

Protection

Against

Child

Sexual abuse

Written and arranged by

Protect Your Children Inc.

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Section 1

A Special Message to Parents

Knowledge is the best weapon in protecting your children, but without your personal responsibility and application it is not much use. In one circumstance, when a certain child was molested the parents were not knowledgeable or responsible at all. An adult babysitter was watching the child. The child's parents did not know that when the babysitter went out she would leave it up to her son to watch their child. They did not know this person and it turned out that he was molesting and abusing the child for many months. However, by the grace of God, the child had counseling and treatment, which provided understanding and healing, preventing further abuse. We believe that the reason why wisdom and healing is poured out is so that healing and education can be weapons in the fight against child sexual molestation.

Parents watch your children. Please know their friends and their friend's families. Know who your child is with. Do not be ashamed to ask your children from time to time about their friendships and relationships with others. Please make sure you have phone numbers and addresses of who your children are with. Pray for protection.

Section 2

Children That Are at a Higher Risk

Though all kids can be at risk of child abuse, either physically forced or emotionally forced, there is a pattern of abuse among certain children. Abusers are afraid of getting caught and also afraid of being rejected by the child, which would lead to them being exposed. Therefore, they seek the profile of a child that makes them feel like the child could be easily tricked and taken advantage of.

Some of the items in this profile are:

- 1)** A child from a broken or single parent home. (Abuser knows there will be emotional pain that the child will not want to think of, so the abuser thinks the child will accept sex as a way to forget)
- 2)** A child that dresses in a way that is revealing of their groin or buttocks areas. (This attracts the potential abuser and also gives an indication that the child is not responsible with their body) EX: The pants being worn down off the hips so that their underwear or boxers are showing.
- 3)** A child that has had their father or mother leave, with little or no contact. (Keeping in mind that abusers can be male or female, the statistics show that the majority are male. They understand that a male or female child will be longing to have male or female attention and emotional connection. (The abuser will use that emotional void against the child.)
- 4)** A child that has too much freedom in their neighborhood for large amounts of time, without the parents knowing their whereabouts. (Abusers track and watch for children that don't "*appear*" to be well cared for or closely monitored by adults. Thus, they feel more secure in not getting caught.)
- 5)** A child that is easily trusting of every adult without caution. Though not all adults are not looking to abuse children, if the child and parents aren't aware of warning signs they will never suspect anyone. (The abuser can see and sense this and feels more secure in trying to "fool" or "draw" the child into sexual situations.) Children may want to trust easily and be around a male or female abuser in order to try and fill the space in their heart and life that is left from a father or mother leaving.
- 6)** Kids who have been exposed to pornography or sex in the home.
- 7)** Kids of parents that are not home for long periods of time (especially in the summer.)
- 8)** Kids of parent(s) that abuse drugs and alcohol.
- 9)** Kids that have private internet access on their phones, or through their game consoles and have no parental controls in place.
- 10)** Kids whose parents do not monitor what apps are on their child's phone.

Section 3

Some Warnings and Preventive Measures for Parents.

