

HEALING MESSAGES FOR CHILDREN

ABOUT THE CHILDREN

I care about you.
I respect you.
I know what happened to you and I am still here.
You are not alone.

ABOUT THE CHILDREN

You have strengths.
You are a special and a worthwhile person.
You are fun to be with.
You are brave.

ABOUT THE ABUSE

It's not your fault.
Child abuse and family violence are never the child's fault.
Responsibility for the abuse lies with the abuser.
This happens to lots of children, you are not the only one.
Adults can care for others, and not abuse them.

ABOUT FAMILIES

Adults try to do their best to take care of children.
Adults are supposed to get their needs met with other adults, not with children.
Everyone's feelings count.

ABOUT INTIMACY AND CLOSENESS

There is a difference between affection and sex.
You can say "no" or "yes" to touch.
Touching can be a nice thing too.
All touching can be talked about.

BOOST

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