



*The Empowerment Center*

# 6 TIPS TO KEEP KIDS SAFE DURING THE HOLIDAYS!

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**Visiting family & friends with kids in tow? Here are a few ways to increase awareness and prevent harm during the holidays and all year round.**

## **START AT HOME**

Talk to your children about using body part names as appropriate, even when others are uncomfortable.

## **RIGHT TO REFUSE**

Remind your child they have the right to refuse any unwanted touch or emotional labor.

## **DO AWAY WITH "GOOD TOUCH BAD TOUCH"**

Try "No SECRET touch". "Good" and "Bad" have too many meanings. Instead, NO ONE touches in secret, including secret games with other children. Ask your child to tell you right away if this happens.

## **NO SECRETS, ONLY SURPRISES!**

Remind your child that you are a family that does not keep secrets. Secrets come from fear and can feel comfortable, but surprises are kept only for a short time. Give your child permission to share secrets.

## **BOUNDARIES, UNAPOLOGETICALLY!**

Navigating family can be hard, especially when your childrearing may be different. Stay strong. Your practice to hold onto your own boundaries reinforces your child's safety and ability to navigate theirs.

## **PRACTICE WITH SAFE PEOPLE!**

Setting boundaries with family and friends when it comes to keeping kids safe may be tough. Scripting may help. Practice in the mirror or with a safe adult to gain confidence in that boundary muscle.