

Boundaries and Consent

Bootcamp

Module 6: Teaching Body Boundaries



a 3 month online course | *with your host Anya Manes*

Welcome all to our final module. This is Module 6 of the Boundaries and Consent Bootcamp. We are focusing this time on teaching body boundaries. It seemed like we couldn't do a whole *Boundaries and Consent Bootcamp* without focusing on that piece and how we teach that to kids. It's such an important element of preventing child sexual abuse.

Body boundaries that's the idea that a person has a right to their body autonomy. Your body is yours and nobody else's, which means you say what goes. Beyond your physical body, there's a little bubble of personal space that you also get to claim. We don't always get to choose our bodies and our personal space. There are times when they are overruled by safety concerns, especially for our kids. We parents sometimes have to say no to what they want to do with their bodies or tell them that they have to wear or be in something they would prefer not to be restrained by. A big piece of this is teaching that private parts are private. I do recommend that - not everybody does - but I am a big fan of teaching that private parts are private to mitigate the risk of child sexual abuse. We'll dive into all of that.

What are body boundaries?

- A person's right to body autonomy
- A person's right to a bubble of personal space

These rights are overruled by **safety concerns**.

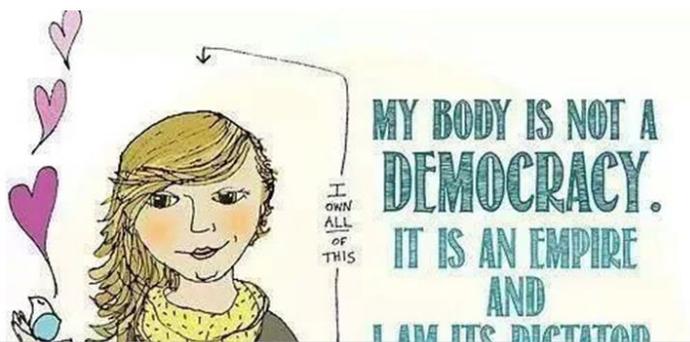
Many of us teach that **private parts are private** to mitigate the risk of **child sexual abuse**

The idea that we should have body autonomy is that **your body is not a democracy**. You get to say what happens to your body. You are the dictator of what is going on and other people

don't get to push you on this. These are your boundaries. This is your body. You say what goes. You are in charge of your body.

However, although we recognize that, that it's yours and you own it, there are times when we must overrule our kids. Examples might be when we say you have to hold my hand crossing the street, even when they don't want to hold hands. Or I must put you in your child safety restraints, whether that's in the car, on the airplane, on the bicycle, or you must wear a helmet when you're on your scooter. All of those things, we're citing safety concerns as to why our kids can't choose what they are doing with their bodies. Whenever we say "I have to overrule your body autonomy," then the person who is being overruled really deserves a good explanation for why that is. Whether they're small, whether they're adults, we want to set this expectation that if you don't get to say what's happening to your body, then you deserve, you should expect, a really

Yay for body



Defining Child Sexual Abuse

Child sexual abuse includes:

- any sexual act between an adult and a minor
- any sexual act between two minors, when one exerts power over the other
- forcing, coercing or persuading a child to engage in any type of sexual act
- non-contact acts such as exhibitionism, exposure to pornography, voyeurism, and communicating in a sexual manner by phone or internet

good explanation as to why. It is okay to ask why. It is okay to expect a really good answer to that question. There's the part that's easy to say.

It's easy to say, "Your body is all yours," but it's a lot harder for us to get into child sexual abuse. I think it's important that we go there so that we understand: What are the justifications? Why is it important to me? Why do I recommend that we teach about private parts? What are the things that we can do to decrease the chances of child sexual abuse being an issue in our families? So first let's start with defining it so that we're all on the same page.

Child sexual abuse includes any sexual act between an adult and a minor. Children should not be involved in anything sexual. They should not. If they are and it's with an adult or even when it's between two minors, when one is exerting power over the other, then that counts as child sexual abuse. Forcing, coercing, or persuading a child to engage in any kind of sexual act counts, but there are other things that are not sexual contact which also count. Exhibitionism, exposing a child to pornography, voyeurism, or communicating in a sexual manner all of those count as child sexual abuse. It's kind of a big category. It's very broad. Not everyone who was a [5:00] victim of child sexual abuse was raped. There's a lot of different experiences that all get grouped into this category.

Frequency of Child Sexual Abuse

1:10 globally

USA: 1:4 girls and 1:12 boys

Tends to be under reported.

Higher rates for girls in Australia, Costa Rica, Tanzania, Israel, and Sweden

Higher rates for boys in South Africa, Jordan, Israel, Spain, Australia, Costa Rica

In terms of how big of a problem this is, I want to give you some current statistics. There are people tuning into this from all over the world, but of course I'm biased and I'm going to tell you what's happening where I am, where I have the most information. **Globally it's about one in ten kids.** That's big. That's very frequent. It's someone in your child's class. It's someone in your neighborhood. It's someone in your family. For the **United States of America, it's about one in four girls and one in twelve boys.** These numbers are the best numbers we've got, but also keep in mind that child sexual abuse tends to be underreported, so there are a lot of kids who don't tell and there are a lot of families that don't report. This is not necessarily at the same rate everywhere.

