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| **如何与孩子们讲个人安全而又不吓住他们**  家长、老师和其他照顾孩子的成年人要教会孩子们如何在深水区附近、街道或骑自行车时确保自身的安全。 这样不会让孩子们对自行车、游泳池和道路产生恐惧。 身体触碰的安全可通过同样的方式来讨论。 这里就是有关身体触碰安全的一些点子。  **当您在讲述其他类型的安全规则时，顺带解释身体触碰的安全规则。**   * “如果一个大人以让你感到不好的方式触碰你的身体，要把这件事情告诉我或 \_\_\_， 我们会相信你，帮到你。”   **经常重复简单的安全规则。 例如：**   * “我们对于我们家里人的身体触摸不会保密” * “除非是检查身体或洗澡，大人通常不需要触碰孩子们身体的隐私部位。” * “永远不要跟你不认识的大人走或上汽车，无论他对你说了什么。” * “如果来自你内心的声音（直觉和判断）告诉你有些不对劲儿，那么请相信这样的声音。”   **向孩子解释您的家庭规则，如：**   * “如果你独自在家，不要让别人知道。” * “如果你和保姆之间有什么问题，请告诉我。” * “对于任何想打破我们哪条家庭规则的人，你都可以对他说“不”， 我会支持你的。” * “你可以和\_\_\_\_\_或\_\_\_\_\_ 一起乘车。 不要问都不问就上任何其他人的车。”   **玩“如果....怎样”游戏来练习决策能力。**   * “如果我和你在商店里走散了，你应该怎么办？” * “如果我们都很熟的一个人以一种让你困窘的做法触碰你的身体，还让你保守秘密，你应该怎么办？” * “如果一个大人给你钱（或是一些你非常想要的东西），让会不会打破家庭规则？”   **帮助孩子们果断讲出更多。 让他们练习说类似下面的句子：**   * “我不和陌生人说这些。” * “我不希望被挠痒痒。 我们可不可以散散步呢？” * “请别打扰我。 如果你破坏了规则，我会告诉别人的。” * “没有让我这样做。” * “不。”   **帮助孩子们果断采取行动来保护自己。 让他们练习下面的做法：**   * 摆脱一个人的手 * 走开或跑开 * 站直挺胸 * 看着对方的眼睛 * 摇头说“不”   **教给孩子们大人并不总是对的。**   * “大多数成年人会以合理的方式触碰孩子们的身体，但是有些成年人被弄混了，他们触碰孩子们时不怀好意。” * “如果你对某个大人说的和做的什么东西不清楚，就叫我帮忙解释一下。”   **教导孩子：某些事情是大人、大孩子和保姆不应该做的。**   * “没有人有权利脱下你的裤子，或者强迫你摸他们的隐私部位。 他们不应该要求查看你身体的隐私部位，或对这些部位拍照。 这些人也不应该把他们的隐秘部位或其他人隐秘部位的照片给你看。”   **帮助孩子们学习身体各部位的正确名称，也包括生殖器。**   * 孩子们有时会用俚语描述自己的生殖器。 如果他们试图举报性侵犯，这样的词汇可能会令人感到困惑。 例如，如果一个男孩说有人摸他的“热狗”的时候，他实际表达的意思是“阴茎”，而其他人可能会认为他是在抱怨有人试图抢他的食物而不去管他。   **教给孩子们身体触碰的安全规则在任何时候都适用。**   * 这些规则不仅仅是关于陌生人、成年男人或保姆。 大多数性侵罪犯是儿童认识和信任的人。 这些罪犯甚至可能是一位家庭成员，或社会上受人尊敬的人。 | **How to Talk to Children about Personal Safety without Scaring Them**  Parents, teachers, and other caring adults teach children how to stay safe when near deep water, on the street, or riding a bike. This does not make children afraid of bicycles, swimming pools, and roads. Touching safety can be discussed in the same way. Here are some ideas about talking with children about touching safety.  **Explain safety rules about touch when you talk about other types of safety rules.**   * “If you are touched by an older adult in a way that you don’t feel right, tell me or \_\_\_ about it. We will believe you and help you.”   **Repeat simple safety rules often. For example:**   * “We don’t keep secrets about touching in our family.” * “Grownups don’t usually need to touch children in private areas unless it’s for health or bathing.” * “Never go away with or get in a car with a grownup you don’t know, no matter what they tell you.” * “Trust your inner voice (instincts, judgment) if it’s telling you something doesn’t seem right.”   **Explain your family’s rules, such as:**   * “Do not let others know if you are home alone.” * “Tell me if you have a problem with a babysitter.” * “You can say ‘no’ to anyone who wants you to break one of our family rules. I will support you.” * “You can ride in a car with \_\_\_ or \_\_\_. Don’t ride with anyone else without asking first.”   **Play “What ifs” to practice decision-making.**   * “What if you and I got separated at the store?” * “What if someone we know really well touched you in a confusing way and asked you to keep it a secret?” * “What if an older person offered you money (or something you really wanted) if you would break our family rules?”   **Help children speak more assertively. Have them practice saying things like:**   * “I don’t tell people that.” * “I don’t want to be tickled. Could we take a walk instead?” * “Leave me alone. I’ll tell if you break a touching rule.” * “I’m not allowed to do that.” * “No.”   **Help children act assertively to protect themselves. Have them practice things like:**   * Taking someone’s hand off them * Moving or running away * Standing tall with shoulders back * Looking person in the eye * Shaking head “no”   **Teach children that adults aren’t always right.**   * “Most adults touch children in appropriate ways, but some adults are mixed up and don’t make good decisions about touching children.” * “If you aren’t sure about something a grownup says or does, ask me to help explain it.”   **Teach children that there are certain things that adults, older children and babysitters shouldn’t do.**   * “No one has the right to put their hand down your pants or force you to touch their private parts. They shouldn’t ask to see your private body parts or take pictures of them. They shouldn’t show you private parts of their body or pictures of someone else’s private parts.”   **Help children learn the correct names for body parts, including the genitals.**   * Children sometimes use slang words to talk about their genitals. This can lead to confusion if they try to report sexual abuse. For example, if a boy says that someone touched his “hot dog” when he means “penis,” others might think he is complaining about someone trying to take his food and ignore him.   **Teach children that touching safety rules apply all the time.**   * They are not just rules about strangers or men or babysitters. Most sexual abusers are people that a child knows and trusts. They may even be a family member or respected member of the community. |