- A)** Remember that nearly 90% of all sexual molestation victims know their offender. They were a friend of the family. In 10% of the cases it was a biological family member.
- B)** Before your child spends time alone with an adult make sure you talk with them about “good touch/bad touch”. Talk with them about “good talk/bad talk”. Make sure you take time to sit down and go over the warnings of this guideline with them. Make sure they understand that any sexual talking or joking toward them by an adult is wrong.
- C)** It is very important to find out the motivation and personal reason why a particular adult desires to spend time with a child. Mentors, volunteer big brothers or camp workers should make known the goals they want to reach by spending time with your child. Let's face it; it's just not normal for an adult of the same or opposite sex to want to spend time alone with your child, without an openly stated reasonable and shown positive reason.
- D)** Discuss the various tricks, threats and lies that child abusers/molesters commonly use (refer to section 6). Make sure they understand and are aware of the warnings in this guide. Make them certain they can come to you without fear. (It is a great idea to even test them on this guideline.)
- E)** Make sure of the people and friends that your children are hanging around. This includes meeting the parents of their friends. Make sure you have numbers and addresses. Do the best you can to make sure your children aren't being exposed to adults that you don't know. Do not hesitate to check where you have to, making sure that any adults your children will be around don't have criminal records, especially sex crimes! This sadly includes church youth leaders, day cares, boy scout/girl scout leaders, summer camp staff, etc. Don't be afraid to make sure that background checks have been done on the people your children will be with. (You can usually do online background checks for 20 dollars or less. Sometimes local police agencies have free database listings. The emotional sin and sickness of a child abuser isn't just limited to a specific profile of a person.
- F)** Know the names and ages of the friends that your children have. A fatal mistake is that when a child says "Mommy, I have a new friend, his name is Mark, and he is really cool." And a parent says "Oh that's great", and never ask what the age of this "new friend" is or how they met.
- G)** Not every person that's older than your child wants to hurt your child, but you should know them, and they should be able to explain what their purpose is of spending time around/with your child. Even then, you should still keep the warning and look outs in mind.
- H)** Make sure you have access to your child's phone. Search what apps they are using. Popular apps like Tiktok, Likee, Instagram, Messenger, Monkey, Snapchat and many others allow kids to message back and forth with complete

strangers. Look for hidden apps. Don't just go by what icons are on their screen.

I) Monitor your kids when they are playing online games. Many popular games like Fortnite, Call of Duty and many others allow strangers to contact your child. Some online VR games, Playstation and Xbox games actually have a voice changer feature which enables adults to make themselves sound like kids!

J) Many apps today encourage and teach kids to “dance” to certain parts of songs that are provided by the apps. They record themselves and post to different platforms. These lyrics are often sexual in nature and therefore the dance moves are sexual in nature. Monitor which videos your children are making and uploading to the different app platforms. We have seen apps where kids as young as 7 years old are dancing in sexual sensual ways and they don't even realize it. This opens your child up to predators and also starts to sexualize their mind preparing them to put themselves in positions where they can be molested or involved in premature sexual activity.

K) Unfortunately, kids today are very tech savvy. They know how to delete their browser history. They know the apps that are created with the specific intent of helping kids hide things from their parents. They know how to disguise and hide apps on their phones. An app called Snapchat actually allows kids to send messages, pictures and videos that auto-delete the moment the receiver views it. However, the person receiving it can download it first!

L) Here is a list of some of the popular apps that your kids can use to send or receive messages, pictures and videos to and from strangers. Most of these apps have a minimum age requirement but none have age verification so kids can easily lie about their age when signing up. Again, there is no age verification process for these apps.

Some Dangerous Apps for Kids	Age Verification
FB Messenger	none
Houseparty	none
Instagram	none
IMVU	none
Kik	none
Likee	none
Monkey	none
Snapchat	none
Tellonym	none
TikTok	none
Tinder	none
What's App	none
Zoom	none

Section 4

Some Possible Signs of Sexual Abuse/Molesting.

