

The 5-finger rule, teaching children to avoid sexual abuse, should all parents know

Just five minutes, the mother was able to teach her to protect herself against the risks of abuse with a very simple and easy-to-remember rule.

In the past few years, the situation of sexually abused children has increased with dizzying numbers. Not only abroad but this situation also occurs in Vietnam. This is a problem in an alarming society when the personality of these people is further corrupted, interesting and loss of humanity.

Children are sexually abused, not only suffering from physical pain, but the mental pain is also haunting in their thoughts later, it cannot be erased.



According to the investigation of the High-tech Crime Prevention Police Department, Ministry of Public Security, from 2011 to 2015, there were 8,200 cases of child abuse with a total of 9,920 victims, an increase of 258 victims compared to with 5 years earlier. In particular, male sexual abuse has shown signs of increasing.

The report also said that in these sexual assaults the perpetrator causing this pain for them is the closest people like teachers, acquaintances, and even stepfather . of their children. .



Also according to a new report released by UN Women, 4.5 million people worldwide are victims of sexual abuse. Among them, 98% are women and girls. One in four girls is sexually abused. 1 in 3 women in the world suffer from physical or sexual violence, mostly by familiar people.

With the above figures, you will surely be startled by the current pedophile situation. So how can your child avoid this sexual abuse? Parents apply the 5-finger principle, parents teach children how to distinguish relatives, acquaintances and strangers in communication, helping them to limit the possibility of sexual abuse.

Here are 5 principles that kids need to remember:



The thumb : the closest to the family members, the grandparents, the parents, the siblings - the baby can hug everyone or agree to have family members kiss and show love, bathe when she is young.

Index finger : symbolizes teachers, friends at the school or relatives of the family. These people can hold hands, shoulder or play.

Middle finger : acquaintances like neighbors, friends of parents - babies can shake hands to greet them.

The youngest finger : meeting a person who has just met for the first time, the baby may stop at the wave of waving.

Pinkie : the smallest finger shows the complete strangers or the person with intimate gestures, making the child feel anxious and insecure, he can completely run away, shout loudly to inform people around.



In addition, remind your child that "no one has the right to ask children to touch their private parts". Parents often forget this part. However, sexual abuse often begins when the perpetrator asks the child to touch them. Safety rules apply all the time not only to strangers but also to acquaintances or other children because most victims are sexually abused by acquaintances and trusted people.

In addition to the five-finger rule, to guide children to avoid the dangers of pedophilia and to protect parents themselves should teach them to protect themselves from the following problems.

Underwear : Do not let anyone see your baby's underwear except parents, doctors or nurses. The doctor or nurse must wear a uniform during medical examination and they also need the consent of the baby and the family.

Always remember your body is always yours : The body is your own, no one has the right to touch or do anything on your body without your permission or to make you uncomfortable.

No, no : You have the right to refuse any physical contact or touch that makes you dislike all people, including family members.

Teach children to share secrets with their parents :

1. Most sexually abused children never tell their parents how they were abused. So encourage, motivate your child to share the things they meet every day that they feel is not right about something adults say or do.
2. Let your children know and trust their parents, that you will not hit, yell at them but will listen to them and will find ways to protect them safely.



In addition, parents can guide and protect their children in the following way:

Parents practice with the baby

*** Recalling many simple safety instructions for children:**

- "If someone touches your child abnormally, tell her about it. Mom will help you."
- "Adults do not need to touch children's underwear / swimwear unless it is for health or hygiene reasons."
- "You should not go far away or take a car or receive gifts from people who you don't know no matter what they say."

*** Set up family rules:**

- "You shouldn't let others know if you're alone at home".
- "You can say" no "to anyone who wants me to break the family rules.

*** Practice how to handle situations:**

- "If you are playing (somewhere) and a man or woman brings you into the car or into their house? .".
- "If someone does good things to make you touched and ask me to keep it a secret? .".
- "If someone gives you money (or something you really want) to break our family rules? .".

*** Teach children how to say verbally:**

- "Is not".
- "I don't want to be teased."
- "Leave me alone. I'll scream".
- "You are not allowed to do that."

When teaching children to say no, show them how to pull their hands off someone's hand, run, shake their heads .

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