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February 2013

## Stewards of Children® Participants...Never Stop Learning!

*You are receiving this email because you have attended a Stewards of Children training with Chaucie's Place. We want to continue to provide helpful information, tips, stories in the news, trainings, and other valuable resources to expand your awareness and strengthen your role as a steward of children. Without ongoing education and dialogue in our community, it is impossible to move forward and end this epidemic.*

### **Suggested reading when talking to your children about sexual abuse**

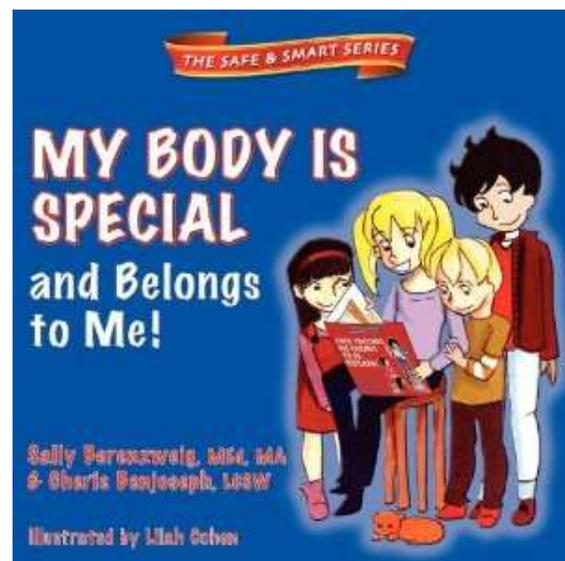
We are excited to have started the new year with new Stewards of Children trainings for community members and organizations. Many times participants want more information on how to have ongoing conversations with children about sexual abuse, so this month we will share some children's books that may be helpful to use when having those conversations with children.

### **My Body Is Special and Belongs to Me!**

This book covers seven areas that are important when talking with your children about sexual abuse:

1. Teaches that your body belongs to you
2. Explains the difference between a safe and unsafe touch
3. Talks about setting boundaries
4. Teaches to say "NO!" to any unwanted touches
5. Outlines situations when it is ok for someone to touch in a private area
6. Explains that it can never ever be their fault
7. Explains the importance of telling a grown-up and to never keep it a secret

This book does a good job explaining the key points listed above, and it includes a section in the back for parents with additional information on how to continue the conversation with their children.

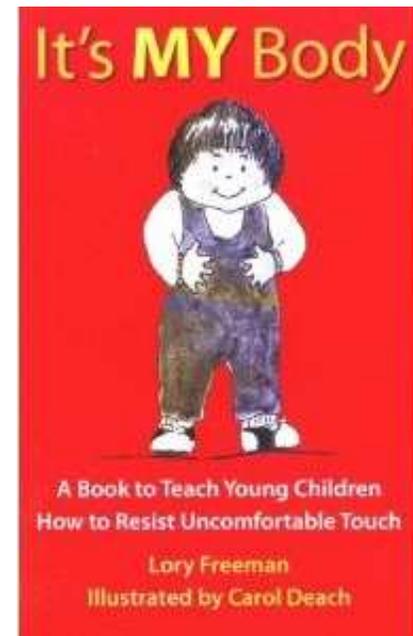


## ***It's My Body***

This book is more of an introduction to teaching children about sexual abuse. The story uses very simple words and descriptions and teaches:

1. Your body is special and just for you
2. The importance of setting boundaries
3. It is ok to say "Don't touch me!" and practice saying it out loud

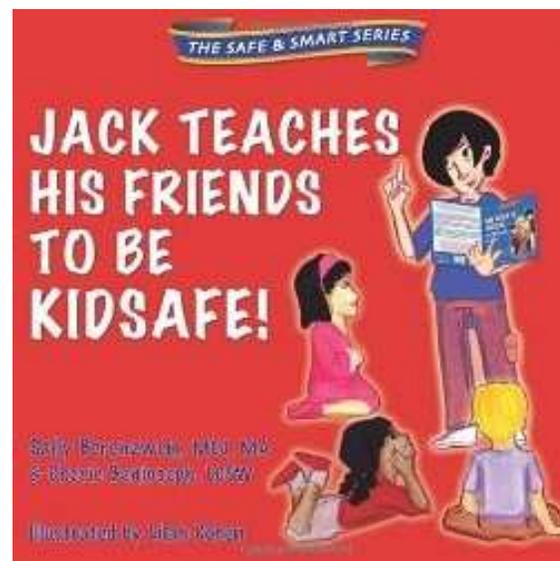
The book does not go into as much detail as "My Body Is Special and Belongs to Me!". We would recommend including other books, tools and conversations, in addition to this book because of the simplicity of the message.



## ***Jack Teaches His Friends To Be Safe!***

This book teaches body safety a little differently. The story outlines seven rules that are not necessarily sexual abuse specific, but it still has an important message that teaches:

1. To always stay close to a trusted adult
2. To check first with an adult before going somewhere or doing something on your own
3. To take five steps back if there is an unknown adult nearby when you're outside or walking to school
4. The difference between safe and unsafe touches
5. To always report any unwanted touches to an adult
6. To listen to your "safety voice" that tells you when something is not ok or would not be a good decision
7. To identify who your circle of safe adults are in case you need someone to go to for help



This book was written by the same author of "My Body Is Special and Belongs to Me!" and also includes a parent section in the back. Because this book does not just focus on sexual abuse and refers to strangers we do not recommend using only this book when teaching your children about sexual abuse.

## Key Points When Talking to Children About Sexual Abuse

When talking with your children about sexual abuse we recommend using the following key messages:

1. Your body belongs to you and no one else
2. You have the right to say "NO!" to any unwanted touches, even if it is to someone you know, love and trust
3. Identify the proper names of the private parts of the body
4. Tell an adult if someone touches you or if someone makes you touch them
5. It can never, ever be your fault

For additional book suggestions visit [www.amazon.com](http://www.amazon.com).

*Please forward to your friends, family and colleagues!*

### Stewards of Children Training Schedule:

**February 11, 2013**

5:30pm - 8:00pm

Carmel Clay Public Library  
55 4th Ave. SE  
Carmel, IN 46032

\$15 per person

To register:

<http://chauciesplace.org/february-stewards-of-children-registration>

**March 13, 2013**

5:30pm - 8:00pm

Westfield City Services Building  
Main Level Media Room  
2607 E 171st St.  
Westfield, IN 46074

\$15 per person

To register:

<http://chauciesplace.org/stewards-of-children-registration>

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## About Chaucie's Place

Chaucie's Place works passionately to ensure the welfare of children by offering evidence-based; high-quality prevention programs to end the cycle of abuse and to empower children and adults to ensure that children of central Indiana have the opportunity to live to their highest potential. Additionally, the center provides a neutral, child-focused environment where forensic interviews may take place for cases of alleged child sexual and physical abuse and neglect to help reduce trauma for child victims.

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