When we break it down by girls and boys, we do see that there are higher rates of sexual abuse of girls in Australia, Costa Rica, Tanzania, Israel, and Sweden, and higher rates for boys in South Africa (really high rates there actually), Jordan, Israel, Spain, Australia, and Costa Rica. There are some hotspots of child sexual abuse, as you saw there, places that show up as more frequent than the United States, for both boys and girls. If you're in one of those hotspots, then these recommendations are doubly triply important for you.

Who are the abusers?

- 90% of abusers are someone the family knows and trusts (~~stranger danger~~)
- A little more than half are adults. A little less than half are minors.

- By far, most abusers are male
- However, up to 40% of abused boys had a female perpetrator

Who are the abusers again? Overall, we find that 90 percent of abusers are someone the family knows and trusts. You wouldn't leave your child alone with them if you didn't know and trust them! There's this old idea that it's strangers who are abusers, people outside your community, those bad guys who you might be able to tell from a mile away "that's the bad guy." Most of the time we're not actually dealing with something that would count as "stranger danger." You can teach your kids to not talk to strangers and so on, but actually when it comes to protecting kids from child sexual abuse, that's the wrong orientation. We don't want to necessarily suspect everyone that we love in our families and communities, but we want to let our kids know that anybody can make mistakes and that it could be anyone. That's not to be scary, that's just to say it could be anyone, and so we all need to be aware and be able to talk about this.

A little more than half of those abusers in those cases are adults. We tend to think they're *all* adults but a little less than half (something like forty forty-five percent) are actually kids. There is plenty of sexual abuse that's minor on minor. Most of those kids don't grow up to be abusers,

Steps we can take

Advertise that your family & your kids are not easy victims

so it's not like you've got a terrible community. It's not like that kid is doomed for life. Usually, that child has been through something themselves and they just need to be educated as to what the right behaviors are so that they're not playing it out. They're playing out what they saw online or something that happened to them, trying to understand it. They're involving another child, often a younger, less powerful child, and what we need to do is educate the child who's instigating that this is not okay. Here are the rules, this is what we actually expect.

By far, most of these abusers, whether they're adults or minors, are males. I don't want to say that that's the only people we should be concerned about. It's not like you don't have to worry about a female babysitter or a female caregiver. Up to 40% of the boys who are abused had a female perpetrator. It's not like that's unheard of. Forty percent is a big percentage so we do need to just be vigilant and say, "Hey it could be anybody it could even be me." If someone makes a mistake then we need to talk about it.

What are the steps that we can take? Because often parents feel very powerless about this. They feel like it's sort of this random thing that could hit anyone. I don't think so. I think there's actually quite a lot that we can do to be savvy and to really advertise that my family and [10:00] my kids are not your top pick of victim. We will not be easy victims. We'll make your life hard if you choose to target us.

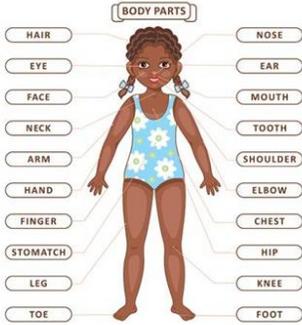
What can we do? The first thing we can do that's protective is to **teach our kids the correct anatomical names for their body parts**. We do this for the most part. We don't have funny names for hand or elbow, and so let's not have funny names for the genitals. Let's give them names, right? It might be a little awkward for us at first to say "vagina," "vulva," "anus," "penis," "scrotum." If we can give all of those terms and make them normal for our kids, that goes a long way. First of all, when our kids use that in their normal language they can just say, you know, "Is my anus clean?" then that caregiver, the person, who is interacting with them knows

that we're a family that doesn't have this shame around the genitals. If we're not carrying that sexual shame, it's something that can be talked about. Clearly, it's been talked about, because our kids have learned the words! Right there we're not good victims. A perpetrator is looking for somebody who doesn't name those parts, someone who would feel uncomfortable talking about those parts. Maybe someone who uses cute words or zero words at all.

Steps we can take

Advertise that your family & your kids are not easy victims

- Teach the correct anatomical names for body parts



The diagram shows a young girl with dark skin and braided hair, wearing a blue and white floral swimsuit. She is standing with her arms at her sides. Lines connect various body parts to labels in rounded rectangular boxes. The labels are arranged in two columns: the left column includes HAIR, EYE, FACE, NECK, ARM, HAND, FINGER, STOMACH, LEG, and TOE; the right column includes NOSE, EAR, MOUTH, TOOTH, SHOULDER, ELBOW, CHEST, HIP, KNEE, and FOOT. A central label at the top reads '(BODY PARTS)'.

