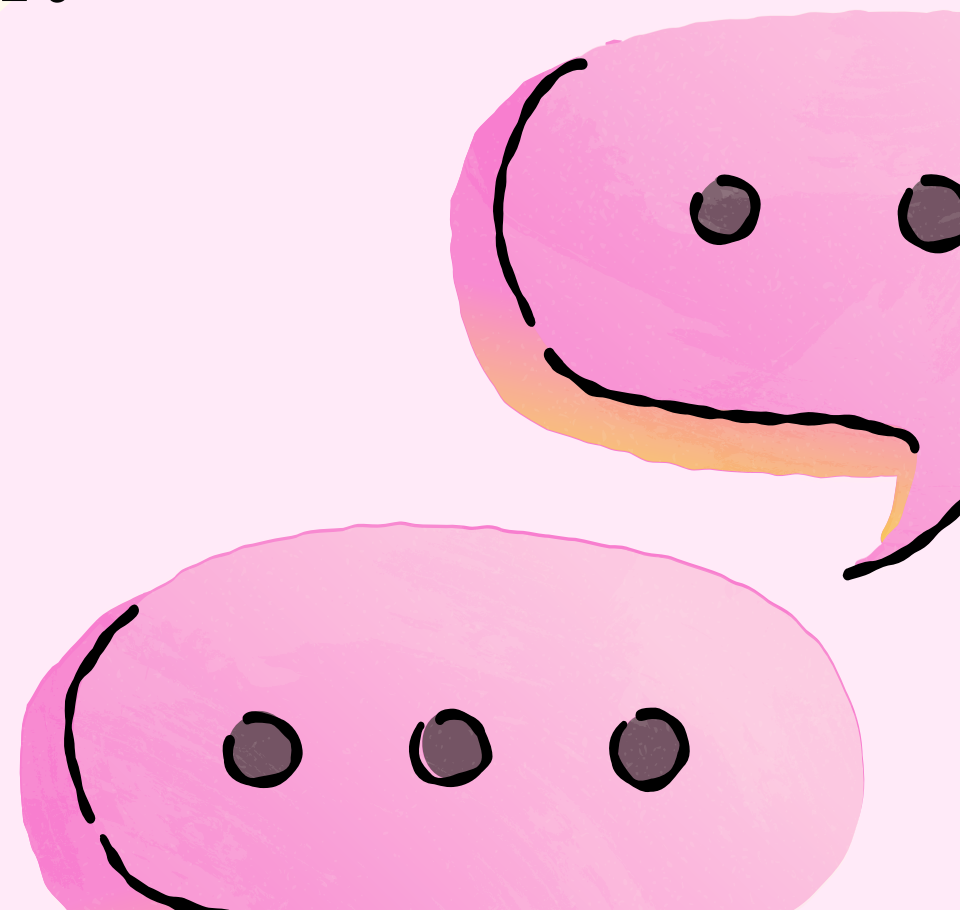


A pink brushstroke graphic in the top-left corner, consisting of several overlapping, textured strokes in shades of pink and magenta.

BEING MY CHILD'S KEEPER

“Raising Safe, Aware, and Confident
Children in Today's World”



