



Get Away and Tell Someone

It is okay to leave a situation if you feel unsafe or uncomfortable. This includes in-person contact, social media, texting, or talking on the phone. From an early age, you want to make sure your child understands relationship boundaries and knows how to recognize and leave unsafe situations. Have ongoing, developmentally appropriate conversations with your child about boundaries so they understand what is okay and what isn't and how to get away and tell someone when needed.

WHAT MY CHILD NEEDS TO KNOW

1. If someone makes you uncomfortable or you think they want to touch you in a way you don't want them to, you should leave the situation and tell an adult.
2. It is always okay to say STOP and to leave a situation (i.e., walk out of the room, get off the phone, exit their social media account) if you feel uncomfortable.
3. You can say "yes" to one thing, and "no" to another. Your "no" must be respected. Just because you said "yes" to one thing, doesn't mean you say "yes" to everything.
4. It is never your fault if someone makes you uncomfortable or violates



TIPS FOR TEACHING YOUR CHILD ABOUT GET AWAY AND TELL SOMEONE

1. Talk to your child calmly and in a way that reassures them. Let them know you want to help if something happens.
2. Practice setting boundaries and self-advocacy. Help your child become comfortable saying statements like, "No" or "My body belongs to me."
3. Use role-play with your child to practice ways they can stop or leave a situation they find unsafe or uncomfortable. Teach statements like "I need to go home now" or "Stop! You are making me uncomfortable."
4. Teach your child strategies to leave an unsafe situation. If your child has mobility challenges or is non-verbal, they may need to use physical force or make noise to leave a situation. This could include pushing someone away from them or screaming to alert others.

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What my child needs to know continued...

your physical boundaries. It is also not your fault if you can't leave the situation. If something like this happens, it can be normal to be nervous about telling someone. As your parent, I will not be mad at you, and you can always tell me.

5. It is very important to tell a trusted adult if something happens. You can always tell me. You can also tell other adults, such as _____.
6. If you tell someone and they don't believe you, tell other trusted adults until someone says they believe you.
7. Don't worry about getting the other person in trouble by telling a trusted adult. They made a bad choice and that is not your fault. Adults need to know what happened so they can keep you safe and help keep others safe.

Tips for teaching your child about get away and tell someone continued...

5. Create social stories that show what to do in different scenarios. Read the stories with your child and talk about them. Have your child indicate if the scenario is safe or unsafe.
6. Be alert to non-verbal cues your child may be giving (i.e., not wanting to be around a certain person) and talk to them about what you are seeing.
7. Talk with your child about the trusted adults in their lives. You can write down names, draw pictures, or look at pictures on your phone or photographs to help with this discussion.