Moving beyond that, should anything happen with that perpetrator or with somebody by accident, that child is going to be able to really describe what happens. They have the communication skills, so they'll be able to say to their doctor, to the parent, to a police officer, "He put his penis in my anus," which is really clear. It's not, "He put his penis in my butt," and then you're wondering, "Are we talking about penetration? Or are we talking about hot dog in a bun? What does this child mean? How far did this go?" Just imagine that the worst happened, that this *did happen* with your kid and you were trying to figure it out, and your child didn't have the vocabulary to tell you. That's the worst. That is not what we want, so let's be proactive and give

them the vocabulary. That means that they're off-putting to a perpetrator and, should anything happen, we will really be dialed in. We'll really be able to communicate around exactly what that was, so that we can step in and fix it immediately.

Steps we can take

Advertise that your family & your kids are not easy victims

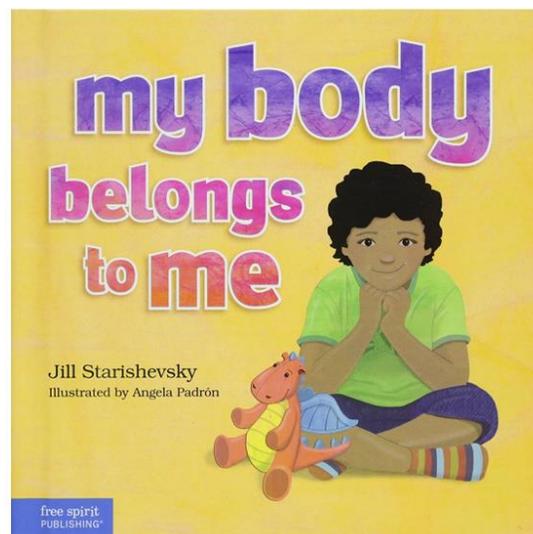
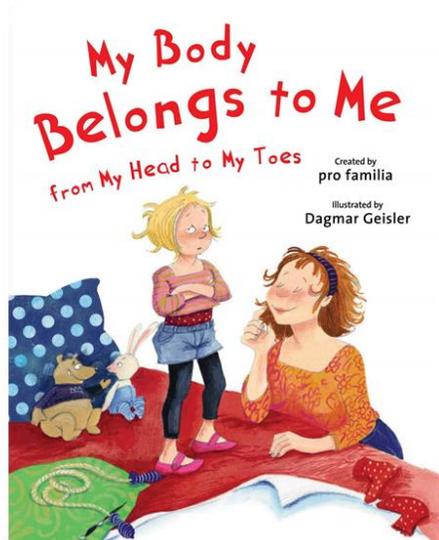
- Teach the correct anatomical names for body parts
- **Teach body autonomy and independence**

Teach body autonomy. Teach them to be independent around their body and their body functions. We're going to do that anyway, right? We all want to potty train our kids, and teaching that autonomy and that independence is, again, protective against child sexual abuse. We can teach rules: Touch should feel good to both people. That means you shouldn't be tolerating touch. You don't like this, it's your body! And nobody else should either, because they have body autonomy as well. If your touch doesn't feel good to them, they absolutely should say No and tell you to stop, and that is right and good.

“Touch should feel good to both people.”



We have some books that you can use to do this. The first one is “My Body Belongs to Me.” This one teaches body autonomy in a very general way. It talks about touching it, not touching it, gives kids scripts. It doesn't go into genitals or private parts, so that's a good starter one. This one was actually written by a prosecutor (I believe she is, or maybe a public defender?). This mom got sick of trying all these sexual abuse cases and finally was like “Dammit, I'm gonna write a book children's book for my kid and all the other kids!” This one really does go into more detail and you can assess where you are in your family. If you feel much more proactive about child sexual abuse, then you might want a book that goes into the detail where it's really talking about private parts. It goes there. It talks about how somebody tried to touch me, and here's what I did, and it was the right thing to do...versus if you don't feel it's such a big concern, if you are uncomfortable presenting your child a book that really goes there, then you can do something lighter. Right? Something that doesn't bring in the genitals, but at least we're teaching body autonomy. You can check that one off the list.



In terms of teaching independence, these are things like helping them being able to take [15:00] care of their own hygiene. If your child can take care of their own toileting, if they can wash their own parts, then we don't need the babysitter or grandma or grandpa or anybody else to do that for them. Their preschool teachers don't have a reason to be touching them. So some of this private parts stuff we might want to save until we've taught that independence, because then it's much clearer. Say, "You're at the point where nobody needs to be touching your private parts." In my family, I've chosen to do that. My daughter is three. She's potty-trained at this point. We can talk about it.

