

MNCASA's Ten Ways Parents Can Prevent Sexual Violence

- 1) Have a child headed for daycare? Check out the "Nine Questions Parents Need to Ask When Selecting a Program for their Child" at Stop It Now!
www.stopitnow.org/ohc-content/tip-sheet-1
- 2) Have a son or daughter in the midst of a college search? Check out the SAFER website for helpful questions about sexual violence prevention on campus.
www.safercampus.org
- 3) Take the "birds and the bees" talk to the next level. Talk to your son or daughter about sex *and* healthy relationships. You can find printable talking points at Stop It Now! and age-appropriate conversation tips at the Jacob Wetterling Resource Center.
www.stopitnow.org/help-guidance/online-help-center/childrens-behaviors
<http://www.gundersenhealth.org/ncptc/jacob-wetterling-resource-center>
- 4) Use movies and television shows to talk about healthy and unhealthy boundaries. Talk about how boys and girls are depicted and point out appropriate and inappropriate ways of interacting.
- 5) Be a caring adult in the lives of your children's friends. Get to know them and let them know you'll be a sounding board for them if they need to talk. It's important for kids to have other adults in their lives that they can trust.
- 6) Contact your local sexual assault resources program and ask them how you and/or a group of your colleagues could help them in their prevention efforts. Ask them for information about response and prevention to display around your workplace or neighborhood.
- 7) Ask your representatives to support violence prevention legislation.
www.leg.state.mn.us/ Click on Who Represents Me?
- 8) Ask your representatives for increased state and federal funding for rape crisis centers and sexual violence prevention.

- 9) Check out the Advocates for Youth Suggested Reading List, where you can find parenting tips for effectively communicating with your kids.

www.advocatesforyouth.org/publications/1231-suggested-reading-list

- 10) Check out Search Institute's 40 Developmental Assets to explore the building blocks of healthy development.

www.search-institute.org/content/40-developmental-assets-adolescents-ages-12-18

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