



Not Child's Play

www.notchildsplaybook.com

Building a movement to keep kids safe,
educate families and communities, and heal from sibling sexual abuse

Thanks for your interest in Not Child's Play!

This important book is becoming a movement to educate adults, empower children, and put a stop to sexual abuse. Want to get involved? Here's some ways:

- **Action Step:** Keep affirming the children in your life! Model how to ask for and respect consent, how to be accountable for the impact of your actions, and how to set and maintain healthy boundaries. Have conversations and do repair when harm is done.
- **Action Step:** Read this book! The first step is understanding the problem.
- **Action Step:** Bring copies of this book to your library, your doctor's office, the teachers and guidance counselors at your child's school, community/religious centers, and anyone else you think should have a better awareness about the prevalence and impact of sibling sexual abuse.
- **Action Step:** Have ongoing conversations with the adults in your life about this topic, why it matters, and how to prevent this type of harm.
- **Action Step:** Have conversations with the children in your life about who they trust and acknowledge that trusted people may or may not be immediate family members. Help them understand that no one gets to tell them who to trust, they get to decide for themselves. Help them understand what it means to earn trust and keep trust, and how trust can be lost. Acknowledge that even people we trust can break our trust. Tell them it's important to tell someone if they feel uncomfortable about anything anyone is doing with them. Let's move past "Stranger Danger" and acknowledge that children are more likely to be harmed by people they know than by strangers.
- **Action Step:** Actively teach and model healthy boundaries and consent with children. *Here are some resources to start with:* <https://knowyourix.org>, www.mylemarks.com
- **Action Step:** If you are a trusted adult and a child tells you they are being harmed, believe them, tell them you believe them and help them find the support they need. *Here are some resources:* RAINN <https://rainn.org>, National Sexual Violence Resource Center <https://www.nsvrc.org>, Suicide & Crisis Lifeline <https://988lifeline.org>

Yes, sibling sexual abuse *is* happening in homes and families today. Survivors live with lasting trauma. Families live with lasting trauma. Childhood sexual abuse is preventable! We all can play a role in ending it.



Let's work together to prevent harm!