Steps we can take

Advertise that your family & your kids are not easy victims

- Teach the correct anatomical names for body parts
- Teach body autonomy
- **Teach that private parts are private**
 - Different cultures handle this differently!
 - ~~Shame~~
 - Give rules for private parts
 - Teach what to do if the rules get broken

Teaching that private parts are private - that's important to me. It's not important to everyone in every culture. Let me first give that little caveat. My understanding is that the Dutch in the Netherlands actually proactively don't teach that private parts are so private. They kind of allow genital play. They teach rules around it (my understanding, again, I don't speak Dutch so I don't have a primary resource here), but my understanding is that those rules are: everybody has to agree that it's a good idea, that there's no pain, nothing can go in any orifices. According to my source in the Netherlands, once you've respected those three rules they're kind of okay with kids sharing genitals. In fact, they'll allow that doctor play to happen at school or under the supervision

of a caregiver. Here in the States, we often advise parents the opposite - that it's too slippery of a slope, that kids are too young to consent. If you see doctor play, we want you to intervene, and so I'm on that side.

Let me just say that if I met a Dutch family who was here in the United States, and they had those other rules, I would want to talk to them about it, of course, but also I would tell my child to respect their culture. If the other child does doctor play, it's okay with their family, that their values are theirs. We want to check and make sure that everyone has the same rules as us, or at least that we're abiding by the most conservative rules, so that both families feel comfortable and safe with play dates. Different cultures definitely have different rules around private parts, so it's good to check in if you feel there's a reason to.

I definitely don't want to add in any shame around private parts. I don't want to say, "Don't touch them because they're dirty." We can certainly encourage kids to wash their hands, because it's true every single orifice of ours has germs and so there's that, but I don't want to convey that you're somehow bad or wrong for touching your private parts. We do want to give some rules around private parts, and we do want to teach what to do if the rule gets broken. For example, a rule could be: Only a parent a doctor is allowed to touch your private parts and even then they should be asking for your consent before they do so. It really should only be because of hygiene or to help you with an injury. Those are the two really good reasons for a parent or doctor to be looking at or asking to touch your private parts. If somebody does want to see or touch your private parts what should you do? There are lots of options here where you can choose what feels right for your family. We'll get into that in a minute.

Another rule would be: Genital, breasts, and mouths are sacred special places that we don't share with others until we've explored them ourselves and we're ready. Of course, my child

comes back with, "Well, you know, I feel ready!" and I'm like, "No, you have to be at least a teenager to make that choice. So you're not ready yet."



"Genitals, breasts, and mouths are sacred special places we don't share with others until we've explored them ourselves and are ready."

(at least teenagers)

When the rules are broken what can we do? We can certainly encourage our child to say, "Stop!" or "No! This is against the rules. We don't do this." We can certainly tell them about holding

When the rules are broken...



up their ten finger fence. Right? To claim their space and say stop. To do that and say "Stop or I'll tell!" if someone's not listening, and then, of course, we really want them to run, to go tell the teacher if this is at school or go tell your Girl Scout troop leader or your Boy Scout troop leader. If you don't have an adult around, go ahead and dial somebody's cell phone. Call me. Make sure your kid knows your number.

Tell and keep telling

My Safety Network

All children deserve to be safe. This activity allows a child to identify 5 adults who they could ask for help if feeling unsafe. The hand assists children to remember their safe people. The adults should be people the child sees regularly, people they can trust and people who will listen to the child. These 5 adults will help the child to be safe if they are scared, worried, sad or just need help.



The diagram shows a simple line drawing of a right hand with the fingers spread. Each finger has a name written vertically along its length. From the thumb to the pinky, the names are: Grandma, Auntie Emma, Dr. Henry, Miss Tracy, and Mummy.

Activity
Discuss with the child what it means to be safe.
Trace around the child's hand.
Ask the child to identify 5 adults that they can tell anything to and these adults will believe them.
Write the names of these adults on each of the child's fingers.

Extension Activity
Write the name and phone number of the adult onto the child's hand.
Add an image or photos of the adult onto the hand.

FDCAQ supporting Child Protection Week 4 - 10 September 2016

[20:00] How do they tell? Who do they tell? We have to work that out with them. An easy way to do that is to figure out who your **safety network** is. Talk over with them who are five trusted adults that they would feel comfortable telling about a rule getting broken or an uncomfortable situation. That might be mom or dad. It might be grandma. It might be the nanny. It might be their teacher. Ideally, we have somebody for every situation that they might be in. If your child spends a lot of time at the neighbor's house, then ideally the neighbor would be one of the people in their safety network. If they spend a lot of time at church, then they'd have somebody in their church community that they'd be willing to go tell. If that person is not available for any reason, if that person doesn't understand what the child is trying to tell them, doesn't take them seriously, says they're too busy, right, the child can say something really transparent like, "I need to tell you something. It's about my safety." Maybe that will get that adult's attention, but maybe that adult truly is unavailable, in which case they need to try to keep telling. Be persistent. If the first person you try to tell isn't available to listen, go on to the second person. Go on to the third person. Go on to the fourth and the fifth. Tell and keep telling.

