

KEEPING KIDS SAFE DURING THE HOLIDAYS



1. GUIDELINES FOR CHILDREN

Anywhere between 40% - 70% of children are sexually abused by a peer. **With kids of different ages around, set simple, consistent rules to keep everyone safe.**

This can include: keeping doors open, making sure sleeping arrangements are appropriate, providing adult supervision or regular check-ins when kids are away from the main group, and setting clear guidelines for what kinds of games or conversations are okay.



2. DON'T FORCE AFFECTION OR TIME TOGETHER

Over 90% of children are abused by someone they know. Families often expect children to show affection to loved ones, but your child should never HAVE to hug or touch anyone if they don't want to. Offer alternatives like a high-five or wave, and respond with respect if they need a break or space from certain family members.



3. DEVICE RESTRICTIONS

The average age for a child to get a phone is about 11. At family gatherings, children may be different ages and families may have varying rules around device use.

Best practice for keeping children safe online is to keep devices out of bathrooms and bedrooms and encourage activities in shared spaces where devices stay in a common area. Encourage your child to speak with you if they see anything concerning from a device.



4. OPPORTUNITIES TO TALK

70% of child sexual abuse happens within a home. **Give your child a chance to talk openly before and after family gatherings.** Before the event, review boundaries and expectations, like #1-#3, talk about basic body safety (themamabeareffect.org), and remind them that they can share anything without getting in trouble. Afterward, ask open-ended questions and let your child describe their experiences and interactions in their own words.