

# Green Bear Guidelines

## Personal Safety—Over 11 Years

### Age Specific Ways to Teach Children about Abuse



#### Statistics Regarding Abuse in Older Children

- Twenty-eight percent of U.S. youth ages 14 to 17 have been sexually victimized.
- Children are most vulnerable to sexual abuse between the ages of 7 and 13.
- A child who is the victim of prolonged sexual abuse usually develops low self-esteem, a feeling of worthlessness and an abnormal or distorted view of sex. The child may become withdrawn and mistrustful of adults, and can become suicidal.

*National Center for Victims of Crime*

#### Twelve to Thirteen Years

- As children start to participate in extracurricular activities ask questions regarding activities as well as sponsors.
- Request background checks be performed on all volunteers who have contact with your child.
- Discuss personal safety and sexual conduct behaviors that are both appropriate and inappropriate.
- Educate your child regarding online dangers and give clear rules and boundaries.
- Continue to maintain good family boundaries, including demonstrating and defining appropriate touches.
- Discuss with your child inappropriate sexual expression with other children, as well as adults.

#### Fourteen to Seventeen Years

- Talk with your child openly about sexual behavior and peer pressure. Enforce appropriate behaviors and boundaries.
- Discuss drug facilitated sexual assaults and prevention safety measures that should be taken.
- Inform your child of sexually transmitted diseases and how to prevent them.
- Discuss the prevention of unwanted pregnancies.
- If given the responsibility of caring for younger children, address clear rules to follow regarding personal safety.
- Be alert to adults who encourage teens to violate family rules and behavioral norms (i. e. drinking alcohol, taking illegal drugs, inappropriate entertainment).