And it's okay if in that moment you have to make a lot of noise or fight back or even break something to get attention or run away. If that adult is somebody who is breaking this rule then yeah, it's okay to run away from them. If we can go over this and let kids know that they don't have to be passive, they don't have to go along with this situation, they can actually really try to take control of it in these ways, for these reasons. We can let them know up front if this happens, if this rule gets broken, it is not your fault and *I'll believe you* when you come and tell me. I'll believe you - because, of course, that's exactly what a perpetrator does is tell the kid that it's their fault or that people won't believe them. We can get in there preemptively and say, "No, I know it's not your fault and I will believe you." That gives them encouragement to do all of these things, to fight back, to make ways to stand up for themselves, to shout "No" or "Stop." Then to go ahead and tell their five trusted adults.

Another thing that we can do: I want to share some books that help us teach that private parts are private. This is one that my daughter loves, *An Exceptional Children's Guide to Touch*. This is great for any young kids or any kids with developmental delays. It goes through all the different kinds of touch. What kinds of touch might feel good? What kinds of touch might feel bad? It specifically goes into private parts and does some sexual abuse prevention because kids with special needs or disabilities are actually at a much higher risk of being sexually abused.

Another great book is this one: *My Body What I Say Goes*. This one actually goes through this safety network piece and so it has a lot of elements around feeling safe, feeling unsafe. Going over what would you feel in your body if your intuition was kicking up and you were feeling uncomfortable. What are your early warning signs? Who's in your safety network? Talking about private parts, even talking about secrets. So this one's pretty comprehensive. It's not for the littlest kids. It's kind of dense.

Tell Me About Sex, Grandma is a great one that also gives that rule that sex should not be between adults and kids - that that's always wrong. This is another helpful one to get across that idea that someone might be breaking the rule and then we can talk about what do we do when that rule gets broken.

This last one goes over the idea of secrets. If you have a rule in your family that there are no secrets, they're only surprises, then this book may not be for you. If you don't have that rule in your family, if the word secret is used kind of loosely, then this book goes over what are okay secrets and what are the secrets that we should tell, what are the secrets that shouldn't stay secret.

Those are all helpful books, and you will have a link to my books list under this video, so you don't have to be writing all of these down. You can just click on that link and it will take you [25:00] right to the list which is divided up in age-appropriate categories. If your child has developmental delays then you might want to go to the category that you think is about where their cognitive level is. Generally speaking, you can say, "I have a ten-year-old" and go to the books list to choose from those. If you want to back it up and get some of these for the younger kids then you can look at those sections too.

More steps we can take: we can broadcast that we are a family with rules. Right? Not just that we're a family that talks, but a family with rules. What are those rules? They could be we have no secrets in our family. We're okay with surprises. We can keep quiet about what the gift is until the gift is given. We can keep quiet about the party and the party happens, but we don't have secrets that we keep from mom and dad. We don't, in our family, keep things from each other. That's not allowed. There are no secrets. We could broadcast that one and tell our friends, tell our other family members, maybe our extended family members, that if they ask our child to keep a secret, what our child should say, what we hope they'll say, what they will say is that there are

no secrets in our family. Again, *protective* because an abuser will always ask that child to keep a secret. If that child responds there are no secrets in my family your child is not a good victim. Hopefully, they'll move on.

Tell relatives that you are teaching consent. That means that your child does not need to or have to hug or kiss goodbye. They can choose to fist-bump. They can choose. They can still acknowledge that they're saying goodbye to a loved one and a family member, but they do not owe any kind of affection. That's an important rule because, again, a perpetrator might very well push boundaries in that way: "Hey, come here and give me a hug. Come here and give me a kiss." Right? This is someone known and trusted by the family. That familiarity might be totally appropriate, and we don't want to overrule the child's No. If the child doesn't feel comfortable

Broadcast that you're a family with rules

- Inform your friends that there are no secrets in your family, just surprises.
- Tell relatives that you're teaching consent at home, so Jaimie doesn't have to hug or kiss goodbye.
- Explain the rules to the babysitter: seeing and touching private parts is not allowed. If they see that kind of play, the rule is to be restated and the children redirected.

hugging and kissing, we don't want to teach them that they owe anybody that kind of affection just because of the proximity, just because of their relationship to the family.

Explain the rules to anybody who's coming into your home. For example, a babysitter. If they know that in your household seeing and touching private parts is not allowed, then you're

asking them to enforce that rule as part of taking care of the kids while you're gone. You can tell them that if they see that kind of play, the rule is to be restated and the children are to be redirected. If I was to walk in on doctor play, I'd say something like, "Oh wait! That breaks the rule. We're not supposed to see or touch private parts, so let's go ahead and put back on our clothes." Or "Let's take our hands off our pants," or whatever. "Let's see whatever was going on and come wash up for a snack." Redirect them into the next thing. Restate the rule and move on. Now by telling the babysitter that, you're letting them know that if they are possibly targeting your child, that this will be talked about because there is this rule in your family. So again, for the little boys who are being abused by female perpetrators, often that was the babysitter. It could also be a male caregiver, a neighbor, a father, or stepfather, or whomever. So if we have this rule, again, it makes our child less good of a victim.

