

What is Trauma?

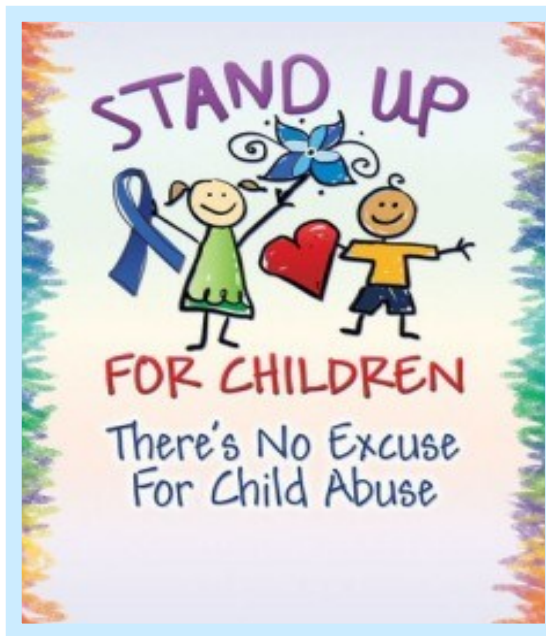
Trauma is a stressful event or experience. It often involves a sense of extreme fear, panic and helplessness.

Trauma in children can result from witnessing or experiencing:

- Physical or sexual violence
- Emotional/ physical abuse
- Neglect
- Divorce of parents
- Substance abuse
- Sudden death of a loved one
- Untreated mental illness
- Natural disasters
- Car accidents
- War

Children Who Experience Trauma May...

- Become more hyperactive
- Become more impulsive
- Become anxious
- Become aggressive
- Become withdrawn
- Have sleep problems
- Have mood swings
- Experience a change in eating habits



**CENTER FOR
A NON VIOLENT
COMMUNITY**

Renewing Lives...Restoring Futures

**542 W. Stockton Street
Sonora CA 95370**

**Crisis Line: (209) 533-3401
Office Phone: (209) 588-9305
Fax: (209) 588-9272**

Website: www.nonviolentcommunity.org

**CNVC is able to provide prevention services to
Tuolumne County in-part as a result of support from
Tuolumne County Birth Certificate Funds.
November 2019**

Keeping Kids Safe



Talking to kids
about tough topics.



Understanding Children's Sexual Behaviors

What ARE Safe and Healthy sexual behaviors?

- Having questions and expressing knowledge relating to:
 - ◊ Differences in gender, private body parts
 - ◊ Hygiene and toileting
 - ◊ Pregnancy and birth
- Exploring own genitals—can experience pleasure
- Showing and looking at private body parts
- Experimenting with same-age and same gender children, often during games or role-playing

When are sexual behaviors NOT Safe and Healthy?

- Having knowledge of specific sexual acts or explicit sexual language
- Engaging in adult-like sexual contact with other children
- Behaving sexually in a public place or through use of phone or internet
- Sexual Interest directed toward much younger children

Simple steps to teach children how to stay safe



Tell The Child:

“Your Body Belongs to You”

No one has the right to touch or see your private parts unless it's to keep you clean or healthy.

3 Safety Steps



Say NO!



Run Away



Tell Someone

What Adults Can Do

- **Help the child feel safe**
When children receive loving care they are more likely to feel safe and secure with the adults who take care of them.
- **Talk to the child**
 - ◊ Help them understand why they feel and behave a certain way in different situations.
 - ◊ Calmly listen to the child and answer questions.
 - ◊ Try to be comforting and supportive, avoid shaming.
- **Don't be afraid to talk about a traumatic event.**
 - ◊ Remain calm, and tell the child they did the right thing by coming to you.
 - ◊ The child will need to hear that you believe them (even if it is hard for you to accept)
 - ◊ Assure the child that you will do everything possible to keep them safe
- **Don't go it alone**
Do the best you can and get help.
Call: Center For A Non Violent Community Crisis Line: 1-800-454-4766 or visit our website:
www.nonviolentcommunity.org
Or www.stopitnow.org



atural Exploration may result in embarrassment for the child, but should not leave a child with deep feelings of anger, shame, fear, or anxiety.