



It's Usually Not a Stranger

We teach kids to be careful with strangers. That's a good start, but it misses most of the danger. This guide shows you who the real risk usually is, and how to teach your child to stay safe.

About 9 in 10

children who are sexually abused know the person who hurt them. At one child protection center, 92% of the children they helped knew and trusted that person.



It is often someone the family trusts

People who hurt children often win over the parents first. They may be helpful, fun, and easy to like. So watch how people act, not who they are.



A relative



A family friend



A coach



A teacher



A babysitter



An older kid

Teach the real names

Teach your child the real names for their private parts. Kids who know the right words can tell you clearly if something happens.

The swimsuit rule

The parts a swimsuit covers are private. No one should touch them or ask to see them.

Once your child can wash on their own, let them do it. A doctor checks private parts only when a parent is in the room.

Never force hugs

Teach your child they can say no to any touch, even from family. Don't make them hug or kiss anyone. When adults respect a child's no, the child learns their body belongs to them.



5 red flags to watch for

One flag alone may mean nothing. Several together mean it's time to pay close attention.

1

Asks your child to keep secrets from you

2

Gives gifts or special treats for no clear reason

3

Finds ways to be alone with your child

4

Texts or messages your child privately

5

Lets your child break your rules, or turns them against you

Remember: safe adults do not ask kids to keep secrets from their parents.



Keep them talking

Kids tell when they know you will stay calm and believe them. Talk often, in short, calm chats in the car or at bedtime.

Say: "You can tell me anything. You will never be in trouble for telling."

If they tell you something: "Thank you for telling me. I believe you."

Get help

If a child is in danger right now, call 911. These lines are free and confidential, and trained helpers can talk with you about what you are seeing.

WHO TO CALL	HOW TO REACH THEM
Childhelp Child Abuse Hotline, 24/7	Call 1-800-422-4453
RAINN Sexual Assault Hotline, 24/7	Call 1-800-656-4673 or text HOPE to 64673
Crisis Text Line, if you feel overwhelmed	Text HOME to 741741

Want to talk with someone about your family's options? A free, confidential call with the LS5 team is available at ls5survivorsalliance.com/resources or (800) 809-4949. Nothing moves forward unless you say so.

Family quiz: parent and child together

Read each question out loud. Decide together if it is true or false.

1. Most people who hurt kids are strangers. True · False
2. Knowing the real names for private parts helps kids tell. True · False
3. Kids have to hug relatives, even when they don't want to. True · False
4. A safe grown-up might ask you to keep a secret from your parents. True · False
5. You will never be in trouble for telling. True · False

Answers: 1. False. 2. True. 3. False. 4. False. 5. True.

Our family promise



"I promise to teach what I learned today to my brother, sister, cousin, or friend. When I teach it, I remember it, and I help keep them safe too."

Child's name

Who I will teach

Parent's name

Date

This guide is for general information only. It is not legal or medical advice, and it does not create an attorney-client relationship. It may be considered attorney advertising. Hotline numbers were checked in October 2026. Sources: The Center for Child Protection (centerforchildprotection.org), Darkness to Light (d2l.org), Polly Klaas Foundation (pollyklaas.org). Watch the free movie *Sammy and the Safe Circle* with your child.