



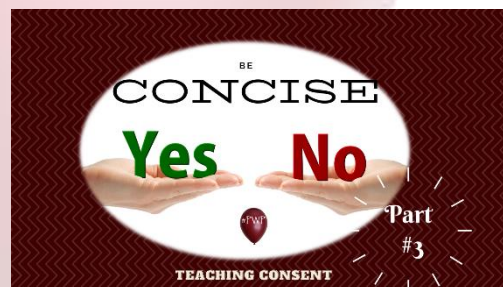
Handout

First and foremost, thank you. By taking the time to attend courses and research information, you are already supporting and protecting your child(ren).

Loving them, no matter what, along with ongoing education, are two of the healthiest ways to help prevent all forms of abuse, including human trafficking.

Videos on Consent:

Click on each thumbnail to play



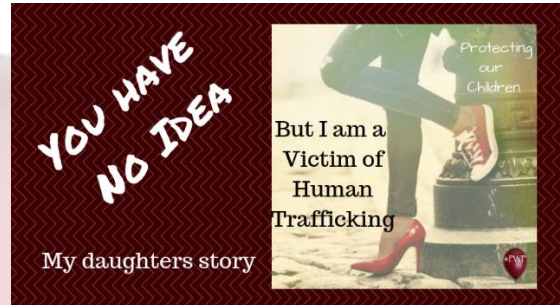
Links to other educational videos

Click on the picture thumbnail to view

A Parents point of view



My Daughters Story.



CBC interview



Full Interview with Carly from Victim Service on Human Trafficking.



Prevention Recap:

1. It is up to you, the parent. We should not expect our children to know how to keep themselves safe. Don't expect them to know if they are being abused or trafficked.
2. It is ongoing; you shouldn't expect them to share it immediately. It will take time, patience, and lots of non-intrusive questions to feel they can trust you, even though you are their parents. Remember, if they have had anything happen to them, they may have been threatened not to say anything.
3. Know your child's vulnerabilities, but never shame them because of those vulnerabilities. Instead, teach them how to overcome them.
4. Teach your children Age-Appropriate CONSENT

While it is extremely important to make time to talk with your child when they come to you, they may not always initiate those conversations. One practical approach is to use a shared family calendar (monthly and/or twice per year) that includes birthdays, family events, and other activities involving everyone. Keep this calendar focused on family—avoid business or other personal appointments.

Include regular family nights, personal time (date night or “me time”), and dedicated one-on-one time with each child. During one-on-one time, choose a simple activity—play a game, do a puzzle, or go for a walk—and keep it just the two of you. Use the time to reconnect: ask about their day, their week, and their friendships, and watch for cues about when it may be appropriate to move into more important topics.

If your child does not raise a sensitive topic on their own, you may need to begin with simple, everyday questions and gently build from there. The questions below can help start conversations that often lead into deeper discussions—helping you understand what your child enjoys, what they are worried about, and what support they may need.

- **Don’t avoid the tough questions.** If your child is asking, it may be a sign they are ready for an answer. Respond in a simple, age-appropriate way, and stay focused on what they are actually asking.
- **Avoid giving more information than necessary.** If they are ready to hear more, they will ask follow-up questions.

For example, a 5-year-old might ask, “Where do babies come from?” A simple answer at that age could be, “Babies grow in a parent’s tummy.” As children get older, they may ask, “How does the baby come out?” You can respond with something like, “Babies come out through a special opening in the body.” If they ask for more detail, you can share a little more. If they don’t, it’s okay to stop—your child will ask again later when they are ready to understand more.

Sometimes children ask a question and then quickly say, “Oh, gross,” and change the subject. If that happens, don’t push more information. They will usually come back to the topic when they are ready.

Consent:

A Yes is only Valid if saying "No" is a Legitimate option

What four things need to be present for it to be valid consent:

1. **Clear:** Consent must be verbal. If you do not give an answer stating your consent, it is not consent.
Saying: I am not sure is not Consent
Someone mumbling a yes or saying Maybe is not a clear answer; therefore, it is not consent.
2. **Coherent:** This means that if you are underage, you CANNOT give consent.
Consent cannot be given if you are vulnerable. That can include many different things, such as if you are asleep/Passed out or drunk if you are sick or injured.
3. **Willing:** Consent cannot be given if it is not given willingly; therefore, it cannot be given under pressure of violence
When someone is being manipulated in any way
When someone has authority over you.
4. **On Going:** Saying yes once doesn't mean yes every time.
Even if consent was given, it can stop at any time.
Actual consent should be given through each stage of intimacy.

More resources mentioned in the Consent Course.