- 1) Early age/premature sexual talk or sexual activity. (This may be with the same sex or the opposite sex.) NOTE: Children that have been molested have been known to simulate sexual acts with other items such as stuffed dolls or animals as well. If your child knows language and names of sexual acts before you have taught them, then who is teaching them?
- 2) Touching or rubbing themselves, others, or stuffed dolls or animals in a sexual manner. Some of these acts are natural curiosity but can also be a warning sign.
- 3) Extreme behavior changes either outwardly (acting or raging out) or inwardly (child is reclusive or a loner).
- 4) Looking uncomfortable around certain adults or with being physically close to adults. A child may put up a fight in order to not stay around a certain adult.
- 5) Self-destructive behaviors (Slicing their skin, hitting themselves, banging head) NOTE: This is most common with physically forced or threatened abuse.
- 6) Obsession with fire and pyrotechnics has been seen in kids that are abused.
- 7) Language is openly sexual in nature. (Child is making sexual comments or gestures.) This can be repeating what they hear and see or a warning sign.
- 8) Child is real comfortable with exposing themselves in front of others. NOTE: In many cases the child that is not being forced or threatened into sexual situations will exhibit consensual exposing of themselves with certain friends or around certain adults.
- 9) Child is making an effort and shows a consistent tendency to stay away from one particular person or sex.
- 10) Watch how your children interact with their friends especially on sleepovers. Mostly in cases where force is not being used, a child may think what is happening to them is normal and OK, and desire to do the same things with their friends. They would do this to "feel the sexual feeling and make their friends feel the same thing". Remember that kids, unless they are warned and taught early, usually don't know any better. They have been fooled into premature sexual feelings. Their natural emotions and hormones take over their young minds.
- 11) Always talk with your children and ask what things they did when they were with their friends. Ask what things they talk about. Ask what other adults were around them. Listen for anything that violates your guidelines and the guidelines written here in this guideline packet.

Section 5

Some Warnings for Kids

1st) Remember nearly 90% of all sexual abusers/child molesters are someone you know or a trusted friend of the family or a person in a trusted position. (This is because they would be the least to be suspected.)

2nd) An adult wrestles or tickles you AND keeps touching, hitting or rubbing you in your private places (even butt or chest). Even if they claim "only playing" or it was "an accident", this is wrong and shows a desire by them to be sexual with you. NOTE: This is one of the most common ways abusers "test to see if you would be OK with them touching you".

3rd) An adult is over affectionate with you. If an adult is always putting their hands on you and desiring to touch you, or if they want to kiss you on the lips. This is not OK, no matter what they tell you.

4th) If an adult, no matter whom it is talks in sexual talk or uses sexual comments or gestures toward you, or is telling you sexual jokes. This is a warning that they are thinking sexual with you, and may be a good indication that they desire sexual acts (or at least trying to get you to be sexually active)

5th) An adult refuses to spend time with you and others at the same time. They always desire to be alone with you, this is an indication that they are hiding something, and that something may very well be sexual.

6th) If an adult, especially of the same sex, wants to share a bed with you at night or at any other time. Even if they say "it's no big deal" or "there's plenty of room" or "I'll just stay on my side you stay on yours". Do not do it! This is just not a normal thing to happen. (They could abuse/molest you while you are sleeping or are half asleep, so that you are not able to stop them right away.) Then you could fall into the trap of them using your emotions and hormones against you.

7th) If ANY adult tries to get you to read, watch or listen to anything of a sexual nature. DO NOT DO IT! They are trying to once again to use your emotions and hormones against you.

8th) Be very careful when playing online games. Predators have accounts on gaming platforms and are searching for a child that they can talk to. There are even voice changers that predators use to make themselves sound like kids. You should only be talking privately to people that you actually know in real life and that your parents know.

9th) Never have your real name, phone number or address showing anywhere when you are playing online! Don't do sexual moves or dances!

10th) When making edit videos or any other that will be online, never show anything that says your school name or where you live. Stay fully dressed!

Section 6

Most Common Tricks, Threats, and Lies Used by Child Abusers/Molesters to Trap Kids into Starting and Staying in the Abuse.

Most abusers are sadly convinced that they are not doing a child any harm. The molester/abuser actually believes he is providing a feel good service to a child in emotional need. They also believe this makes them worthy because they're doing something nice. Even though God, the law and basic morals say it's wrong. Abusers have convinced themselves that everyone else is wrong and that they just don't understand that it's OK. They will hide what they are doing. They sometimes become friends with parent(s) or whoever they need to, to earn trust from the child. Abusers also feel the need to control their own past and present environment.