MOTHERHOOD AND SAFETY

**MOM IS
MY SAFE
PLACE**



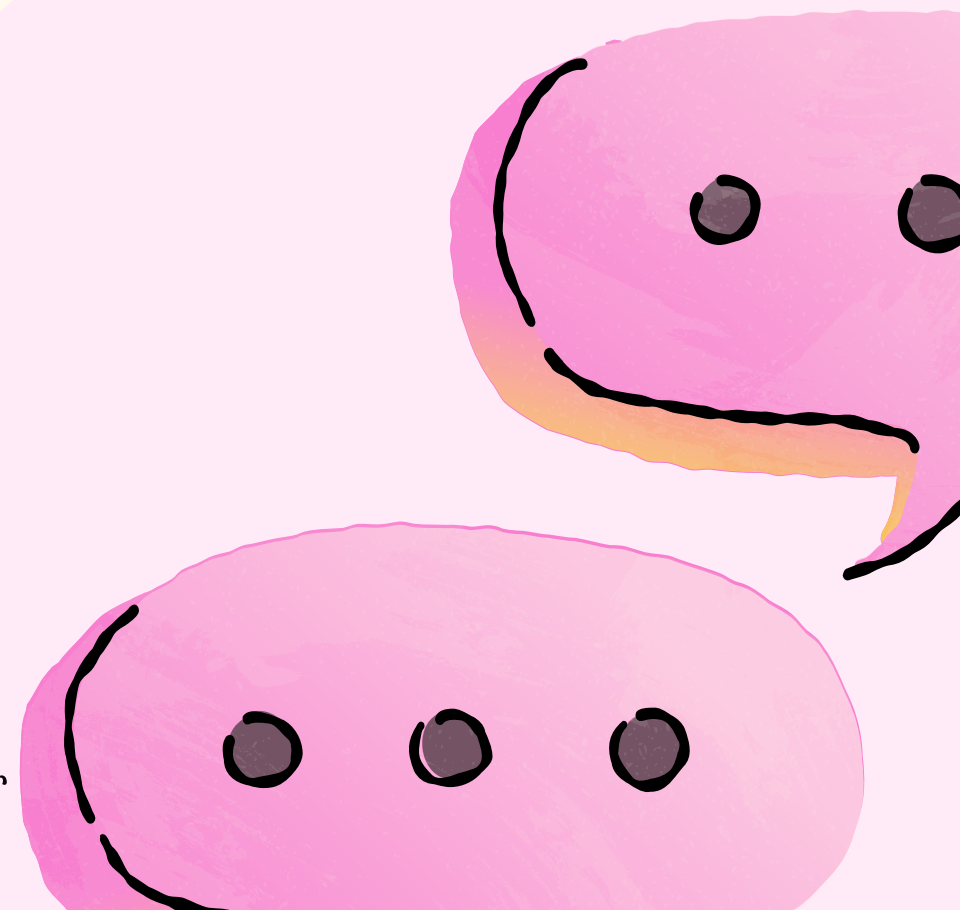
When children feel safe,
they grow, they learn,
they shine.



MOTHERHOOD AND SAFETY

Thank you so much for creating time to be here today. I truly honor every mother in this room because motherhood is one of the greatest responsibilities in the world. Mothers are the first teachers, first protectors, first counselors, and first safe spaces for children. Today we are talking about something extremely important — CHILD SAFETY.

Child Safety is all rounded. It's about the safety within and without



CHILD SAFETY

When we speak about Child Safety, think about the safety within a Child as a person and the safety out where the child stays or spends his or her day

Child safety includes:

- Physical safety
- Emotional safety
- Mental safety
- Online safety
- Sexual safety
- Environmental safety
- Social safety



Before and After

The world we are living in Today is very different from the one many of us grew up in. There's so much that has changed that calls for changes in daily life and in particular in our mothering Journey.

THEN
A different world.
Different times.
Different risks.

NOW
A different world.
New times.
New risks.

- Technology** has changed.
- Exposure** has increased.
- Risks** are different.
- People** around children are different.

This means parenting today requires more **intentionality, awareness, wisdom, and communication** than ever before.

Today's session is not meant to create fear. It is meant to create **awareness, preparedness, and confidence.**

Because the goal is not to raise fearful children. The goal is to raise **aware, wise, confident, and safe** children.

UNDERSTANDING THE REALITIES OF CHILD SAFETY TODAY

As mothers, one of the most painful things is realizing that danger does not always come from strangers.

Sometimes danger comes from:

- People we trust
- Relatives
- Neighbors
- Older children
- Online friendships
- House helps
- Drivers
- Teachers
- Family friends
- Social media influence
- Unsafe environments

This is why we must move from: “I trust everyone around my child”
TO “I will stay aware and intentional about my child’s safety.”

Many children suffer silently because:

- They fear not being believed
- They fear punishment
- They feel ashamed
- They do not know what is happening is wrong
- They were never taught how to speak up

This is why mothers must become emotionally available.

Children who feel emotionally safe at home are more likely to speak when something is wrong.

BUILDING A SAFE ENVIRONMENT

Child Safety Begins at Home. Children should feel

- Heard
- Seen
- Respected
- Protected
- Loved
- Safe to Speak

Many Parents provide food, shelter, school fees, clothing, but forget emotional safety

A child who fears her parents may hide important information. Let your child know,

- You can tell me anything
- I will listen before reacting
- You will not be punished for telling the truth

Sometimes children test us with small truths first. If we react, shout, embarrass or dismiss them, they stop opening up. We must become mothers our children can run to not from.

TEACHING BODY SAFETY

Many African homes struggle with conversations about private parts because culturally we were taught such topics are taboo.

But silence is no longer safety. Silence is vulnerability.

We must teach children body safety early and appropriately.

Teach Proper Names of Body Parts

Teach children correct names:

- Chest
- Penis
- Vagina
- Buttocks

Why? Because when children use unclear language, adults may not understand when they are reporting abuse.

Teach “Private Parts”

Explain: “Any part covered by clothes is private.”

