

# 07 Do I Have to Hug Them? (Protecting Our Kids' Bodies)

## DISCUSSION GUIDE

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Opening Prayer (5 Mins)

Opening Discussion (10 Mins)

Have you experienced anxiety since having kids? How is the anxiety you experience now different from what you experienced before you became a parent?

Watch Video [28 Minutes]

Follow-Up Discussion [40 minutes]

1. What stood out to you from the video?
2. How do you feel when you hear statistics about children experiencing unwanted sexual contact by the time they are 18? Does anything stir in you related to your own story or the story of a loved one?
3. Research says teaching your kids to name their private parts with biologically accurate terminology is the leading preventer of childhood sexual abuse. Is using this terminology something you've done or intend to do with your own kids? Why or why not? How do you feel about using such specific anatomical language?

Raising  
Kids

4. How do you teach your kids about hugs and other physical contact with family and friends? Based on what you're heard in this video, is there anything you want to teach differently moving forward?
5. Do you have a list of family rules to help keep your kids' bodies safe? If so, what are some of those rules? If not, what might you want to put on such a list?
6. How do you help your kids determine who is trustworthy? Are there any tools (like Brené Brown's "Trust Jar") that you want to use to help your kids understand how trust is built?

Closing Prayer [10 minutes]