PreventEd: Sexual Abuse
3rd Grade

Attention Parents and Caregivers:

Today your child participated in a body safety program presented by the Center for Prevention of Abuse. This school-based program focuses on the prevention and awareness of childhood sexual and physical abuse.

Erin’s Law: On January 24, 2013, former Governor Pat Quinn signed into law “Erin’s Law,” which requires all Illinois schools to provide age-appropriate child sexual abuse prevention education for students K–12th, annually. To find out more, go to www.erinslaw.org.

Helping all people live free from violence and abuse.

If you have any questions or concerns, please contact the Center for Prevention of Abuse at:

Main Line: 309.691.0551
24/7 Crisis Hotline: 1.800.559.SAFE (7233)
Website: www.centerforpreventionofabuse.org

According to the FBI:

• The median age for reported child sexual abuse is nine years old (Darkness to Light; www.d2l.org)
• One in four girls and one in six boys experience sexual abuse before their 18th birthday in the United States

Because the average age for reported child abuse is around the third grade level, today’s lesson focused on the three types of child abuse.

• Physical Abuse: An adult or older minor hurts a child’s body on purpose repeatedly leaving marks such as bruises, welts, burn marks, broken bones, black eyes, etc.
• Sexual Abuse: An adult or older minor touches the child in the private parts of their body, asks the child to touch their private parts, or shows the child pictures or videos of sexual images.
• Neglect: The failure to meet a child’s basic physical and emotional needs. These include housing, food, clothing, education, and access to medical care.

The key to preventing and/or stopping abuse is reporting it to a trusted adult who will believe the child and take action. It is important that the child knows that abuse should not be kept a secret.

• Talk about what to do if someone tries touching your child inappropriately
• Teach your child to tell a trusted adult right away
• Be approachable and listen to your child if they have concerns
• Reassure your child that abuse is never their fault

Please turn this page over to review with your child what they learned today.
How do we stay safe?

Relationship Circles

Four Body Safety Rules

1. Say “No”
Say this in a strong, “this is important” voice

2. Get Away
To a safe space where others can help

3. Tell Someone
A safe, trusted adult

4. Be Believed
Keep telling trusted adults until someone helps you

The Private Body Parts Rule

No one is allowed to look at or touch your private areas, unless they are helping you stay healthy and clean (like parents and the doctor). No one is allowed to ask YOU to look at or touch them in their private areas.

The Always Ask First Rule

Always ask a parent or person in charge first before going somewhere, doing something, or accepting something from someone.

Start by choosing 5–8 people with whom you have a relationship. Write those names in the different sections. Those you have a good relationship with will be closer to the “ME” in the middle. Those who you may not have the closest relationship with may be further out from the center.

1. What do you notice about your drawing?
2. Is everyone where you want them to be?
3. Is there anyone you would want closer or farther away?
4. What if everyone is far away? Close?
5. Do you want it to look this way forever? What would you change?
6. What are the boundaries you have set for those close? Far?

You can do this activity in the future to see if things have changed with your boundaries and relationships.

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