

## Resources for Families

When serious incidents occur, as adult caregivers it is sometimes difficult to know what to say and how to respond to children's questions and concerns. This is especially true when the situation involves the alleged sexual assault of a child. We offer the following resources to help parents support their children.

### **Suggestions for Talking with Your Child**

- Students will display a wide range of differing responses to recent events, which is completely expected. Some students might be disinterested while others might have an intense emotional reaction. The strong media focus and community reaction can create additional stress. Monitor your child's stress level and seek help when necessary.
- Take advantage of this teachable moment in your child's life. Don't be afraid to bring up this difficult topic.
- Start by **listening**; ask your child what reactions, thoughts, feelings about the situation they have observed in our school community.
- Alternatively, you might provide them with a mentor that both you and your child trust.
- Your conversation can include discussion of preventive steps to take, how to handle difficult situations, and most importantly, when to reach out to an adult for help.
- We encourage families to talk with their children about protecting and promoting the privacy of all of our students at CHS, including the responsible use of social media.
- Take your cues from your child as to how much, or little, they want to focus on and discuss these events.

### **Links Which May Be Helpful:**

- Sexual Abuse of Children and Adolescents from The National Association of School Psychologists (NASP) - <http://www.nasponline.org/educators/sexualabuse.pdf>
- Sexual Harassment from The National Association of School Psychologists (NASP) - <http://www.nasponline.org/educators/Sexual%20Harassment.pdf>.