



# A FREE Parent's Guide To Sibling and Child on Child Sexual Abuse and Trauma Prevention.

Three Easy Steps for Parents and Caring Adults

*Complicated*  
COURAGE

# Welcome

Sibling and child on child sexual abuse and trauma is currently considered the most common form of sexual abuse in our homes. It's scary and frustrating as a parent to think that something out of our control could happen. We can't be next to our kids all the time. We don't know what they are doing when we are not in the room or when they are playing down the street at a friend's house. We shouldn't need to worry about our children being harmed by another child or harming another child. If you discover something so damaging that could have been prevented, it can begin a cycle of regret and grief that may take years, or even decades, to unravel.

I am Jane Epstein, a speaker, author, and advocate for preventing sibling and child-on-child sexual abuse and trauma. I believe if my sibling and I had been given the tools and education about the possibility of harm, I would not be here as a survivor today. With proper education, we can reduce and prevent this silent epidemic.



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# WHY IS SIBLING AND CHILD ON CHILD SEXUAL ABUSE AND TRAUMA HARD TO DEFINE?



Every case, every situation is different. In some situations there is no clear line crossed as there is in adult-child sexual abuse. Many people have a hard time even conceiving the possibility that sexual trauma can be caused by another child or teen.

Lack of research and a lack of survivor stories. We need more of both. As a society, we don't acknowledge or talk about SSA, perpetuating people to continue to live in silence. Without more survivor stories, the researchers and experts are working with patchy reports and studies. It's like they are working with something that doesn't exist. With sibling and child on child sexual abuse, there is no clear line to be crossed as there is in adult-child sexual abuse, and every situation is different.



# *Start here.....Three steps to reduce the risk of child on child and sibling sexual abuse and trauma*

Awareness of this silent epidemic is the first step in the process. Education leads to prevention. If we acknowledge it exists, talk about it and give our children tools, we can lessen the numbers and devastation that this trauma leaves behind. Check in with your children monthly, talk to them. There is a calendar on Page 18. You can cross off the months as you talk with your children.

## 01

### STEP ONE

TALK TO YOUR CHILDREN ABOUT BODY SAFETY AND SECRETS

## 02

### STEP TWO

EDUCATE YOUR CHILDREN ABOUT THE DIFFERENCE BETWEEN SECRETS AND SURPRISES....

## 03

### STEP THREE

PUBERTY, CONSENT AND THE EFFECTS OF PORNOGRAPHY



# BODY SAFETY

## STEP ONE

When I was a child, no one had taught me about body safety and boundaries. I knew on some level that what was happening was not quite right, but I did not have the words to tell a trusted adult.

I will forever live with the question, "What if?" What if I had been taught body safety? What if my sibling had a safe, trusted adult to talk to?

I don't know if it would have changed things for me, but why risk it? Why not equip our children with as many tools as we can?

When children are 2-3 years old, begin reading your child body safety and secret books. I know this can seem uncomfortable, but there are several courses to help you navigate this. My favorite children's books are listed under "[Resources](#)" on my website.

Below are several websites that offer courses for parents learning how to talk to their children about difficult topics such as body safety and secrets.

1. <https://www.kimberlykingbooks.com/proactive-parenting-school>
2. <https://parentingsafechildren.com/>
3. <https://www.consentparenting.com/>
4. <https://www.stopitnow.org/ohc-content/tip-sheet-how-to-talk-to-your-child-to-reduce-vulnerability-to-sexual-abuse>



Why it's essential: Sexual abuse can begin as early as 4. That is why you must start early.



# THE DIFFERENCE BETWEEN SECRETS AND SURPRISES...

## STEP TWO

Kids are kids. They will outgrow it. It's part of growing up.

Sibling and child on child sexual abuse and trauma do not have to be a part of growing up.

Sibling and child on child sexual abuse and trauma are every bit as damaging as any other type of sexual abuse or trauma.

It can start out as curiosity and lead to abuse. But even if it is driven by curiosity, if the activity or touch is unwanted, it can still be experienced as abusive.

Teach your children the difference between secrets and surprises. It may be best to teach younger children that your family does not keep secrets.



Why it's essential: It is important to teach our children these tools to prevent much sexual abuse. Often, an adult predator will test children to see if they will keep a secret from a parent. For example, "Don't tell your parents I took you for ice cream. It's our secret." This is a test to see if the child will keep a secret. When we talk about siblings or other children, a child may say, "If you don't do this with me, I am going to tell mom and dad that you were sneaking time on your phone."

Below are several resources to help you teach your children about secrets versus surprises:

1. <https://www.kimberlykingbooks.com/proactive-parenting-school>
2. <https://parentingsafechildren.com/>
3. <https://www.consentparenting.com/>
4. <https://www.stopitnow.org/ohc-content/tip-sheet-how-to-talk-to-your-child-to-reduce-vulnerability-to-sexual-abuse>
5. [https://www.missingkids.org/content/dam/kidsmartz/pdfs/Grades\\_3\\_5\\_Surprises\\_vs\\_Secrets\\_EN.pdf](https://www.missingkids.org/content/dam/kidsmartz/pdfs/Grades_3_5_Surprises_vs_Secrets_EN.pdf)
6. <https://sexpositivefamilies.com/talking-to-kids-about-secrets/>

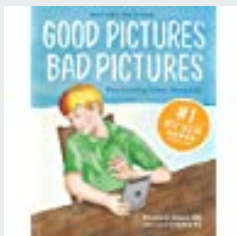


# PUBERTY, CONSENT, AND PORNOGRAPHY...

## STEP THREE

WHEN TALKING ABOUT PORNOGRAPHY WITH YOUR CHILDREN, PLEASE SEE [DEFEND YOUNG MINDS.](#) THERE ARE TWO GREAT BOOKS TO READ TO YOUR CHILDREN ABOUT PORNOGRAPHY AS WELL:

Good Pictures, Bad Pictures



Good Pictures, Bad Pictures, Jr.



