

Parents in the Know

A Program for Engaging Parents in
Child Sexual Abuse Prevention

Parents' Journal: Mini Opps



Introduction:

This activity journal will help you talk with and help your child build safe and healthy relationships. A strong relationship with your child is part of preventing child sexual abuse. Try the activities in this journal. The start of a strong parent and child relationship can be built through reading, talking and playing together. Eat breakfast with your child. Go play outside together. Go for a walk. Make a paper kite and fly it. Have fun!

The most important part is to SPEND TIME WITH YOUR CHILD!

Each page has instructions and small boxes for you to check off as you complete items with your child.

Many of the activities in this booklet were developed for *Where We Live : A Manual for Engaging Parents in Child Sexual Abuse Prevention* (PAAR, 2012). This booklet is to be used in combination with the booklet *Parents in the Know: A Program for Engaging Parents in Child Sexual Abuse Prevention: Parent’s Journal: Activities & Handouts* (PAAR, 2015).

Table of Contents

Time for Art	2-7
Time to Watch	8
Time to Make Music	9
Time to Build & Count	10
Time for Bed	11
Time for Fun	12-13
Time for Feelings	14-16
Time for Talking	17-19

© Pennsylvania Coalition Against Rape 2015. All rights reserved. This publication was developed by Pittsburgh Action Against Rape for the Pennsylvania Coalition Against Rape and was supported in part by funding through a grant from AmeriHealth Caritas.

Getting to Know You

Use this space or get a bigger piece of paper to color together.

My child's name is _____

Have your child draw a picture of him/herself

You draw a picture of yourself

Draw a picture together

Color and complete this sheet with your child

Cameron likes to play video games. What games do you like to play?



Jolisa likes to sing. What music do you like?



Pete likes to play basketball. What is your favorite thing to do?