A) BLACKMAIL! This tactic is when a child (young or teenage) is caught by a molester or predator doing something criminal or even something that the child would get in trouble for by their parents. (If there is a molester or predator watching and looking for a child to harm, this can come into play very quickly.) They will let the child know that they were seen, and if they don't do sexual stuff with them, then the abuser will tell the parents or the police (which ever is suitable) about what the child did. **Parents**, make sure that your child knows that "allowing" themselves to be abused is more dangerous and damaging to them, than what it is they may have done wrong.

B) The potential child abuser may not seem like a child molester at first. They may be really nice to you and even to your mom and dad. Even though there are many nice adults that do not want to harm you, there are some that do. If your parents know a person and let you spend time with them and that person is not talking to you in a sexual way, trying to touch you in a sexual way, or trying to get you to look at or read anything sexual, then it's ok.

C) TRICK! The potential abuser will sometimes become friends with the parent(s) of the child they wish to "help" (actually harm). They may do this through a random act of kindness, or try to get involved with a single parent. They will earn trust with the hope of eventually spending time alone with the child.

D) TRICK! The potential abuser will offer something free to his potential victim. This is something the child would like and would make the child look and feel popular, so that they will not refuse. The abuser may even offer money. They will claim "it's just free" with no strings attached. As a parent, keep your eyes open. (New clothes, jewelry, music or money.) Anything that the parent didn't buy. You should find who is giving your child free stuff. Demand to meet the person to make sure everything is OK with the free stuff. In a nice way it would be a good idea to ask them why they are giving away stuff to your child.

LIES! Told from abuser/molesters

- 1) If you tell someone they will not believe you. (People who truly know you will be able to know you're telling the truth.) Even if you (the child) have had a history of lying, police, parents, and the people who really know you will be able to tell if this is the truth you're speaking.
- 2) If you tell someone, they will think you're gay or that you're perverted or something. (Again people who really know you and your true friends will know this isn't true.)
- 3) If you tell anyone about this you will be in trouble because you let it happen. (You will not be in trouble because anyone with even a tiny mind will understand that you were tricked and fooled into the sexual behavior.)
- 4) If it feels good, how can it be wrong? (What they don't tell you, is what's illegal, immoral, against God, and that it will mess you up emotionally in the future.)
- 5) If you tell anyone then God will be mad at you because why wouldn't He want you and me to feel something good? And why would He want you to get me in trouble? (God states very clearly in 18 different places in the bible that any sex between an adult and minor is wrong.) God does want you to feel good in many legal and safe ways. God also says "stand against evil" so he would want you to stop the behavior.
- 6) If you tell your parents they will be mad at you. (Your parents will not be mad at you, only at the one who hurts their child in this way.) They would also understand it was not your fault.
- 7) **The abuser/molester will try to use guilt to make you not get them in trouble.** (Don't fall for it. They are guilty and deserve what ever consequences God has for them because of their actions). How can it be your fault that they made an evil choice? Or that you were vulnerable and hurting and looking for a friend?

****Parents!** If a child is too scared to say something, you can bet it's because of one of these type threats. Reassure them that you will take all precautions needed.**

E) THREATS! Used by molester/abusers

- 1) If you tell anyone then I will hurt you. (The police and your parents will know how to protect you before the person(s) has a chance to do anything.)
- 2) If you tell your parents or anyone then I will hurt or kill them. (The person will be arrested before they can even think, and the police will know you're telling the truth and protect all involved.)
- 3) If any of your friends find out about this, then I will make sure I tell them and everyone that you're lying and that you're just gay or perverted. (Your true friends will believe you and not them, and if they don't then they're not true friends.) The abuser, if he thinks you told, isn't going anywhere near other kids until he feels "the coast is clear". Anyway, he or she will be arrested and that will speak for itself.
- 4) If you tell anyone about this, I will get into trouble, I may lose my family or my job or I may have to kill myself and it will be your fault. (How is it your fault for the choice they make? It's their choice not yours, did you MAKE them do the wrong thing? NO!
- 5) If anyone finds out about this I will come and kidnap you. (Again the police will get the person before they can do anything. The police deal with this stuff all the time and they can protect you.)
- 6) If anyone finds out about this I will hurt your family pet. (Your parents will protect your pet after the police have been called.)

