six times more likely to tell about abuse if asked a specific question.

Every once in a while, ask your child these questions:

- Is anyone scaring or threatening you?
- Is anyone asking you to keep secrets?
- Has anyone said anything to you that made you feel bad?
- Is anyone touching you in a way that you don't like?

**For additional
Child Abuse
Prevention
Resources:**

Treasure Valley Family YMCA Safety & Risk
Management Department: Risk@ymcatvidaho.org
[Idaho Department of Health and Welfare](#)

[Darkness to Light: End Child Sexual Abuse](#)
[The CDC: Preventing Child Sexual Abuse](#)