



PREVENTION FOR PARENTS & CAREGIVERS

Resources to help people observe Sexual Assault Action Month and Child Abuse Prevention Month at home with Kid(s)

We recognize that parents and other caregivers are often asked to do and be almost everything for their kids, now more than ever. We also recognize that these expectations are overwhelming and unrealistic. This resource is not meant to put another thing on parent's and other caregiver's shoulders, but rather offer some resources that may make the loads easier.



Talk with your kid(s) about consent, activism, bullying, empathy, equality, gender roles, parental reasoning, healthy sexuality, improving relationships, resiliency, trafficking, self-care, and policy.

This resource can help: [Parents for Prevention](#) - compiles resources on all of these topics and more, by age of your kid (infant to post-high school).



Watch age-appropriate videos with your kid(s) on topics like puberty, personal safety, relationships, sex and reproduction, sexual orientation, gender identity, and STDs/HIV.

This resource can help: [Amaze.org](#) and [Amaze Jr.](#) - Real info in fun, animated videos that give you all the answers you actually want to know about sex, your body and relationships.



Read books with your kid(s) (or ask your kid(s) to read books and share what they've read with you) on topics like History, Personal Development, Health/Wellness, Relationships, Life Challenges, Abuse/Violence, Environmental Issues, Homelessness, Illness/Disease, Immigration/ Migration, Oppression, Poverty, and Prejudice/ Discrimination, etc.

This resource can help give you some age appropriate book ideas: [A Mighty Girl](#) (Not just for girls) - features over 3,000 empowering books from over 200 book categories to explore. Also check out these book lists from [Deschutes County KIDS Center](#) and [Jackson County SART](#).



Explore online resources with your kid(s) that look at topics like healthy relationships, safe technology usage, consent and boundaries, and bias and discrimination.

These resources can help: [Love is Respect](#) - strives to be a safe, inclusive space for young people to access information and get help in an environment that is designed specifically for them. [Safe Secure Kids](#) - offers free resources and online learning experiences for parents to help teach respect for bodies and boundaries. [That's Not Cool!](#) - provides online resources, videos, games, and artwork for youth about staying safe in a digital world. [MTV's Look Different](#) - provides resources for all of us to learn about bias, and take steps to shift our biases.



Share Lessons and Learning plans with your kid(s) on civics, activism, religion, bullying and bias, current events, racism, social justice, equity, tolerance, gender justice, identity, diversity, activism and many other topics.

This resource can help: [Teaching Tolerance](#) - a project of the Southern Poverty Law Center, providing free resources to help educate children and youth (K-12) to be active participants in a diverse democracy.