Children** Remember something, you never will know when the abuser will start to get scared and follow through on one of these threats. It's up to you to tell someone right away of what they did and of the threats they made so that the people who care and love you can take precautions and protect you.**

Parental Example: If your child is afraid of the family pet being hurt, show that you will keep the pet inside or in your room, after the police have been called. This will show them you're taking the steps to protect them.

Section 7

Sexual Abuse is Not Always Violent, Threatened or Physically Forced, But is Still Wrong and Dangerous

Parents/kids: One thing that is most commonly thought is that sexual abuse has to be forced by threat or violence. This is not always the case. Children and adults alike, have a desire to find things to do to forget about emotional pain or just to relax. Especially if there are family problems present. Some kids do this by playing extensive amounts of video games, blasting loud music all the time, or trying drugs and alcohol. (Drug and alcohol use is highly connected to inner guilt and shame.) There are many things that accomplish this goal to "forget" for a bit. Though many have negative life destroying results. Sadly, today's kids try to use sex as a way to feel love, replace emptiness, and forget for awhile. Sex is a very powerful feeling for adults; imagine how overwhelming it feels to a child. A child at a young age is usually not able to realize that what is happening is wrong and dangerous, especially if they have had no advance warning. Sadly, some kids do "consent" to sexual behavior even with an adult. This is only because their minds and emotions have been tricked and deceived. This is where the terms "statutory rape" and "taking advantage of" came from.

The following are (3) misconceptions that some kids think that may lead them to "allow" themselves to be molested.

- (1) To them, some part of it, sexually or emotionally actually feels alright.
- (2) The overwhelming feelings give them a temporary escape from their emotional pain.
- (3) They believe that in order to be loved and accepted by someone they have to allow sexual stuff. (It just seems safer than being emotionally hurt.) The abuser will usually lie and say "who else cares for you or makes you feel good like I do"?

The #1 way to make sure this does not happen is to teach your children at a young age that all sexual touching or sexual language is wrong until they are an adult and able to control their sexual emotions. Reassure them that true love and closeness is not skin deep, it's heart deep. KIDS: ** Remember, just because there is no threat or physical force doesn't make what could happen or is happening right.

Section 8

Sex/Sexual Touching Between an Adult and Child is NOT a Guarantee or a Sign of Love with Someone, Sex/Sexual Touching is NOT a Guarantee or a Sign of Closeness Either.

Kids: The world and it's music, movies, videos, social media, commercials and TV shows, all aim to show you that people either dating or not, have to be fooling around with sexual ideas or having sex itself to show that they love one another, and to make each other feel close and loved. That is nothing but a fat lie! Once someone is an adult and is aware of the overwhelming feelings of sex and they have the proper knowledge of its areas, then sex can be a wonderful thing shared within the right Godly, and legal boundaries. True love between an adult and child is NOT found through sex or sexual touching! It is found in friendship, in trust, in caring, and in doing things together of a Godly and legal nature.

Kids: True closeness and true love will not come about through the touching of your skin or the touching of your private areas. It is NOT shown through sex or sexual touching. Love and closeness are NOT found by doing these things. Do not believe what people are saying. Don't be fooled by what is being shown on TV and in the movies. Don't be fooled by the sexual lyrics of the music that make sex between any age sounds so nice. The singers aren't telling you the negative effects of getting involved in it, at an early age. Do not let any adult touch you or talk to you in a sexual way!!!

TRY THIS: Go ahead and touch your arm with your hand, slide it up and down your arm, see how it feels? Now, move your hand away and see what happens. You will notice the feeling goes away, it was only there for a moment, then gone. True closeness, true love and true acceptance are found and felt in your heart, NOT on your private parts. True closeness and love don't just fade away after a few moments.

