



Equipping children with the vocabulary,  
permission, and courage to speak up  
about abuse.

[STOPGOTELL.COM](http://STOPGOTELL.COM)

# THE PROGRAM

Stop, Go and Tell is a fun, age appropriate and interactive way to teach children about personal space and the boundary rules and what to do if someone tries to break those rules. This 30-minute presentation was created by Bethesda's licensed staff in 2004. Since then, Stop, Go and Tell has been presented to over 240,000 students. More and more principals, teachers and parents are demanding Stop, Go and Tell become an annual educational component for their students.

We welcome the opportunity to come to your school, childcare center, church, or other community group to present Stop, Go and Tell to elementary children.

The words "Sexual Abuse" are not used in the children's presentation.



## NUMBER OF STUDENTS TAUGHT STOP, GO AND TELL

2020  24,371

2021  12,600

2022  18,712

# THE CURRICULUM

When you invite one of Bethesda's trained educators to your classroom, students will learn about their personal space and what to say and do if someone tries to break a boundary rule.

Students will learn:

1) Who does your body belong to?

Answer: "My Body Belongs to Me."

2) Private parts are covered by a bathing suit, and just like we do things to keep other body parts safe, like wearing a bike helmet to protect our head when riding a bike, we should know how to keep private parts safe too. In the presentation we only use the words "private parts." No other words or specific language is used.

3) The five personal space boundary rules:

- Say "NO" if someone tries to touch your private parts.
- Say "NO" if someone tries to look at your private parts.
- Say "NO" if someone tries to show you their private parts.
- Say "NO" to touching someone else's private parts.
- Say "NO" to looking at pictures or videos of private parts on TV, movies, magazines, cell phones, computers or ipads.

4) To identify the safe adults in their lives who they can go to if someone tries to break a boundary rule.

5) When someone tries to break a boundary rule, they should STOP, GO find someone safe and TELL them what happened.

6) They can decide who comes into their personal space.

7) It is not the child's fault if someone breaks a boundary rule.

8) If they say its a secret, that is not a secret we can keep.

# BECOME TRAINED



## Register

Your first step is to register at [stopgotell.com](http://stopgotell.com) so we can contact you about your progress.



## Watch

You will watch three different presenters as they talk to groups of elementary children with age-appropriate content. Each presenter delivers the information slightly differently based on their personality and teaching style. Watching all three presentations will help you attain a well-rounded view on how you may present the information.



## Review

After each video, you will be presented with questions reviewing the content. The modules do not need to be completed during a single session, but a total time needed is approximately 45 minutes in order to watch all of the different presenters. The questions are intended to remind you of the important bits of information and reinforce why they are significant. While at some times the answers may seem clear, please consider the importance of each question and how that interaction may sound to a young child.



## Certification

When you complete the training, one of Bethesda's trained educators will meet with you to answer any questions and address any concerns. The educator will equip you with materials you need to make the presentation yourself once they are sure you are comfortable with the material.

# WHAT TO DO IF A CHILD DISCLOSES ABUSE TO YOU?

- 1) Believe the child.
- 2) Listen to what is being said to you.
- 3) Stay calm.
- 4) Reassure the child that he/she has done the right thing by telling you.
- 5) Do not -I repeat- do not ask the child details about the abuse!
- 6) Do not promise not to tell. In fact, don't make promises of any kind.
- 7) Assess child's immediate safety.
- 8) Be supportive - know that this telling was very difficult for the child.
- 9) Call the child abuse hot-line A.S.A.P and/or the police depending on your assessment of danger for the child.

## WHAT IS BEING SAID ABOUT STOP, GO AND TELL:

### Counselor

"I think the information provided by Bethesda's Education Program is crucial to every student in elementary school. The presentation is very organized, well developed and age-appropriate. The repetition provided in each class truly reinforces every concept to be learned and etched in every child's memory. That truly is priceless!"

### Teacher

"I thought this program was informational and helped teach students things that are sometimes hard for teachers to know how to teach."

### Parent

"I was reluctant to allow my son to attend the presentation, but after I sat through to see what it was all about, I had no hesitation" "Glad we did it!"

# THINGS TO LOOK FOR

The following is a list of indicators of POSSIBLE sexual abuse. Please remember that these behavioral and physical indicators may be due to another reason.

## **Behavioral Indicators:**

- Acting out or passive withdrawal
- Persistent and inappropriate sexual play with toys, animals or peers
- Detailed and unexplained sexual knowledge that is beyond age expectations
- Seductive, precocious sexual behavior and gender confusion
- Aggressive sexual behavior, especially in boy victims
- Excessive, persistent, public masturbation
- Disturbances in eating patterns, i.e. binge eating, loss of appetite, gagging, hoarding food
- Disturbances in toileting patterns, i.e. wetting/soiling themselves
- Disturbances in sleep patterns, i.e. nightmares, night terrors, fear of the dark, fear of being alone in bedroom, wanting to sleep with a parent
- Extraordinary fear of the same sex adults, baby-sitters, etc.
- Unexplained and unusually intensive guardedness, mistrust, clinging and watchfulness
- Verbal statements by the child
- Regression: returning to earlier, outgrown behaviors
- Outbursts and tantrums, irritability
- “Fragile” feelings: hurt easily, quick to cry
- Nervous behavior, worry
- Bed-wetting or thumb-sucking

## **Physical Indicators:**

- Difficulty urinating or having bowel movements
- Blood on a child’s underpants
- Genital or anal bruises, fissures and lacerations
- Frequent vaginal infections
- Sexually transmitted diseases
- Physical complaints such as headaches and stomach aches

# REPORTING SUSPECTED CHILD ABUSE

## Call the DHS Child Abuse Hotline

1-(800) 522-3511

Open 7 days a week, 24 hours a day.

- 1) In Oklahoma, everyone is a mandatory reporter. There is no excuse for not reporting suspected abuse even if you know someone else is reporting. Multiple reports will give more credence to the report.
- 2) You are not responsible for determining if a report is accurate. That is the responsibility of DHS to determine the accuracy and seriousness of abuse.
- 3) If you are uncomfortable, get someone you trust to sit with you while you call.
- 4) If you have a file on the child, have it with you when you call. You will be asked several questions and the more information you have on hand, the easier it is to report efficiently and accurately.
- 5) Make an incident report for your school district of the report and inform the school.





Bethesda, Inc. is the only organization in Oklahoma devoted exclusively to helping children and families heal from the trauma of childhood sexual abuse. For more than 40 years, Bethesda has been a place of healing for child victims of a most intimate form of victimization.

Specially trained and licensed therapists provide individual and group counseling to child victims of sexual abuse in a comfortable and safe environment. Bethesda holds annual summer camps for its clients and seeks to educate children about their boundary rules through Stop, Go and Tell. Please support our effort to heal the trauma of childhood sexual abuse by donating online.

## CONTACT US

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Office Hours  
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**BETHESDAOK.ORG**



For more information about training for adults who work with children, visit [safetyinaction.org](http://safetyinaction.org)



United Way of Central Oklahoma



United Way of Norman