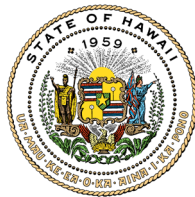


JOSH GREEN, M.D.
GOVERNOR



KEITH T. HAYASHI
SUPERINTENDENT

STATE OF HAWAII
DEPARTMENT OF EDUCATION
KA 'OIHANA HO'ONA'AUAO
P.O. BOX 2360
HONOLULU, HAWAII 96804

OFFICE OF THE SUPERINTENDENT

September 15, 2025

Dear Parent(s)/Legal Guardian(s):

The Hawai'i State Department of Education is committed to ensuring the safety and well-being of our students. One of the ways we support this commitment is through education on important topics, including sexual violence prevention (SVP).

We understand and recognize that this is a sensitive subject for many families and deeply value the vital role parent(s)/legal guardian(s) play in supporting their child's safety. To support you in these conversations, we are sharing the SVP parent brochure, *Let's Talk About Body Safety*. This resource is designed to help foster open, age-appropriate discussions about personal safety and boundaries in a supportive, caring way.

To ensure it is accessible to all families, the brochure is available in 15 languages. You can view these translations by scanning the QR code on the back of the brochure or by requesting a printed copy in your preferred language from your school office.

If you have any questions or need further support, please contact the Office of Student Support Services at (808) 305-9826 or via email at osss-svp@k12.hi.us.

Sincerely,

A handwritten signature in blue ink, appearing to read "Keith T. Hayashi".

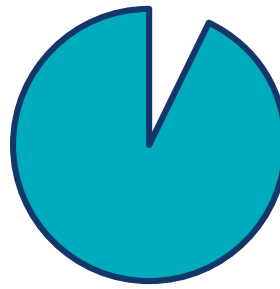
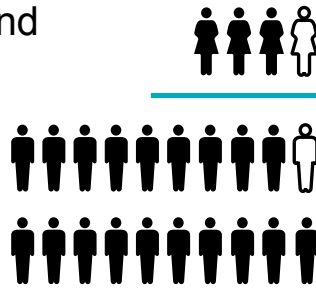
Keith T. Hayashi
Superintendent

KTH:ma
Attachment

LET'S TALK ABOUT BODY SAFETY

What Parents and Guardians Need To Know About Child Sexual Abuse

1 in 4 girls and
1 in 20 boys
experience
child sexual
abuse.¹



Over 90%
of victims
are abused
by someone
they know.²

¹Center for Disease Control and Prevention. Fast Facts: Preventing Child Sexual Abuse (2024).

²RAINN - Children and Teens: Statistics (2000).

**You can take steps to increase your child's safety
and reduce the risk of abuse.**

Child sexual abuse is defined as sexual activity between **an adult** and **a child** or sexual activity between **two minors** if there is a significant *age, size, or power difference*. It can include a range of activities such as sexual touching, sexualized talk, exposure to genitals, rape, involvement in pornography, or prostitution. A sense of bodily autonomy (that your body belongs to you) can help prevent child sexual abuse.

Teach children:



The anatomical **names** of their private parts (buttocks, breasts, penis, vulva).



About **safe touch** (hugging, high-fives) and **unsafe touch** (private part touching, hitting).



About **safe secrets** (like birthday presents) and **unsafe secrets** (about private parts touching).



To say "**No**" to requests for nudes, unsafe showing, or touching of private parts.



If they don't want to be touched or hugged, saying "**No**" to anyone, **including adults, is OK**.



Unsafe talking, showing, or touching of private parts is **never their fault** and they **will not get into trouble** for talking about it.



To tell a trusted adult if someone asks them to keep an unsafe secret, and to **keep telling trusted adults** until they get help.



To talk with you about anything that bothers them, including unsafe touching, that you will **believe them** and do everything you can to protect them from harm.



To ask before touching others (**get consent**).



People online are not always who they say they are; they **should never share** personal or private information, images, or videos with **strangers online**.



How To Have Body Safety Talks With Youth

For children in grades PreK-2:

- Demonstrate and practice respecting one another's boundaries.
- Teach your child ways to say "No" to unwanted and unsafe touches, including hugging or excessive physical play that causes pain or makes them uncomfortable.

You can say:

"Swimming suits cover the parts of the body that are private, which means they are not for other people to see or touch."

"It's OK to say, 'Stop, I don't like that!' if something hurts or makes you feel uncomfortable."

For children in grades 3-5:

- Look for teachable moments. If your child tells you about an unwanted or unsafe touch (hitting, kicking, tickling), it's a great time to talk about safe and unsafe touches.
- Assist your child in identifying safe and trusted adults (ideally at least three) to whom they can turn for help at school, at extracurricular activities, and within your family.

You can say:

"You should not touch, or be forced to touch, or look at the private parts of someone else."

"If someone tells you 'no' or 'stop,' listen to them."

"Do not take or share pictures of private body parts, online or in person."

