

# Contents

<b>Preface</b>		xii
<b>Acknowledgments</b>		xvii
<b>How to Use This Book</b>		xix
<b>Introduction</b>		xxi
<b>Chapter 1</b>	<b>Protecting Children Today</b>	1
	Myths and Memories	1
	What Our Parents Never Told Us	2
	The New Protective Parent	4
	Striking a Healthy Balance	5
	Protecting vs. Projecting	9
	How Do You Protect Your Child?	11
	Key Points	19
<b>Chapter 2</b>	<b>That Was Then—This is Now</b>	20
	The Truth and Nothing But the Truth	21
	Fear of Violence Rising Among Youth	23
	Three Strikes Law Strikes Out?	26
	Controversy Around Chemical Castration	27
	Extending Sexual Predators' Stay	28
	Megan's Law: The Most Controversial of All	29
	Registries Are Popular	32
	Are We Scaring Away the Wrong People?	33
	Internet Pedophiles Exceed All Predictions	35
	An Inside Job	37
	Where Do We Go From Here?	38

<b>Chapter 3</b>	<b>Turning Nice Kids into Safe Kids</b>	40
	Finding the Words and the Way	41
	Walking Your Talk	44
	Who Listened to You?	45
	Listening on Purpose	47
	Avoiding Communication Traps	52
	To Love and to Cherish	56
	Taking a Self-Inventory	58
	Encouragement and Praise	61
	Key Points	63
<b>Chapter 4</b>	<b>Why Scare Tactics Don't Work</b>	65
	The Negative Impact of Fear	66
	It's All in Their Minds	67
	Reacting vs. Teaching	69
	A Reassuring View	70
	Managing the Media at Home	72
	The Power of Your Words	77
	I Have a Question . . .	82
	Key Points	86
<b>Chapter 5</b>	<b>What You Need to Know About Your Kids—and Sex Offenders</b>	87
	Using What You Know About Your Child	90
	A Look Inside Their Bag of Tricks	95
	Lessons from Sex Offenders	97
<b>Chapter 6</b>	<b>What to Teach and When to Teach It</b>	100
	Selecting What to Teach Your Child	103
	General Guidelines for Teaching Personal Safety	103
<b>Chapter 7</b>	<b>Personal-Safety Skills: Preschool through Kindergarten</b>	105
	Obeying Limits	107
	Naming All Body Parts	108
	Distinguishing Between "OK" and "Not OK" Touches	108

	Knowing What a Stranger Is	109
	Knowing Identifying Information	110
	Dialing 911 and 0	110
	Stepping In and Speaking Up	110
	Ask Permission First	111
	No Secrets Allowed	112
	Key Points	112
<b>Chapter 8</b>	<b>Personal-Safety Skills: Grades One through Three</b>	<b>113</b>
	The Age of Concrete Logic	115
	Responding Safely When Separated from You	116
	Yell, Run, and Tell	116
	Trusting Feelings and Acting in a Self-Protective Way	117
	Interacting Safely with Strangers	117
	Stay with a Buddy at All Times	117
	Answering the Phone or the Door	118
	Using a Code Word	119
	Some Touches Are Against the Law	119
	Sorry, I Can't Help You	120
	Power Tricks	121
	Refusing Bribes	121
	When Strangers Say They Know You	122
	Let's Keep It a Secret	122
	Key Points	122
<b>Chapter 9</b>	<b>Personal-Safety Skills: Grades Four through Six</b>	<b>124</b>
	Good Judgment and Decision-Making Skills	126
	Sixth Sense Savvy	127
	Updating Stranger Skills	128
	Street-Smart Safety	128
	Self-Defense Classes	136
	Key Points	138

<b>Chapter 10</b>	<b>Effective Teaching Techniques for Busy Parents</b>	139
	Five Steps to Your Child's Safety	139
	Teachable Moments	143
	How to Make Your Job Easier	145
	Learning Activities	149
	Linking Activities with Specific Safety Skills	157
	Developing Your Own Learning Activity	173
	Teaching Personal Safety Over Time	175
	Key Points	181
<b>Chapter 11</b>	<b>When They Want More Freedom</b>	182
	Prompting and Previewing	183
	Making Your Neighborhood Safe	189
	Self-Defense Products	191
	Home Alone and in Charge	192
	Key Points	202
<b>Chapter 12</b>	<b>What to Do If Your Child Is Molested or Abducted</b>	203
	Not All Incidents Are the Same	203
	Effects of Sexual Abuse	204
	From the First Phone Call to Court	205
	Your Reaction Counts	207
	When to Seek Help	208
	How Parents Can Help	210
	When Your Child Is Missing	213
	Key Points	214
<b>Conclusion</b>		217