We can even do this step: This is very easy, put up a body boundaries flyer or a poster in your bedroom, or your child's bedroom, or their bathroom so that, again, we're advertising to other people who come into our home that this is something we have rules around. It's something we're aware of and something that we talk about. Here's one example, and you'll have a whole bunch of examples linked below for you. Of course, can make your own, but I want this to be easy for you, so you can go ahead and click around, check out the ones that I've listed there for you and see if one of them feels right and would be something you're okay with posting in your home. It's also something that you can point out to your child whenever you're having the talk.

We can also teach our kids some **warning signs**. What are the kinds of things that might stick out as "this is not good," or "this is somebody who might be abusive," or "this relationship is heading the wrong direction." Right? What are the things that they can be looking for or aware of, that these are the warning signs? Examples of warning signs would be someone [30:00] that your intuition perks up and tells you "this is not safe." I was telling you about this book that goes through the body parts. This one that goes over early warning signs, maybe I can even find that page.

Here's this one. It's great so it goes over what are all the different ways your body might be telling you that you're feeling nervous or upset. Things like goosebumps or sweaty palms or wobbly legs are listed on this little diagram, so I really like this one. If you are having a physical reaction if your body is telling you that this is no good, this is not somebody who I trust and want to be around . . . listen to that! That's valuable information. You have that feeling for a reason. Don't trust somebody who doesn't respect you: if you tell them not to do something and then they keep pushing your boundaries. That's somebody that you might not want to be alone with. Let your trusted adult know, "this person doesn't listen when I say No." Anyone who accidentally touches your private parts, that's also something that perpetrators will often do. To kind of push the boundaries and see what happens. So if this kid hits back and says, "Don't touch my penis!" that's a kid who is not as good of a victim as another kid who's sort of shrinks or does nothing.

Be aware of anybody who asks you to keep secret. Maybe you can roleplay that with your child, what can they say in response. They could say, "my family doesn't keep secrets." Anyone who wants to show you private parts or pornography, anyone who says that you have a special relationship, that they can only trust you or talk with you - that's BS! Adults trust and talk with other adults if they have problems. We have hotlines, there are lots of ways to support people. They do not need to target a child and put that special attention on the child and make the child responsible in that way. That's a big red flag.

Steps we can take

Advertise that your family & your kids are not easy victims

- Teach the correct anatomical names for body parts
- Teach body autonomy
- Teach that private parts are private
- Broadcast that you're a family with rules
- Teach kids the warning signs
- Explain about sex and warn about porn *early* (5)

Another one I want to bring up that's near and dear to my heart is explaining about sex and warning about pornography early. There are lots of us who put it off. Lots of parents don't feel that they need to have this conversation until their kids are older. I'm standing here telling you the ideal age to start talking about this is *five*. That's young. I know that's early. It's also going to go over very well: your five-year-old doesn't have any hang-ups around this and so they're not going to be all awkward about it. It's just you having another conversation with them about something they don't understand yet. You reading a book with them that you haven't read yet. It's just a new topic and after their attention span is done, after you've had the conversation they just go off and play Legos again. It's easier on us parents and it's protective! A kid who knows about sex and knows that it's not for kids is a child who is less able to be taken advantage of by abusers. We're starting to have those conversations earlier. Imagine you waited until they were eight or nine or ten. That means that there are three, four, five more years in which they're in the dark, in which

there could be some kind of encounter that they really don't understand and they don't nix because they don't have the boundaries around it.

If you're going to embark on this conversation because you haven't had it yet, my recommendations are to be very deliberate about it. Give your child some warning if you think that they might have any anxiety about it. Choose a time and a place that's private. Think about who you want to have there. If you have siblings close in age, maybe you do this with everyone. If you want to make sure Papa or grandma - or whomever their go-to person is - is also there...great! That automatically includes them in the conversation. Make sure we have plenty of time so we're not rushed and we don't have to quiet any questions or leave a conversation unfinished.

Of course, my biggest recommendation is to not wing it on your own. Use a book! There are lots of great books out there. These authors and publishers have agonized over exactly what goes into this book. The illustrators have worked so hard [35:00] to convey this in a way that's kid-friendly, in a way that parents feel comfortable with.



My top recommendation is the Roby Harris series. This one *It's NOT the Stork* is for ages 4 and up, so I'm not kidding when I say age 5 is the ideal. Here's a book for age 4! You can totally do this! In fact, she even has an earlier one this one is called *Who has What?* and it helps them with teaching the anatomical terms. If you just buy into the Roby Harris series, you're not going to go wrong. Then ages 7 and up, there's *It's So Amazing*. I'm following the cue here. It says for ages and 7 up right here in the corner. This one, *It's Perfectly Normal* says for ages 10 and up. This one goes more into puberty. That's a fantastic series that you can take advantage of because you flip through, you see if it feels right for your family, if you're okay with it, and all you do is sit down together and read the book together.

