



“About half of sexual assault victims who reported to a sample of police services in 2003 were assaulted by a friend (10%) or acquaintance (41%), (28%) by a family member, and (20%) by someone not known to the victim.”



Statistics Canada,
Sexual Offences in Canada.
Catalogueno.85-002-xpe, vol.23.

Personal Safety for Your Child/Teen

As a Parent, What Can You Do?

Parents are encouraged to develop, and frequently review a **safety plan** for their child/teen. Make sure they understand the importance of being safe, and how to respond to unsafe situations.

- Identify the “uh-oh” feeling, and that no touching should be kept a secret
- Identify people who can provide personal safety assistance, and explain how to access them (designated places your child/teen can go to if they are lost, hurt or scared).
- Review the proper use of 911.
- Safety in Numbers - a child/teen should never be alone in a public place; always stay with a responsible friend or adult.

What Should You Talk to Your Child/Teen About?

- Identify safety rules to be followed in the home, school and community.
- Know the importance of the 4‘W’ rules.
 - The person looking after the child/teen (a parent/teacher) must know at all times (4W’s):
 - Where they are,
 - Who they are with,
 - What they are doing,
 - When they will be back.
- Explain the importance of being able to say no to exploitative behavior (i.e. bullying, inappropriate touching).
 - How your child/teen should respond to a dangerous situation (“No, Go, Tell!”)
 1. Yell, using words,
 2. Body contact,
 3. Move (wiggle like a worm).



519-751-1164

Crisis Line: 519-751-3471



519-758-8228



519-759-8830

Mobile Crisis Response Service
519-759-7188



Family Counseling Center of Brant

519-753-4173

www.fccb.ca