



SAN FRANCISCO CHILD ABUSE
PREVENTION CENTER

Talking with Your Children About Keeping Themselves Safe

Abuse is not an easy subject to bring up with kids. But, talking about ways to stay safe from abuse is as important as any other health and safety rule. From a very young age, children can understand the basic concepts of keeping themselves safe and can learn skills that may help them in an unsafe or uncomfortable situation. Have a conversation with your child before something happens.

Setting up the conversation:

- Talk to your child directly at a time and in a place that is comfortable for your child.
- Let your child know that it is okay to come to you when they are feeling unsafe or uncomfortable.
- Revisit the conversation at different times.
- Practice the safety rules. Children learn by doing. [You can use the "What If ..." Game to start discussions with your child and practice what to do in unsafe situations.](#)

Safety Rules

- Talk to your child about the ["Ten, Play-It-Safe Rules."](#)