If you're not okay with those, then try these. These are also favorites of mine. My daughter loves *What Makes a Baby*. This one doesn't go into penises and vaginas and penetration. It really is more of the story of sperm and egg and the baby developing. It's a great start. This one is the one that goes more into puberty. This is *Sex is a Funny Word*. It gets into more around sexual



identity, and as you can see from the art, it's gender neutral and racially neutral and all those things, so it's really a fantastic resource!

Now you have the opportunity, in this conversation, to let them know that sex feels good. Sometimes kids will kind of look at each other and be like, “Wait! You had to do this three times?!” because they're counting that there are three kids in the family, and the parents play martyrs and

Explain that sex also feels good...*to adults!*

Give them the sense that sex is *good*...

...before they learn about all the ways it's misused.

be like, “Oh, yes, we did. Thank goodness that's all done! We're not having any more babies!” They kind of enjoy that their kids are repelled by sex, as they should be, because sex is not for kids. First of all, if you're starting early enough, the kids are not grossed out by the idea of sex. If you have older kids, they will be, and then you can reinforce that and say, “Sex is not for you. It's

not the right thing at your age. That's for adults. It feels good to an *adult* body. It's a beautiful way for two adults to bond and feel closer together.” We can let them know that sex is *good* and that also helps in case they ever walk in on us. Right? Heaven forbid! If we can give them that foundation, that's better than if they find out about sex because of all the ways it's misused. In my family, I learned about sexual abuse before I learned about sex because that was just the order of events. I'm recommending the opposite to you. If we can be sex-positive and let them know that sex feels good, and that's why somebody might try to initiate sex with you, but it's a mistake. Sex with a child is always against the rules. At least there's that understanding as to why sex is in the media. Why there is pornography. Why somebody might abuse a child.

We certainly also want to create a boundary around talking with their friends, because once you tell your child where babies come from and what sex is, then they might be inclined to spread the information. We want to prevent the “sexpert” - that means letting your child know that

Create a rule for talking with friends

Don't let your child be the “sexpert”



this is a big conversation to have, that each child should have with *their parents*. It is not your job to answer your friend's questions. If they don't know about this yet, that's okay! Their parents will tell them and they'll sit down with a book and do it just like this, when they're ready. It's *not your job* to answer those questions for them or to tell them all about it.

Now, will this always get followed? No. The younger your child is the less impulse control they have. They may very well spill the beans, and we know that kids are not great explainers of this kind of nuanced information. That's another reason to explain it early, because you want to be your child's *first* sex educator. You want them to hear it from *you* first and not from their peers. As soon as any family in your community is telling their kids about sex, it's time for you to also, because your child might start learning about it at school or on the playground from their peers. We can be proactive. We can tell them it is not your job to explain this. Every child should learn about sex from their mama or papa, from their family, in just the way that you did. This is a big talk to have with your mom and dad.

[40:00] Lastly this is also an opportunity to start talking about pornography. Five is not too young. There are kids who are getting exposed to porn very young because, unfortunately, the producers of porn the industry knows it's in their best interest to be reaching kids. They're doing that targeted advertising and they're putting porn in kids paths. It's kind of like cigarettes. If the porn industry can reach kids younger, they're more likely to turn them into users. A kid who knows nothing will click on the link or click on the picture and be curious, trying to figure out what the heck's going on. Then clicky clicky clicky...there they go down the rabbit hole, and now suddenly they've seen a lot. Right? A kid who's been warned against pornography may understand what they're looking at much sooner and pull back and realize, "Oh! That's something about sex and private parts - that's not for kids."

Create rules for pornography



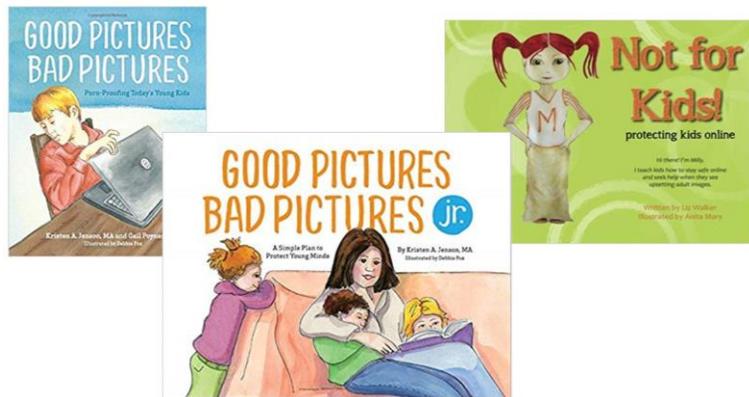
We can create rules around pornography: There are pictures and videos of people doing everything that people do, and now that you know about sex, know that there are pictures and videos of people doing that. Just like private parts are private, any videos or movies about private parts are private, and so that's not for you. Just like sex is for adults, those videos and those movies are also for adults.