When children enter puberty, educating them about the changes in their body, consent, and the effects of watching pornography is essential. I know this can seem uncomfortable, but there are several books to help you navigate this. I have my favorite books listed under ["Resources"](#) on my website.



Why it's important: 40% of sexual abuse is estimated to be perpetrated by juveniles, specifically peaking from the age of 11 or 12 and up. Right when they hit puberty, the rate of sexual abuse perpetrated by juveniles takes a considerable jump. This is where we have the most impact on stopping harmful sexual behavior, because they have different motivations. After all, juveniles harm differently than adults. They are not going into public seeking victims, preying upon children. Instead, they may not understand their sexuality or not have resources or people to talk to about it, so if a younger sibling or cousin is available, children feel like a safer place to explore their sexuality. This age group deserves to be educated too. Let them know they are at risk of harming another child or doing something they may regret. Their brains are still developing, and they are not thinking about the consequences of their actions or why what they are doing is so harmful. We don't want any of our children affected by this when it can be prevented with education.

Continue to educate your children. Don't stop with Steps 1 and 2. We have to tell our kids multiple times about not leaving their clothing on the floor, not punching their sister and doing homework. Although we don't hesitate to remind them and talk about those things, body safety and awareness are the same.



As good as our intentions are to check in with our kids, life gets away from us, and it's easy to slip. Print this calendar out, and each month when you check in with your kids, place a checkmark under the month, and that will remind you that you have checked in.

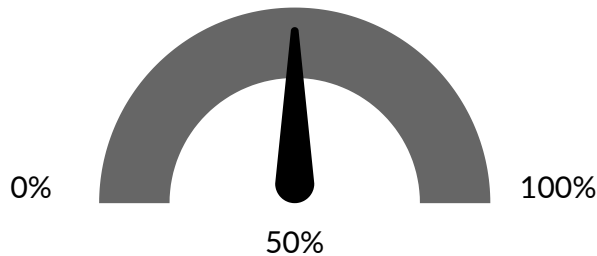
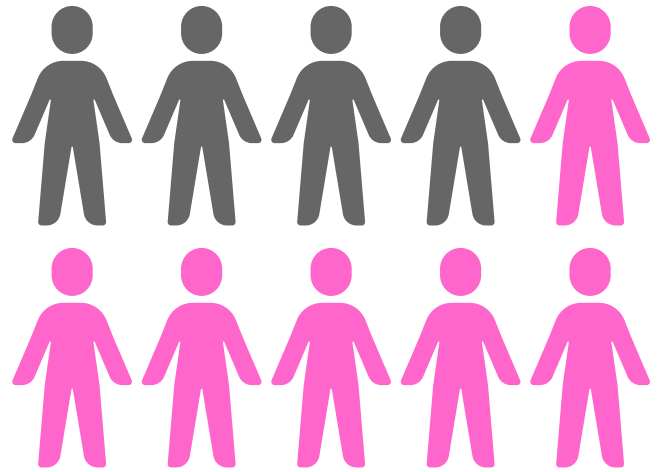
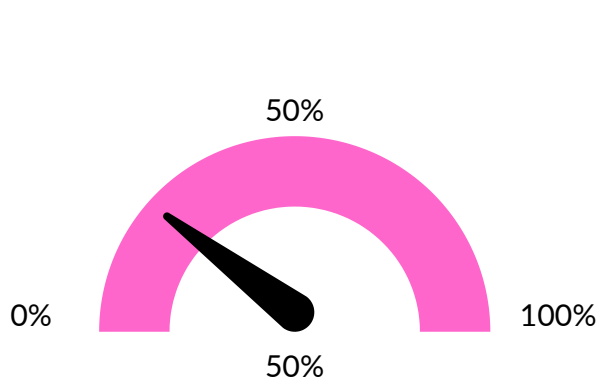
# MONTHLY

*Check in* ✓

<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>
<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
<b>JULY</b>	<b>AUGUST</b>	<b>SEPTEMBER</b>
<b>OCTOBER</b>	<b>NOVEMBER</b>	<b>DECEMBER</b>

IMAGINE A WORLD WHERE PARENTS AND CHILDREN HAVE BEEN EDUCATED ABOUT AND ARE NORMALIZING DISCUSSIONS ABOUT SIBLING AND CHILD ON CHILD SEXUAL ABUSE.....

*The statistics would drop*



0%

Together we can be a part of the solution.

I believe in a world where we can have discussions with parents, teachers and our children and normalize the discussion around sexual abuse and trauma, curiosity versus healthy sexual behaviors. And together we will create change and lessen the number of children and families suffering alone.

LET'S REDUCE THE RISK OF  
CHILD ON CHILD AND SIBLING  
SEXUAL ABUSE AND TRAUMA  
IN YOUR COMMUNITY



Book a discovery call to inquire about a speaking engagement for you or a community. I deliver presentations for schools and communities on child on child and sibling sexual abuse and trauma.

INVITE JANE TO SPEAK

# RESOURCES *and Tools*



[visit compllicatedcourage.com](http://visit.compllicatedcourage.com)



# Thank you

“

I believe together  
we can create  
change and  
awareness. Thank  
you for your time  
and support.

*Jane Epstein*

[complicatedcourage.com](http://complicatedcourage.com)

[5WAVES.org](http://5WAVES.org)