Section 9

Respect and Protect Your Body and Mind, for They Are from God.

Kids: You can have all the knowledge in the world and be warned by people who love you, but you are the only one who has the power to say "NO!" You also have the ability to not put yourself in dangerous situations (some that you have seen explained in this guideline packet). You have the control to not allow yourself to be in a situation with a dangerous adult. It doesn't matter what people have done to you in the past or are doing to you now. It was no mistake that you were born. The Lord created you for a great purpose. God gave you an awesome mind to do many wonderful things. Don't let anyone use your body as something junky and don't let people use your mind as their personal playground. Don't let people treat you like a piece of trash. You are worth so much more than that. Just ask God and He will show you.

Kids: God has made everyone different, but still a beautiful creation in His eyes. Who can take away worth that God gave you? Don't let anyone touch your body in a way that you know isn't right, no matter how "right" it seems to feel. Sex/sexual touching hurts your mind and body while you are young. If this has happened or is happening you have to get help now! Think of how many other kids it could be happening to right now. If you let this continue to happen, then many negative things will happen. You will end up feeling like a piece of garbage especially when you're a bit older. You will become much more involved with sexual activity with many people, therefore increasing your risk of diseases like AIDS, and herpes. You can even end up making babies that you can't take care of, and with a pregnancy that could end in abortion (killing the child). If this is happening to you by someone of the same sex, there is a great chance you will think (or think already) that you are gay or lesbian or bi-sexual. Because you may have not stopped abuse does not mean you are gay, lesbian or bi-sexual. There are other feelings involved which caused you to not stop the abuse. Worse of all is, that if you don't get counseling and help, you could end up abusing/molesting kids yourself when you get older. So if this is happening, get help now! (Remember the precautions that will be taken.) **Respect and protect your body they are beautiful gifts from God.**

Section 10

Some Most Common Lies, Thought and Believed by Children Who have been Abused/Molested.

1st lie: If it is happening from the same sex, and it's not being physically forced, then the number lie is: "I must be gay, lesbian or bi-sexual". Kids may think that, because it is something that they didn't stop and also because they don't understand why it felt or feels "Okay" to them. Kids don't understand how they are manipulated and their emotions tricked into feeling sexual. They also don't understand the connection between their emotions and their sexual feelings. Children that come from broken homes that didn't get attention and/or emotional attachment from one or both of their parents (usually a boy and his father or a girl and her mother) once the child is abused especially by the same sex (which is 75% of the time) the child will try to receive that missing attachment in a FALSE way which is usually sexual. In order for the child to keep that "feeling of attachment" they will convince themselves "I must be gay, lesbian or bi-sexual because I didn't stop the abuse"

Truth: The reason that it feels sexually good is because God created sex as a reward and pleasurable experience for passion and pro-creation. A child doesn't know this, therefore to them; it just feels sexual and good. It may also feel good because it puts the child on a "high" that removes them (for a short while only) from any emotional pain and/or trauma they have experienced.

2nd lie: That sex/sexual touching is the best way or only "safe" way to make "an emotional connection" with someone.

Truth: Sexual feelings only give the perception that you're connecting with someone on an emotional level. This usually happens with kids and adults that are too afraid of trying to connect emotionally with someone because of past hurt/rejection. The true way to "connect" with someone is through friendship. Friendship includes having things in common, learning to trust one another, caring for one another, and then loving each other. True friends treat you in a Godly and legal way, and will not use you for some feel good pleasure. True closeness and love is found through a friend that wants to be with you, just because you're you! Not because you do something ungodly or illegal that makes them feel good.

3rd lie: If I really want a friend or just to be loved by an adult, I have to make them feel good, I have to let them make me feel something they think is helping me or they will leave.

