



My Body Belongs to Me

A Personal Safety & Child Abuse Prevention Program

Program Overview

A personal safety/child abuse prevention program, My Body Belongs to Me, is for children from preschool through 5th grade and their families. The program works to educate and empower children in a non-threatening way, so that they may be better equipped to avoid abuse. This safety program teaches children how to respond to potentially dangerous people and situations. The program can be offered virtually or in-person to schools, day-care centers, and other childcare and youth facilities free of charge.

According to the Child Molestation Research & Prevention Institute, 95% of sexual abuse is preventable through education and awareness. The goal of My Body Belongs to Me is to reduce child abuse in Ventura County through providing effective prevention education to school aged children, their families and the community. Through the power of education, children, parents and educators will be better equipped to prevent child abuse.

Why It Matters

- 1 in 3 girls and 1 in 5 boys are sexually abused before the age of 18 (The Advocacy Center).
- In 2018, there were 5,900 child sexual abuse reports in Ventura County (kidsdata.org).
- Child sexual abuse can happen anywhere, in any neighborhood, religion, racial or ethnic group, and among the rich, the poor and everywhere in between (Child Sex Abuse Prevention and Protection Center).

Effective Workshops

Our three-part program includes workshops for parents and educators lasting approximately one hour and are scheduled before the children's presentations. The children's presentation ranges between 30-45 minutes and are interactive and designed to engage children in an age appropriate and non-threatening manner. Each workshop and presentation includes a pre- and post-survey and the children's presentation includes an additional 90-day post survey to track the increased knowledge of participants.



Brief Program Overview

Parent Workshop: One-hour presentation prior to the children's presentations

Learning Objectives

Parents will:

- ✓ Preview the children's presentation and have an opportunity to ask questions
- ✓ Learn about the prevalence of child sexual abuse and possible warning signs
- ✓ Learn about developmentally appropriate sexual behaviors in children
- ✓ Learn strategies to practice personal safety skills with children to prevent abuse
- ✓ Learn how to respond to disclosures of abuse and community resources

Educator's Workshop: One-hour presentation prior to the children's presentations

Learning Objectives

Educators will:

- ✓ Preview the children's presentation and review what to expect before and after the children's presentation
- ✓ Learn about the prevalence of child sexual abuse and possible warning signs
- ✓ Learn about developmentally appropriate sexual behaviors in children and how to evaluate and respond to inappropriate sexual behavior
- ✓ Learn strategies to practice personal safety skills with children to prevent abuse
- ✓ Review Mandated Reporting duties and how to file a suspected child abuse report

Children's Presentation:

Learning Objectives

Prek – 2nd Grade (30-minute presentation) Students will:

- ✓ Learn and practice when to say "NO", Get Away, and Tell an Adult Helper
- ✓ Learn about ok and not ok touches and situations
- ✓ Learn about and practice using their power voice

3rd – 5th Grade (45-minute presentation) Students will:

- ✓ Learn and practice when to say "NO", Get Away, and Tell an Adult Helper
- ✓ Learn about ok and not ok touches and situations
- ✓ Learn about and practice using their power voice and personal boundaries

For more information, contact our Prevention Services Program Coordinator at (805) 850-4562 or email us at fvispresentations@icfs.org