
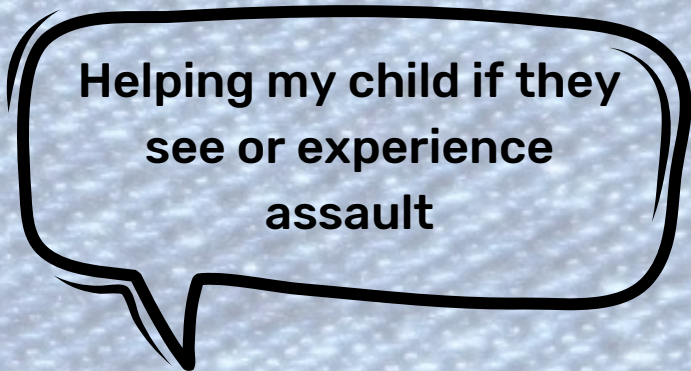


SUPPORTING DENIM DAY MEANS...


A Denim Day Guide for Parents and Caregivers 2023



Teaching my
child how they
can support a
friend!



Helping my child if they
see or experience
assault



Talking to my child
about consent and
boundaries

TABLE OF CONTENTS

Denim Day FAQ's.....	3
Talking About Boundaries and Consent.....	4
Supporting Survivors by Blocking Blame.....	5
I Wear Denim Pledge.....	6

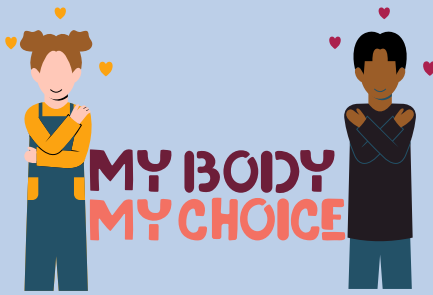
DENIM DAY FAQ'S

What is Denim Day?

Denim Day is a call to action to raise awareness against sexual assault. The day began in response to an event in Italy where a court ruled that because a young woman was wearing tight jeans, she must have helped her assailant remove them prior to sexual activity, implying consent.

Why Does Safe At Home promote awareness of Denim Day?

Denim Day is more than just raising awareness about sexual assault. It's a great way to begin conversations about how to engage in healthy relationships, how to be an advocate for others, and how to support survivors of any type of assault or abuse. Safe At Home wants survivors to know that we believe them, the abuse or assault was not their fault, and they are not alone!



My child is too young to talk about sexual assault. How do I talk to them about Denim Day?

Younger children can still participate in Denim Day by learning about consent, boundaries, and how to support someone who has been harmed. Supporting survivors can start with simply listening to them, believing their story, and reminding them that the abuse or assault was not their fault.

What can I do with my child to learn more about consent, boundaries and other Denim Day topics?

Point out examples of consent in media (movies, music, etc.). Model how to respect boundaries with others in your own life. Visit [Joetorre.org/resources](https://joetorre.org/resources) to find activities for all ages.



JOE TORRE
SAFE AT HOME.

How can we get more involved in Denim Day and raising awareness?

Intentionally wear jeans on April 26th to stand in solidarity with survivors of violence. Share information with your family, friends and community about the history of Denim Day. Visit [Denimdayinfo.org](https://denimdayinfo.org) to learn more about events happening near you.

TALKING ABOUT BOUNDARIES AND CONSENT

With children and teens

WHAT EVERY PARENT NEEDS TO KNOW

Boundaries are rules that we put in place to keep ourselves emotionally or physically safe.

Consent is actively and clearly agreeing to participate in anything. This can include activities, physical touch, and even borrowing things from others. Silence or lack of resistance is not consent. Consent can be given or taken away at any moment. Saying "yes" once does not mean you have to say "yes" every time.



Encourage Self-Agency

Children and teens should be encouraged to set their own boundaries at any age. Forcing young children to hug a family member that they may not want to gives them the impression that they do not have control over the boundaries of their body. Instead, consider encouraging another greeting like a hug, a high-five, or a wave.