Truth: A true connection with an adult and friend is made up of:

- A)** Things that you have in common and enjoy together.
- B)** Personality of the person (is it similar to yours.)
- C)** Ability to tell the person things personal and trust them.
- D)** Through time showing that the person doesn't lead you into ungodly and illegal things.
- E)** Being able to understand each other and forgive each other when you have made an honest mistake and you see they are trying to make sure it doesn't happen again. (If an adult tries to touch you in a sexual way DON'T believe the lie that it was just a mistake and it won't happen again. Tell someone and get away from that person!
- F)** A person that accepts you for the unique boy/girl that God made you. You should be able to be yourself around people, if they don't like that, then don't turn ungodly or turn to illegal things just to make them like you. God said "It is not good for man or women to be alone" He will bring plenty of TRUE friends.
- G)** A true friend will not expect you to do anything sexual with them!

4th lie: I have been hurt by people before so I have to be afraid to have a true friendship based upon true feelings and values. The safest way to build one is upon "feel goods" like sex.

Truth: As young children we have been hurt 100% of the time because of someone else's sin (selfish desire and bad choice.) It may have been alcohol, drugs, or physical abuse that led a parent to leave. These are things that **YOU HAVE NOT MADE HAPPEN, OR THAT YOU COULD CONTROL.** So if you look for warning signs that were missed the first time around, and avoid those type people you have a better chance of not getting hurt. Knowing that you didn't cause people to make the decisions they did, you can have confidence that you will learn to protect yourself better. Pray for protection. If you just be yourself and treat others the way you would like to be treated, if they are true Godly people, they will return that friendship without conditions.

5th lie: Because I have been hurt and rejected showing my true emotions in the past (while trying to feel secure with someone) the only way to feel safely close is to try and create closeness by using "dangerous feel goods" like sex/drugs.

Truth: It wasn't your good qualities that cause people to hurt and reject you. It was their bad ones. It was their free-will choice. The real truth of 100% security without fault is NOT found in people on earth.

Section 11

Vital Tips on Preventing Kidnapping and Child Abduction

1) **Children:** Always stay in groups of at least 2 or more people. Kidnappers are less likely to try and abduct you if there are witnesses around.

2) **Children:** Always change your specific ways that you walk to and from the bus stop or to and from your friends' houses. It is good to have one or more ways to get to where you're going. Child kidnappers usually will stalk first and wait for a time and location where it's easiest to abduct you

If you take the same path, around the same time everyday, then a kidnapper will know exactly where and when to take you. If you think about previous cases where children have been abducted, you will remember that they almost always were by themselves and usually walking to school or to a friend's house by themselves.

Avoid walking or biking in dark areas, wooded paths, alleys, and back roads that have hardly any traffic.

3) **Children:** Keep an eye out for suspicious vehicles that you see everyday. For example, if you see the same white van everyday or even every other day constantly, this could be someone who is looking for a specific type of child to kidnap. (Think about it how often do you normally notice the same vehicle everyday where you walk or play by yourself?)

4) **Children:** Remember these two things: If someone grabs you, make sure you scream and hit their private parts at the same time. A kidnapper only has two arms; he can't carry you, cover your mouth and protect his/her private parts all at the same time.

5) **Children:** Never for any reason go toward someone's car, van or truck. A lot of times, a kidnapper will say "I have a cute puppy to see" or "my animal is sick can you help" or "I have free candy or something. Never listen to them. If you don't know them, stay away from them. They will be trying to get you near a vehicle so when you scream and kick for the private parts at the same time, they have a better chance of taking you.

6) **Parents:** VERY IMPORTANT! Know which routes your kids walk or bike to their friend's house or to school. If someone were to take them, you would know what roads they were walking or biking on. This way you can tell the police exactly where to look for witnesses.

7) **Parents:** Get to know your neighbors! Especially people in your immediate neighborhood or subdivision. This is important for two reasons, **1st.** So you can know which people you feel comfortable and deem appropriate for your children to be near.