"If anyone makes you feel uncomfortable or breaks a safety rule, you can always let me know, and I will help you."

For children in grades 6-12:

Empower your child to protect themselves. Let them know:

- Communicating clearly about boundaries and consent is essential for a healthy relationship.
- Realizing that anyone who does not respect their body, feelings, or sexual limits is an unsafe person.
- Knowing that they deserve respect and should treat others with respect.
- Engaging in sexual activity without consent is a crime, and no one under age 14 can consent to sex.
- Understanding that no matter what a person is wearing or doing, no one deserves to be harassed or abused.
- Sharing of nudes, explicit images, videos, or messages can lead to sextortion (online blackmail).

You can say:

"It's important to protect your friends, too. If you witness something inappropriate or unsafe, say something."

"It's never acceptable for someone to control you using your feelings or sex. If this happens, tell them that and then come talk to me about it."

"You have the right to say 'no' at any time, even if you previously said 'yes.' Your feelings and safety are what matter most."

"Relationships can be tough. If you ever want to talk about how things are going, I'm here for you."

"Whatever happens online, or if you make a mistake, I'm here to help. Come to me, no questions asked, and we'll work it out."

A child who knows they are in control of their body is less likely to be a victim and more likely to tell someone if they are abused.

When you see any of these signs, ask your child if anything is bothering them.

Warning Signs

After sexual abuse, many children will not show any signs, and they may delay disclosing their abuse, often for prolonged periods. Signs of **stress** can be an indicator of abuse.

- Fear of a certain person or place.
- Unexplained bruising, physical markings, or sexually transmitted infections.
- Disturbed sleeping or eating patterns.
- Changes in behavior (e.g., anxiety, clinging, aggressiveness, withdrawal, depression).
- Sexualized play, drawings, or knowledge (inappropriate for their age).
- A child abusing other children.

If your child tells you about an unwanted touch, talk, or showing of private parts:

- Stay calm and let them know you are proud of them for coming to talk to you.
- Ask what happened and how they felt.
- Tell them you believe them.
- Remember, unsafe talking, showing, or touching of private parts is **never the child's fault**.
- Know that if you or your child needs support, assistance is available both in school and in the community.
- Check with your school's counselors or administrators for support.
- Call Child Welfare Services or the police.

Responding to Disclosures

GROOMING is a manipulative process in which an individual builds trust and an emotional connection with a child, and often with the adults around them, with the intent of gaining access for potential sexual abuse. Recognizing the early signs of grooming can help parents intervene before interactions become harmful or sexually inappropriate. Grooming is not limited to adult predators; it can also occur between youth, such as older teens targeting younger or more vulnerable children.



Being overly interested in babysitting or other opportunities to be alone with your child.



Giving your child or family members gifts, private lessons, or privileges no one else receives.



Encouraging your child to spend time with them in secret (in-person or online).



Talking with your child about sexual fantasies or adult relationship problems.



Insisting on physical contact with your child (such as hugging, touching, or tickling).



Befriending your child by acting like a peer, best friend, or cool adult.



Normalizing or minimizing inappropriate interactions with children; refusing to let a child set their own boundaries.



Frequently walking in on or undressing in front of your child.

Look for behavior patterns of child isolation, boundary testing, and sexualized interactions to tell the difference between the actions of a caring adult and someone grooming your child for abuse.

To Keep Children Safe

Supervise your child's activities and **make careful choices** about who is alone with your child.



Monitor device use and online gaming activity. Set safety guidelines, such as **no devices in the bathroom**.



Regularly **check in** about their feelings toward the adults and children in their lives and changes in their behavior.



Statewide Survivor Services

24-Hour Hotlines by Island

If someone you know has experienced sexual violence, please call your local sex assault hotline for information and confidential support. In an emergency, call 911 or the Child Welfare Services 24-hour number at 808-832-5300.

Hawai'i: 808-935-0677

Kaua'i: 808-245-6362

Maui & Lāna'i: 808-873-8624

Molokai: 808-495-3340

O'ahu: 808-524-7273

Hawai'i's Sexual Assault Centers

Provide confidential counseling, sexual violence prevention education, assistance with police reporting, and medical care/evidence collection.

Hawai'i Island
Sexual Assault
Support Services,
YWCA

Phone: 808-935-7141

www.ywcahawaiiisland.org



Kaua'i
Domestic Violence
& Sexual Assault
Services,
YWCA

Phone: 808-245-5959

www.ywacakauai.org



Maui, Molokai & Lāna'i
Maui Sexual
Assault Center,
Child and Family Service

Phone: 808-877-6888

www.childandfamilyservice.org



O'ahu
The Sex Abuse
Treatment Center,
*Kapi'olani Medical
Center for Women &
Children*

Phone: 808-535-7600

www.satchawaii.org



Scan to view this document
and translated versions online.

bit.ly/HIDOE-BodySafety



Scan here for more resources
and the HIDOE SVP website.

bit.ly/HIDOE-SVP