Understand All Aspects

Consent is not just about sex! We often talk about consent in regards to sexual activities. Consent is something that we all give (or don't give) every day. Did you allow someone to borrow your pen? That's consent! Did you agree to take your child to the park? That's consent! Talking about consent in a broader and age-appropriate sense allows the more "adult" conversations about consent to flow more easily when the time is right.



Lead By Example

Children and teens often learn more from what we do than from what we say! Continue to set your own boundaries in a healthy way to show your child or teen how it's done. Healthy ways to set your own boundaries can include saying no to taking on more work projects than you can manage, or ending an uncomfortable conversation in a respectful way.



Teach

No!

It's okay to say "No!" Remind your child or teen that saying no to something they don't want to do is not being rude; it's creating safety. If their friends are pressuring them to do something, they can say "no," mean "no," and continue to have their answer be "no."

Talk to them about ways to say no that make them feel comfortable. Maybe your child doesn't want to attend something they were invited to. Instead of forcing them to go, or telling them to ignore the response, try this: "Thank you for the invitation. I cannot attend. I hope you have fun."

BLOCKING BLAME

Using language that supports survivors

Victim Blaming is the act of telling a person who has been harmed that the assault or abuse was all or partially their fault. Victim blaming causes shame and guilt for many survivors of assault or abuse. This can make those who have been harmed less likely to report the assault or to seek supportive services. *Remember:* abuse or assault is NEVER the victim's fault. Assault and abusive behaviors are always a choice made by the person causing the harm.

Each of the following scenarios show examples of victim blaming. Consider how you might respond to the person speaking if you were in the conversation with them. See example answers on the following page.



At lunch, Sam kept calling Avery a loser because he is obsessed with Harry Potter. Maybe if Avery wasn't reading ALL THE TIME, Sam wouldn't make fun of them so much.

Jesse and I broke up today. She smacked me in the face because she was angry with me for not getting her a nicer birthday gift. I just couldn't afford the gift she wanted. It's my own fault. I should have started saving sooner and then she wouldn't have gotten mad about the gift.



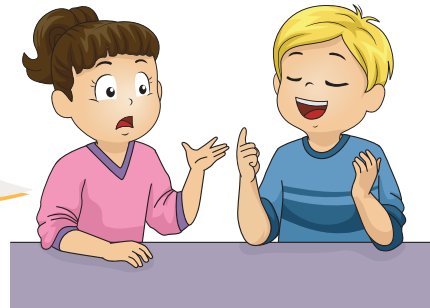
Did you hear about Amanda? Apparently Amy saw her hooking up with Shea at the party! Amanda is saying she 'didn't want to,' but maybe she shouldn't have been wearing such a short skirt!

BLOCKING BLAME

Using Language that supports survivors

(Sample Answer Key)

Avery really likes to read, there's nothing wrong with that. It's not Avery's fault that Sam is being mean to him for liking Harry Potter. Avery should be allowed to read when he wants without being made fun of.



Actually, that sounds pretty unfair. Jesse's choice to hit you was HER decision. That was abusive and it wasn't your fault. Being upset about a gift, or anything, doesn't give someone the right to put their hands on their partner. I'm here if you want to talk, and I'm sorry this happened.



It doesn't matter what Amanda was wearing. She has the right to wear whatever she wants. If she didn't give Shea consent, then it shouldn't have happened.



I WEAR DENIM PLEDGE

I, _____ (name),
pledge to wear denim on April 26th to show that I
promise that everyday I will be supportive and
respectful of others in my community. Wearing denim
on **Denim Day** means that I promise to:

1) Support those who have been hurt by others by
listening to them and believing them. If someone I
know has been harmed I will remind them the abuse is
not their fault.

2) Respect boundaries of my friends, classmates,
family and others in my community.

3) (add your own)