I have a whole webinar on talking to kids about pornography, but briefly we can forewarn them that it's not for them. They wouldn't enjoy watching it, and we're making these rules, not to keep something away from them, but so that they don't have the feeling that they've seen something they didn't want to see. You can actually ask that question: "Have you ever seen anything you didn't want to see?" Find out because probably every kid has an answer to that, something that was their least favorite thing that they were exposed to and that they saw. Then you can say, "Yeah, you know these kinds of pictures or movies, pornography, it would be like

that for you, I think.” We can let them know that this is protective, not that we were stealing something away from them or keeping them from something interesting.

There are books...is it sad or wonderful (or both?) that there's children's literature about pornography? I don't know. Mixed feelings here. This is one I've actually done with my child: *Not for Kids!* It's a little rhyming book, you know, it's got little kiddie pictures in it going through a little

scenario in which a girl was exposed to pornography and she tells and she feels better. Another one *Is Good Pictures Bad Pictures, Jr.* This one doesn't rhyme but it's also really simple. This is for the younger kids. Here's the older



version of *Good Pictures Versus Bad Pictures*. This one was published first, but it's for the older kids and so this one really goes through what's going on in the brain. This is a fantastic resource, meant to be a read aloud or a side-by-side reading between the parent and the child going through all the stuff they might need to know about what porn can do to your brain and why it's better to wait. Wait until you're 18 to watch pornography, not right now.

We've already gone over a few other things, but I'll add them in here since they are protective. Explaining about arousal mom-concordance really does help older kids understand that just because they had a genital response to something doesn't mean that they liked it or that they consented to it or that it's good for them. Again, we want to protect them from those abusers. If an abuser were to say, "I can tell you liked it. I can tell from your genitals that you liked it," then our child would have some foundation there. They would be able to say "No, genital response doesn't count. That's not the same thing as consent. I know that I didn't like it. My feelings are more important than what my genitals do. It doesn't matter if I orgasm. It doesn't matter if I got a

hard-on. It doesn't matter if I got wet. None of those things are relevant. Genitals do what they do because it was a sexual situation. I did not like that. I do not consent to this. This is not okay.” We're not letting them get tricked or manipulated in that way.

Steps we can take

Advertise that your family & your kids are not easy victims

- Teach the correct anatomical names for body parts
- Teach body autonomy
- Teach that private parts are private
- Broadcast that you're a family with rules
- Teach kids the warning signs
- Explain about sex and warn about porn *early* (5)
- Explain arousal non-concordance

We've already talked about exit strategies, but this is a great place to bring it up again. If anyone tries to have sex with a child or see or show private parts what do they do? What's your exit strategy out of that situation? That was yelling “Stop, stop or I'll tell!” and then going and talking to one of your five trusted adults in your safety network. An exit strategy around pornography might very well be to push it away, close the laptop, push away the phone whatever the source is. If it's your friend who is the source, it may very well be something like shrugging it off and looking away and saying, “That's boring. I'm not interested in that. Here's something really cool-” so diverting their attention and distracting them. Something more around nudes and sexting, we might be blocking that user or turning off that account or reporting it. We've done some work already talking about exit strategies, and that's also going to be very helpful around preventing child sexual abuse because we're limiting their exposure. Hopefully, if anybody does

start to reach out to your child in any of those ways your child will then have something they can do to get themselves out of that situation.

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- Explain arousal non-concordance
- Give kids exit strategies

[45:00] I have just talked at you a lot, and so you have a bit of a To-Do list. Assess where you are. How much of this have you already done because you're proactive and aware and you already knew? How much of this is new information? Maybe you didn't know about this, you haven't been doing it all along. Figure out where you are and what you think your next step might be. You can also do the very easy actions of printing out a body boundaries poster and putting that up somewhere in your house and ordering some books. That's fairly simple. Click on the books lists see which ones you're interested in.

A stretch would be - in the next couple weeks go ahead and dive in with that list. Whatever it is you haven't done yet, that I just outlined, give it a try if you feel ready. If you don't feel ready send me your questions. We'll address them in the Q&A. If you feel ready, go ahead and dive into that conversation. Go ahead and read that book when it comes in the mail. "Hey take a look! I've just got this awesome book! Let's read it together!" Go ahead and give it a try and see how it goes

with your kids, and of course let us know. We want to hear all about your successes and if there are bumps in the road we want to support you with those as well. Tell us about it in the Facebook group, log on to the Q&A call, tell us about it there, let us know how we can support you or if any of this needs more clarification. Let me know what doesn't feel right to you, if it doesn't feel doable and what does, what you tried and how it goes.

Alright my lovelies, thank you so much for participating in the Boundaries and Consent Bootcamp! I hope it was all the things that you were hoping for! If I didn't do something that you were hoping for, do let me know because I'd like to include that in the Q&A at least, and perhaps I'll add on a Module 7 if it turns out there's a big gap and there are whole bunch of things I really should have addressed. Please communicate with me. It's been a joy I've loved making you these videos and I'll see you on the Q&A call. Have a great day!