

CHILD PROTECTION FOR SCHOOL-AGE CHILDREN

CHILD PROTECTION TO KEEP YOUR SCHOOL-AGE KIDS SAFE FROM HARM - PHYSICALLY, EMOTIONALLY, AND SOCIALLY - WHILE HELPING THEM LEARN HOW TO STAY SAFE IN THE GROWING WORLD TODAY.

KEY PRINCIPLES OF SCHOOL-AGE CHILDREN PROTECTION

Create a Safe Physical Environment

- **Keep dangerous substances** out of reach (medications, cleaning supplies, alcohol)
- **Safe spaces for play** - always supervise your child. Choose age-appropriate toys
- **Teach first aid** - teach your child scenarios through social stories as to when to seek help. Teach basic information such as name, address, and how to call
- Teach pedestrian safety
- Always use seat belts and appropriate seats in vehicles

Teach Body Safety Early

- **Use correct names for body parts** - This helps your child communicate clearly and reduces shame
- **Teach about autonomy and appropriate vs inappropriate touch** - Private parts are not for others to touch or look at, except for hygiene or medical reasons - and only with a trusted adult present.



Sports and Physical Activity

Require protective gear (helmets, pads) for biking etc.
Monitor signs of overexertion
Encourage warm-up and cool-down exercises to prevent injury

Emotional and Social Safety

- Teach strategies for conflict resolution. Do not encourage physical aggression even if it is done to him/her. Instead, model out ways on how to seek help from adults or using words instead of hitting.
- Reinforce respectful behavior and empathy for others even at home
- Teach proper coping strategies in dealing with her own emotions.



Foster Open Communication

- Always keep an open communication with your child
- Try to ask about their day specially after school
- Encourage your child to feel free to open up with you regarding bullying both in person and online.
- Encourage as well to talk openly about emotions



Practice Digital Safety

- Limit screen time.
- If screens are used, use co-viewing to make sure you supervise what your child sees.
- Set clear rules for screen time and social media
- Teach children to never share personal information online
- Discuss cyberbullying and encourage reporting inappropriate content or behavior



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DEVELOPMENTALLY APPROPRIATE GUIDANCE

- **4 Years Old** - Children can now use full sentences and answer questions so it is best to help your child communicate safety and prevention by having open communication with a trusted adult. You can use stories that are relatable from books. Children at this age also should be able to dress and undress without much help and enter the bathroom and have bowel movements themselves so it is best to give opportunities to encourage such independence.
- **5 Years Old** - Children at this age can now tell stories of 2 sentences or more and they can follow directions well. It is then encouraged that adults can use direct verbal commands with visual demonstration to help the child be more independent. They are also expected to dress and undress on their own and go to the bathroom independently. So encourage independence and safety by teaching autonomy and privacy early.
- **6 Years Old** - Children can now tell full stories from beginning, middle to end so always encourage open communication in detailing experiences of your child specially when they are away from you.

PARENTING TIPS

- School age children can now follow rules so long as the adults have clearly modeled and consistently implemented them.
 - Always model social scenarios as to when the child can seek help.
 - Teach proper ways on how to handle conflict specially with others during play. You can initially model this and also teach the right dialogue in order for the child to follow and do the appropriate action when he or she is alone.
- Teach your child on how to follow rules during play as well as taking turns.
 - Encourage being a good sport in order to succeed in competitive games and to show respect to his/friends.
 - Teach your child that it is okay to be angry about losing, but the behaviors he/she is using to show this anger may not be okay.
 - Brainstorm with your child and model out ways on how he/she can cope his/her emotions such as anger.
- Always keep an open communication about your child's safety and teach him/her scenarios as to how to say "no" when he or she feels uncomfortable.
 - Always reiterate appropriate touch and social overtures as well as respecting one's personal space