- ♥ Parent with purpose.ca [YouTube Channel](#)
- ♥ Game to play with teens.

<http://teentalk.ca/consentgame/>



[Click here](#) for additional information, including a short video demonstration about consent and the age of consent.

[Click here](#) for a child-friendly consent video. If you find it helpful, please consider returning to the website to leave a rating.

Getting your children to write down what consent is, is also a great way to find out if they are ready for sexual consent conversations or not. Great conversation starter.

Ways to teach Consent:

Teaching a child to love and respect their bodies.

Click the thumbnails to watch video

For Children



For Teens



Teach your child to use their words.

- ✓ That they have the right to speak up
- ✓ That they have the right to say no



Teaching Consent to Preteens and Teens



Click on video above to watch a video on Consent

Be the example and ask permission to post pictures.

IT'S NEVER TOO LATE.

Talking about consent can start at any time...and it's never too late to begin the conversation.

You can begin by asking kids for their consent in a variety of ways.

HERE'S AN EXAMPLE...

The more you talk about consent, the more normal it will become, so talking openly and respectfully with friends and partners will become second nature.

“ I'd like to post this great picture of you on my social media. Can I get your consent to do that? **”**



teachconsent.org

Additional resources

Tips on how to keep children safe.

Online Safety:

Although the internet is important for socializing and learning, it's important to be aware of the dangers. Social networks and messaging apps can be spaces where predators prey on youth and anyone who is vulnerable.

Work together with your children to create a plan that limits their exposure and reduces risk. Explain that predators are less likely to target someone who is willing to share what they are doing, where they are going, and concerns about online contacts with their guardians. Help your child(ren) understand that these conversations and boundaries are in place to keep them safe.

As with other safety topics, start with small, everyday questions as you engage your child, and then work up to the more important ones. The list below includes examples of “smaller” questions and topics that can naturally lead into bigger conversations.

Here are some things to consider and decide on:

- ♥ Learn the social media platforms your child uses (or wants to use), and decide together which apps are allowed. Set up safety measures and privacy settings (as discussed above).
- ♥ Talk about websites and content you feel are not age-appropriate. Consider using a filtering program to limit access, even when you are not home.
- ♥ Explain why you are using parental controls on sites and apps where unsafe content can be found.
- ♥ Discuss how your child will use the same boundaries outside of the home (at friends' houses, sleepovers, and on school devices).
- ♥ Help your child create strong passwords that are not easy to guess or hack.
- ♥ Decide who should know passwords (for example, a parent/guardian).
Explain that secrecy increases risk—and that being open with trusted adults makes your child a harder target for someone trying to exploit them.

- ♥ Decide where internet-enabled devices can be used and stored. Avoid bedrooms and secluded areas (such as basements).
- ♥ Create a central phone/device charging station at night. Avoid charging devices in bedrooms to limit late-night use.
- ♥ Set clear times when internet access is allowed. Keep the Wi-Fi password protected and change it at shut-off times (so devices can still be used for offline homework or approved games, if allowed).

Take the time to Discuss Safety and sharing personal information online.

- ♥ Teach your child that sharing personal information (like their phone number, address, school name, or location) with someone they only know online is not safe.
- ♥ Explain the risks of sending sexual photos online (for example: images can be saved, shared, or used to pressure or threaten someone later).
- ♥ If someone asks for sexual photos, coach your child not to respond. Encourage them to block the person and tell a trusted adult right away (and consider saving screenshots if you need them for reporting).
- ♥ If your child wants to meet someone they met online, set a clear rule: never meet alone. Meet in a public place and bring a trusted adult.

Be careful of how you word things:

Even though you are the parent and you set the rules in your home, your number one goal is to protect your child. To keep communication open, approach these conversations in a way that is non-threatening, non-intrusive, and non-confrontational.

Your child needs to hear you speak in a way that:

- ♥ Shows your concern is about their well-being.
- ♥ Shows you are trying to understand them (not judge them).
- ♥ Reassures them you are not trying to be nosy, embarrass them, or harass them.
- ♥ Uses a calm tone—do not shout or scream.

Below are some examples of how you can ask questions in such a way that is respectful to them, and who they are and understanding of some of the issues they are coping with as a child, teen, or young adult.

