

Suggestions for Parents

- Teach child it is okay to say "no" to an adult who exhibits inappropriate behavior

If child reports something has happened,

- always believe the child
- do not blame the child
- comfort and reassure the child
- do not hesitate to call proper authorities

- Teach child to recognize behavior in others that "doesn't make sense"

- Do not focus solely on "stranger danger", since 90% of all victimization of children is done by someone the child knows

- Do not teach young children to keep secrets; "surprises" are fun - "secrets" could be harmful

- Start early and talk openly about sex -- define parts of the body and let child know he/she has a right to her/his own body

- Use simple language when teaching safety rules

- Provide adequate supervision

- Consider your own philosophy as to spanking; consider effective, non-violent discipline techniques

- If you could possibly be abusing your child, accept the possibility and reach for help

For more information about the WHO® program, contact

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National Program Director

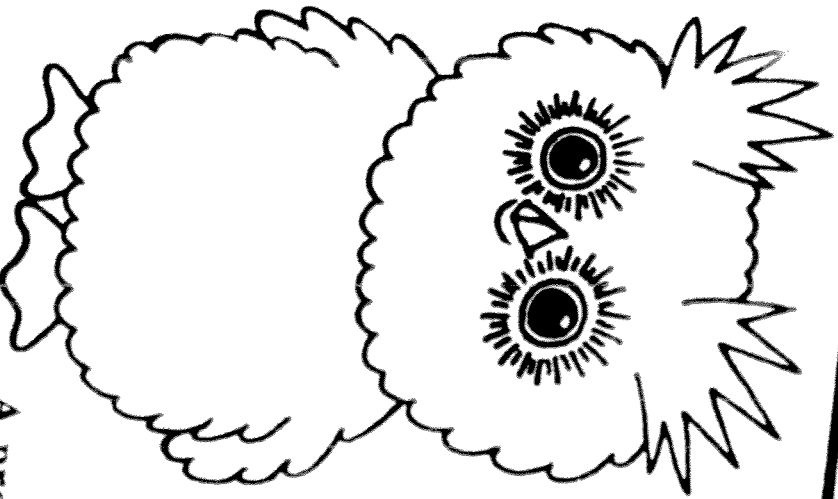
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Jane Fitch
Regional Coordinator

Dana Cruz, Counselor and Trained WHO Facilitator,
is presenting the WHO lesson for 2-5 students.

WHO®

Help Ourselves



A program
to prevent the
victimization
of children and
teenagers

WHO® is an educational program helping children and teenagers learn how to avoid all kinds of victimization including child abuse and neglect, violent assault, kidnaping, peer pressure, domestic violence, and emotional abuse.

- designed to prevent the likelihood of child victimization and ensuing mental health problems
- conceived, developed, and copyrighted by the Mental Health Association of Greater Dallas in 1981
- presented in classroom settings, with follow-up materials for kindergarten through 12th grade

We Help Ourselves (WHO®)

- used in public school systems, private schools, organizations, religious groups
- most effective in groups of 20 to 30 children
- provides important information in a non-threatening manner
- presented by trained facilitators, often volunteers

Mental Health Association of Greater Dallas is a non-profit, volunteer citizens' organization working to promote good mental health through advocacy, education, and prevention programs.

Mental Health Association
of Greater Dallas



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A United Way Agency

What is WHO®'s message?

WHO® helps children and teens learn three ways in which We Help Ourselves:

1 KNOW

Have a plan for personal safety.
Learning and practicing personal safety rules will help avoid risk in the first place.

2 DO

Have a plan for assertive, positive action.
Think ahead about what to expect, what to say and do, where to go if confronted by a scary, dangerous, or uncomfortable situation.

3 TELL

Ask for help.
Identify trusted adults - parents, teachers, counselors, ministers, nurses, a friend's parents, neighbors, relatives -- children can talk to and count on for help.

How does WHO® help children & teens learn about anti-victimization skills?

Age-appropriate presentations for five age levels:

- Kindergarten - 2nd grade (uses puppets and the videotapes)
- 3rd - 4th grades
- 5th - 6th grades
- 7th - 9th grades
- 10th - 12th grades

WHO® presentations do not "teach", but "allow learning" through:

- use of videotapes
- discussions led by trained facilitators
- situational problem-solving
- building on student's own knowledge
- use of follow-up activities.

WHO® is also available on Español.