



Conewago Valley School District Counselors' Corner

December 2018

Personal Safety

Safe Touch - Recognize, Resist, Report

Welcome and unwelcome touches are critical to teach children starting at a young age.

Teach children that their private parts of the body are those covered by a swimming suit (**Recognize**) and to say "No!" and try to get away (**Resist**) if someone tries to look at or touch them in one of these places. Teach children to tell a trusted adult (**Report**) about any unwelcome touch or uncomfortable situation. Secrets about touches, about safety, or secrets that make someone feel scared or confused should not be kept.

Communication is Key

Teach and reinforce personal safety skills and messages, answer questions, and correct inaccurate information. Parents are often identified as the first "trusted adult" children will tell about an unsafe situation. They should be prepared to listen carefully and to respond appropriately.

Don't tease or judge children for their questions. Instead, answer children with appropriate information for their age. Respond in ways that will encourage your child to continue to come to you, for example: "I'm happy to answer your question." Good communication increases the likelihood that your child will come to you if they have a problem.

It is also vital to take time to ask your child's opinion. This is a great way to let your child know that what they think is important to you and it also gives you the opportunity to see how your child might respond in a situation. You can help your child determine safe decisions. Acknowledging and valuing your child's opinion serves to strengthen self-confidence and encourages self-expression. This can foster open communication between parents and children and increase the child's ability to recognize welcome and unwelcome touches, resist, and report.

Additional Resources:

"P.S. It's My Body" Lessons will be provided to our Elementary Students, grades 1-3, in February through Survivors Inc. If you have any questions or concerns regarding this topic please feel free to contact the Guidance Department or Survivors Inc.

Survivors Inc. Crisis Services- Hotline 717-334-9777
Ongoing Services include- Counseling, Support Groups, Transitional Housing, Legal Advocacy, and Community Education

Contact Information:

Elementary:

Conewago Township Elementary

New Oxford Elementary

Lisa Miller, millerlisa@cvcolonials.org 624-2157 ext 8009 Roxann Hall, hallr@cvcolonials.org 624-2157 ext 7009

Conewago Valley Intermediate School

Becky Wildasin, wildasib@cvcolonials.org 624-2157 ext 4009

Abby Reichart, reicharta@cvcolonials.org 624-2157 ext 4010

New Oxford Middle School

Laurie Miller millerl@cvcolonials.org 624-2157 ext 3009

New Oxford High School

Alexandra Heller helleracvcolonials.org 624-2157 ext 2009

Shannon Webb webbs@cvcolonials.org 624-2157 ext 2010

Mark Rodrigo rodrigom@cvcolonials.org 624-2157 ext 2011