♥ Use approachable words such as:

- ✓ 'It seems'
- ✓ 'perhaps'
- ✓ 'help me understand'

♥ Don't use accusatory words such as:

- ✓ 'you are'
- ✓ 'you did'
- ✓ 'how could you'

♥ Use statements such as:

- ✓ "It seems like you disagree" vrs "You are not listening."
- ✓ "Help me understand what is going on", vrs "How could you do that?"
- ✓ "Explain to me why you feel this is appropriate behaviour" vrs "That is horrible, degrading, disgusting,"
- ✓ "I hear you saying something that I didn't know you felt, can you help me understand why you have changed your mind"? vrs "I thought you would know better."
- ✓ "Tell me something about your friends, what grade are in they, how did you meet them, what did you like best about them?" vrs "Why are your friends so weird. I don't like them",

**[Click here to Check out Our top recommendation
for ONLINE Safety resources](#)**

[Click here to take our full online course.](#)

If you suspect someone is being trafficked or if you have concerns about how to reduce the risk of human trafficking, **please do not try to handle this on your own.** Call the Police, **your local Victim Services**, or the Canadian Human Trafficking Hotline: @1-833-900-1010



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Disclaimer. This is for educational purposes only. Please seek professional help if you feel you and or your child is being trafficked, and or are feeling anxious about anything regarding this topic.

A mother's story of standing up for her child.

A grown man looms behind my three-year-old daughter. Occasionally he will poke or tickle her and she responds by shrinking. Smaller and smaller with each unwanted advance. I imagine her trying to become slight enough to slip out of her booster seat and slide under the table.

When my mother views this scene, she sees playful taunting. A grandfather engaging with his granddaughter.

“Mae.” My tone cuts through the din of a familiar family gathering together. She does not look at me.

“Mae.” I start again. “You can tell him no Mae. If this isn’t okay you could say something like, Papa, please back up—I would like some space for my body.”

As I say the words, my step-father, the bulldog, leans in a little closer, hovering just above her head. His tenebrous grin taunts me as my daughter accordions her 30-pound frame hoping to escape his tickles and hot breath.

I repeat myself with a little more force. She finally peeks up at me.

“Mama . . . can you say it?”

Surprise. A three-year-old-girl doesn’t feel comfortable defending herself against a grown man. A man that has stated he loves and cares for her over and over again, and yet, stands here showing zero concern for her wishes about her own body. I ready myself for battle.

“Papa! Please back up! Mae would like some space for her body.”

My voice is firm but cheerful. He does not move.

“Papa. I should not have to ask you twice. Please back up. Mae is uncomfortable.”

“Oh, relax,” he says, ruffling her wispy blonde hair.

The patriarchy stands, patronizing me in my own damn kitchen.

“We’re just playin’.” His southern drawl does not charm me.

“No. You were playing. She was not. She’s made it clear that she would like some space, now please back up.”

“I can play how I want with her.” He says, straightening his posture.

My chest tightens. The sun-bleached hairs on my arms stand at attention as this man, who has been my father figure for more than three decades, enters the battle ring.

“No. No, you cannot play however you want with her. It’s not okay to ‘have fun’ with someone who does not want to play.”

He opens his mouth to respond but my rage is palpable through my measured response. I wonder if my daughter can feel it. I hope she can.

He retreats to the living room and my daughter stares up at me. Her eyes, a starburst of blue and hazel, shine with admiration for her mama. The dragon has been slayed (for now). My own mother is silent. She refuses to make eye contact with me.

This is the same woman who shut me down when I told her about a sexual assault I had recently come to acknowledge.

This is the same woman who was abducted by a carful of strangers as she walked home one night. She fought and screamed until they kicked her out. Speeding away, they ran over her ankle and left her with a lifetime of physical and emotional pain.

This is the same woman who said nothing, who could say nothing as her boss and his friends sexually harassed her for years.

This is the same woman who married one of those friends.

When my mother views this scene, she sees her daughter overreacting. She sees me ‘making a big deal out of nothing.’ Her concerns lie more in maintaining the status quo and cradling my step-dad’s toxic ego than in protecting the shrinking three-year-old in front of her.

When I view this scene, I am both bolstered and dismayed. My own strength and refusal to keep quiet is the result of hundreds, probably thousands of years of women being mistreated, and their protests ignored. It is the result of watching my own mother suffer quietly at the hands of too many men. It is the result of my own mistreatment and my solemn vow to be part of ending this cycle.

It would be so easy to see a little girl being taught that her wishes don’t matter. That her body is not her own. That even people she loves will mistreat and ignore her. And that all of this is “okay” in the name of other people, men, having fun.

But. What I see instead is a little girl watching her mama. I see a little girl learning that her voice matters. That her wishes matter. I see a little girl learning that she is allowed and expected to say no. I see her learning that this is not okay.

I hope my mom is learning something, too.

Fighting the patriarchy one grandpa (entitled man, doesn't have to be a grandpa) at a time.

By Lisa Norgren

Source: [Click here](#) to take you to this story and Lisa's blog

