

realize. It may be preventable if children have good preparation. *To provide protection and preparation:*

- Pay careful attention to who is around children. (Unwanted touch may come from someone liked and trusted.)
- Back up a child's right to say no.
- Encourage communication by taking seriously what children say.
- Take a second look at signals of potential danger.
- Refuse to leave children in the company of those who are not trusted.
- Include information about sexual assault when teaching about safety.
- Provide specific definitions and examples of sexual assault.
- Remind children that even “nice” people sometimes do mean things.
- Urge children to tell about *anybody* who causes them to be uncomfortable.
- Prepare children to deal with bribes, threats, and possible physical force.
- Virtually eliminate secrets between children and parents.
- Teach children how to say no, ask for help, and control who touches them and how.
- Model self-protective and limit-setting behavior for children.

If it ever becomes necessary to help a child recover from a sexual assault:

- Listen carefully to understand the child.
- Support the child for telling through praise, belief, sympathy, and