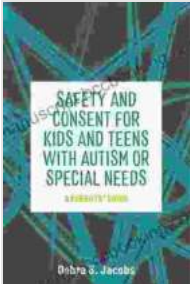


# Protecting Our Precious Kids: Safety and Consent for Children and Teens with Autism or Special Needs



## Safety and Consent for Kids and Teens with Autism or Special Needs: A Parents' Guide by Evelyn Monahan

★★★★☆ 4.4 out of 5

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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 192 pages

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As parents, we all want to keep our children safe. But for parents of children with autism or special needs, there are additional concerns. Our children may be more vulnerable to abuse and exploitation, and they may not be able to communicate or understand what is happening to them.

That's why it's so important to talk to our children about safety and consent, starting at a young age. We need to teach them about their bodies, their rights, and how to stay safe. We also need to create a safe and supportive environment where they feel comfortable talking to us about anything.

This guide will provide you with the information and resources you need to talk to your child about safety and consent. We will cover topics such as:

- Body autonomy and boundaries
- Good touch and bad touch
- Consent and respecting others' boundaries
- Reporting abuse and exploitation
- Creating a safe and supportive environment

## **Body Autonomy and Boundaries**

Body autonomy is the right to make decisions about our own bodies. This includes the right to decide who can touch us, what we wear, and what we do with our bodies.

It's important to teach our children about body autonomy from a young age. We can do this by:

- Respecting their bodies and their choices
- Teaching them the names of their body parts
- Helping them to understand that their bodies are their own
- Teaching them to say no to unwanted touch

## **Good Touch and Bad Touch**

It's also important to teach our children about good touch and bad touch. Good touch is any touch that makes us feel safe, comfortable, and loved. Bad touch is any touch that makes us feel uncomfortable, scared, or violated.

We can teach our children about good touch and bad touch by:

- Talking to them about different types of touch
- Helping them to identify safe and unsafe touches
- Teaching them to say no to unwanted touch

## **Consent and Respecting Others' Boundaries**

Consent is the agreement to do something. When it comes to touch, consent means that both people agree to the touch. It's important to teach our children about consent so that they can make informed decisions about their bodies.

We can teach our children about consent by:

- Talking to them about the importance of consent
- Teaching them to ask for consent before touching someone
- Teaching them to respect others' boundaries

## **Reporting Abuse and Exploitation**

If you suspect that your child has been abused or exploited, it's important to report it to the authorities immediately. You can also contact a child abuse hotline for support and guidance.

Here are some signs of child abuse and exploitation:

- Unexplained injuries
- Changes in behavior
- Withdrawal from activities

- Depression or anxiety
- Self-harm
- Substance abuse

## **Creating a Safe and Supportive Environment**

One of the most important things we can do to protect our children is to create a safe and supportive environment where they feel comfortable talking to us about anything. Here are some tips for creating a safe and supportive environment:

- Be open and honest with your children
- Listen to your children and believe them
- Respect your children's privacy
- Create a home where your children feel safe and loved

Talking to our children about safety and consent can be difficult, but it's one of the most important things we can do to protect them. By providing our children with the information and support they need, we can help them to stay safe and healthy.

## **Resources**

Here are some resources that you may find helpful:

- RAINN (Rape, Abuse & Incest National Network)
- Childhelp USA
- Safe Horizon

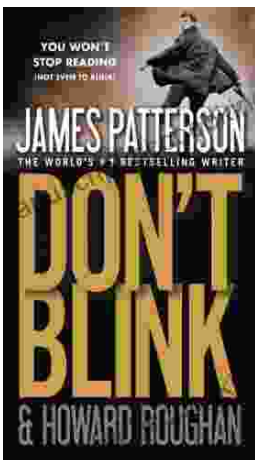
- The National Domestic Violence Hotline
- National Child Traumatic Stress Network



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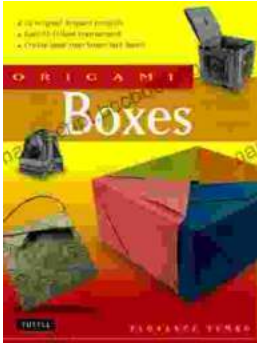
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