

8 Rules to Establish a Healthy Sexual Environment at Home

*to prevent abuse related to problematic
sexual behavior (PSB)*




Increase parental supervision during play and bedtime

- Ensure that the child sleeps alone, and offer supervision when it's not possible.
- Add alarm systems or intelligent motion detectors to rooms with more than one child.
- Supervise play or forts on beds and couches.





Teach the notion of privacy

- Introduce the practice of knocking on the door before entering a room.
 - Identify a place (e.g., a box) where the child must give permission before accessing it.
 - Introduce the child to the fact that adults also have a private life (e.g., toilet, shower).
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**Avoid all sexual activity
in the same room as the
child**



Prioritize physical games with less intimacy

- Avoid games involving fighting, wrestling or “tickling”.
 - These games can be used as an excuse to touch the child, to reduce the child's personal bubble, or to make children who have experienced abuse feel uncomfortable and anxious.



Open dialogue about sexuality

- Provide a safe environment where the child can ask questions about sexuality.
- Supervise conversations with sexual content.
- Intervene when conversations are not developmentally appropriate.



Avoid physical punishment

- Prioritize positive reinforcement, since physical, humiliating or cruel punishment goes against the child's limits and beyond his consent.
- Respect the child's personal bubble and privacy.



Teaching the notion of the personal bubble

- Distinguish between touches and prioritize healthy ones.
- Respect children's limits (e.g., don't get offended if they refuse a hug or kiss).
- Inform those around you of your child's personal limits and ensure that they are respected.

Know the background of the child's caretakers

- Do not leave the child alone if the person in charge (e.g. babysitter) has a history of SBP.
- Supervise contact with relatives as much as possible.
- Openly question the child about their relationship with their caregivers.