

PARENT GUIDE

Keeping your child safe from abuse



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Dear Parents,

Today, your child learned the **Rules of ROARing™**. This program teaches body safety and how kids can keep themselves safe. Did you know that in Oklahoma County, **1 in 3** girls and **1 in 5** boys will experience abuse before their 18th birthday? Only **1 in 10** children will tell someone about their abuse to get help. ROAR™ gives you the tools to talk to your children and teaches them how to stay safe.

FOLLOW THESE STEPS TO KEEP YOUR CHILDREN SAFE

- Find time that you and your child can spend one-on-one before diving into this guide and the content.
- Read over the Rules of ROARing™ on page 3.
- This is a difficult topic and might make you uncomfortable, but we promise these conversations are important.
- Ask if they remember the Rules of ROARing™ from school.
- Open the guide to page 3 and go over the Rules of ROARing™ with your child. Read from the boxes. Encourage questions from your child and let them know that nothing is too silly to ask.
- Help your child name three safe grown-ups they can always talk to.
- Have the Rules of ROARing™ conversation with your child at least four times a year. Give them the ROAR™ pennant to hang in their room or on your refrigerator.
- Remember, we are here for you. If you have questions, need more training or follow-up, call or email us.

ADDITIONAL INFORMATION

- If you suspect abuse, call the DHS hotline (1-800-522-3511) or 911.
- Always use real names for body parts. Using codenames or nick names can increase shame and make it harder for safe adults to understand what the child is trying to talk to them about.
- Help your child understand the lesson in *Rex Finds His ROAR*, and read the guide with your child often. Make it a fun learning experience with your child, and let them know they are brave.
- *Rex Finds His Roar* children's book is available as an additional resource. Visit carecenter-okc.org/roar to order your book.

LEARN THE RULES OF ROARING™



REMEMBER, PRIVATES ARE PRIVATE.

Parts of your body covered by a swimsuit or underwear are private. No one should ask to see or touch them. Sometimes, doctors or family members have to, but they should always explain why and ask if it's okay with you first.



OKAY TO SAY NO.

You have the right to say NO even to a family member or someone you love. You are in control of your body and your feelings are important.



ALWAYS TALK ABOUT SECRETS.

Secrets shouldn't make you feel sad, upset, or tell you to hide something. You shouldn't get in trouble for sharing a secret that upsets you.



RAISE YOUR VOICE AND TELL SOMEONE.

Talk about stuff that makes you upset. Think about three safe people you trust and can always talk to.



Want more information on ROAR™?

Visit us at www.carecenter-okc.org or contact us
at 405-236-2100 or
roar@carecenter-okc.org

About The CARE Center

The CARE Center believes every child has a voice. With more than 25 years of experience serving children, we know it takes many champions to protect our children. We are a nonprofit organization bringing awareness and abuse prevention education to stand up for our kids. Join us in the fight to end child abuse!

The ROAR™ Program was adapted from NSPCC, a nationally recognized program on abuse prevention.

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