2nd. You can set up "Safe houses" for your children to run to if an emergency with them or you should take place.

8) **Parents:** It is a great investment to enroll your child in at least a basic self-defense course. Most courses or Karate schools are pay-as-you-go, so you can quit even after a couple of months. Usually with about fifty dollars your child can learn successful self-defense tactics.

9) **Parents:** It is a great idea to practice defense tactics with your children. Go over a plan of what your children will do if they are approached or grabbed by someone. Make sure they know what they will do, God forbid they will ever have to use it.

10) **Kids:** Make sure when you are online or making videos that you are not talking or doing anything sexual. Make sure your real name, phone number, or location is not seen by anyone you and your parents don't know in real life. Do not talk to strangers online! Be careful of adults posing as kids.

Section 12

Poem From a Child that Was Molested/Abused

Unexpected

You pursued me when I was young and not able to see. You found me when I wasn't sure, of who I wanted to be

While I was hurting and running away, just trying to escape from all my pain

You just wanted to feel good and play your little game; sadly you didn't realize that you were deceived and insane

You said that you were a friend that wanted to help me out, why couldn't you find a true Godly way? Why did you have to abuse me? Why did this type of game, did you have to play? So that years later, you would let me think I was gay, lesbian or bi-sexual?

You think that just because sex feels good, it would be OK to use it this way? You actually thought this would take me away from my pain? Well, you were just deceived and blind; all your sinful efforts were done in vain

Now I realize what you actually made me feel, You made me feel dirt cheap, You made me feel like a trashy piece of useless meat, You made me confused, You made me one of the abused

You sinful pawn! Shame comes upon you! Soon you will have to see the Truth!

God and psychology has taught me, This happened to you when you were young and not able to see, I was young and you did it to me, That still does not make it right, you don't take advantage of and molest kids who can't fight

God blessed me with knowledge and Grace, Now I beat this fight, He has brought me much wisdom and golden sight

He showed me that what you did was not love, What you did was not part of His Spirit, that's like a dove, God showed me that your abuse was not an escape for me, It was an evil mind trick that was harmful in every way, I was just too young and not able to see

God showed me that the reason I didn't say "stop", The reason I didn't tell mom, dad or a cop, I was overwhelmed with these feelings at a tender young age, So much that I didn't see the mentally loaded 20 gauge, I couldn't see the bullets that would soon be shot, There was NO way I could have known the plot!

Christ showed me that because this happened, Doesn't mean I'm gay, lesbian or bi-sexual, He tells me this in the truth that his words portray

So for this grace and for these golden reasons, I do not follow in your sin for Satan, No! I do not follow in that way, I have found healing through my pain, and God has revealed the hidden scheme and made me sane

Anger kills me twenty three times one hundred and two, so I forgive you! For you are deceived, if you confess and ask, then God will forgive you too

He understands our deception, He says seek and turn from your wicked ways and be set free. "Come on, trust me, it feels good" HEY! Evil one why don't you stop the pain you're causing, Seek God's face and you will see

Now it's time to open my heart and learn some more, Now it's time to keep my heart open along this golden tour, It's time to teach and warn others about this abuse, God has used this deception and pain, To give me yet another purpose, Another way to make this demon slain...

Anonymous

Kids if you or someone you know is being sexually abused or molested, be sure to tell someone.

Some numbers and website links for help

PHONE NUMBERS:

Resource center for child abuse> 1-800-227-5242

RAINN: 1-800-656-HOPE

1-800 we prevent

Boys town Hotline> 1-800-448-3000

Department of Children and Family

Services for your area.

www.teenhopeline.com www.darkness2light.org www.way2hope.org/sexabuse.htm

For a complete list of arrested offender databases for each state, please visit
www.protectyourchildren.org

www.protectyourchildren.org also has abuse hotline contact numbers for each state.

Thank You for taking the time to go over this guideline. Please go over it with your children so that they may be informed and protected.

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