Teach them:

- No one should touch their private parts
- They should not touch another person’s private parts
- No one should ask them to keep secrets about touching

Teach Safe and Unsafe Touch

Safe Touch

- A hug that feels comfortable
- A doctor examining with parent present
- Grooming/helping a younger child appropriately

Unsafe Touch

- Touch that causes fear
- Touch involving private parts
- Touch done secretly
- Touch that feels uncomfortable

TEACHING BODY SAFETY

Unsafe Touch

- Touch that causes fear
- Touch involving private parts
- Touch done secretly
- Touch that feels uncomfortable

Teach children: “If a touch makes you uncomfortable, you can say NO.”

And mothers — teach children that they do NOT owe adults physical affection.

A child should not be forced to:

- Hug visitors
- Sit on laps unwillingly
- Kiss relatives unwillingly

Respecting children’s boundaries teaches them ownership over their bodies.

The Power of Listening to Children

One of the biggest mistakes adults make is dismissing children.

Children communicate differently. Sometimes they do not directly say: “I am being abused.”

Instead, they may:

- Become withdrawn
- Fear certain people
- Wet the bed suddenly
- Become aggressive
- Avoid certain places
- Develop anxiety
- Show unusual sexual behavior
- Experience sudden drop in performance
- Become unusually quiet

Behavior is communication.

Sometimes the child is not “misbehaving.” Sometimes the child is crying for help.

WE MUST LEARN TO OBSERVE BEYOND WORDS.

Digital and Online Safety

Mothers, the internet has become another home for our children.

Many children spend hours online:

- TikTok
- YouTube
- Instagram
- WhatsApp
- Gaming platforms

The online world has:

Good learning opportunities

- But also predators
- Cyberbullying
- Pornographic exposure
- Emotional manipulation
- Dangerous trends

Prepared By: Catherine Njeri/Coach/Speaker/Trainer



What Mothers should do

What Mothers Should Do

1. Know What Your Child Watches

Not everything labeled “children’s content” is safe.

2. Delay Unnecessary Phone Ownership

Children do not need unlimited digital access too early.

3. Set Screen Time Rules

Healthy boundaries are important.

4. Teach Children Never to:

Share photos carelessly

Share location

Talk to strangers online

Meet online friends physically

5. Keep Communication Open

Children should never fear reporting online mistakes.

If a child fears punishment more than danger, they may hide serious situations.

Teaching Children Confidence and Assertiveness

Safe children are not only protected children. Safe children are also empowered children.

Teach children:

- To speak up
- To ask questions
- To trust their instincts
- To report discomfort
- To say NO respectfully

Many children are taught obedience but not discernment.

Obedience without wisdom can make children vulnerable.

Teach children: “Even adults can make wrong choices.”

Teach them emergency responses:

- Memorize parent phone numbers
- Know home address
- Identify safe adults
- Know what to do when lost
- Role play situations with them. Children learn better through practice.

Emotional Safety

A child who is emotionally wounded can still look physically okay.

Some children are carrying:

- Fear
- Rejection
- Anxiety
- Shame
- Harsh criticism
- Comparison
- Emotional neglect

Words matter deeply.

Some statements destroy children internally:

- “You are useless.”
- “Why can’t you be like others?”
- “You are a problem.”
- “You never do anything right.”

Children become what they repeatedly hear.

Create emotionally safe homes.

A safe child is not a perfect child. A safe child is a child who knows: “My mother listens to me.” “My mother values me.” “My mother protects me.”

Safety in Schools and Community

As mothers, we must partner with schools.

Child safety is a shared responsibility.

Ask questions:

- Who supervises children?
- What are the school's child protection policies?
- How are visitors managed?
- How are complaints handled?
- Is transport safe?

Do not assume. Ask.

Know your child's friends. Know the environments they spend time in.

Sometimes prevention begins with awareness.

When a Child Reports Abuse or Danger

This is extremely important.

If a child reports something disturbing:

DO NOT:

- Panic loudly
- Shame the child
- Dismiss them
- Force silence
- Blame the child

DO:

- Stay calm
- Listen carefully
- Believe the child
- Reassure them
- Protect them immediately
- Seek professional help if necessary

One of the most healing words a child can hear is: “Thank you for telling me.”

Children who are believed heal better.

Take Home

Mothers, child safety is not about parenting in fear. It is about parenting with wisdom.

We cannot monitor our children every second. But we can:

- Build trust
- Teach awareness
- Create safe spaces
- Stay emotionally connected
- Remain observant
- Pray for them
- Guide them intentionally

May we raise children who are:

- Safe
- Confident
- Wise
- Emotionally healthy
- Aware
- Brave enough to speak

Because protected children become healthier adults.

And one of the greatest gifts we can give our children is not only education or provision — but safety.

Thank you so much.



QUESTIONS?