

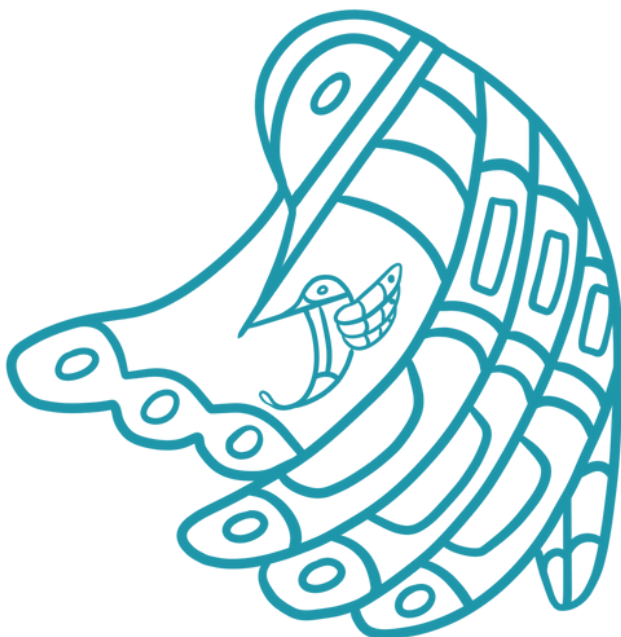


HEALTH  
HARMONY  
HOPE



Child Sexual Assault

**PARENT  
& CHILD  
WORKBOOK**



Washington State  
Native American  
Coalition Against  
Domestic Violence  
& Sexual Assault



Washington State  
Native American Coalition  
Against Domestic Violence  
& Sexual Assault

526 N. 5th Avenue, Sequim, WA 98382  
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# WHO WE ARE

## Tribal Coalition

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WomenSpirit is the official Department of Justice and Office on Violence Against Women Tribal Coalition. We serve the needs of tribal programs and provide direct services to those victims that tribal programs do not/cannot serve through its program areas.



## Family Safety Center

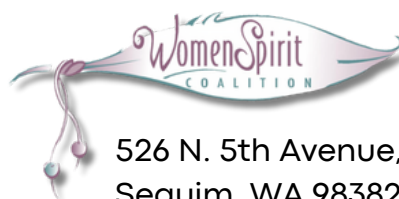
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The **Sayu' X Wey Family Safety Center** (SFSC) provides victim-centered direct services to Native victims and survivors of domestic violence, sexual assault, dating violence, and stalking. Located in Sequim, WA, the Family Safety Center offers services that can be replicated for tribes across the state. SFSC is affiliated with Alliance for HOPE International Family Justice Centers, which are recognized globally. It is also one of the first Native/Indigenous models of its kind in existence today.

## Subject Matter Expert

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WomenSpirit is the subject matter expert on matters related to ending violence against AI/AN women and their families. We provide assessment and evaluation of Tribes/Tribal programs relating to domestic violence, sexual assault, stalking, dating violence, and sex trafficking.



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# ABOUT THIS WORKBOOK

Our objective is to empower tribal communities through culturally resonant sexual health education. This workbook serves as a guide for applying the principles outlined in the Child Practitioner's Resource Workbook. It targets child survivors of sexual assault in grades K through 6. We propose a culturally enriching framework for adoption within tribal communities that addresses the developmental needs of Native children while upholding the foundational principle that every child's body is sacred, safe, and sovereign. Our overarching goal is expressed in the following intentions:

- Affirm Sacredness of the Body
- Promote Early Understanding of Boundaries and Consent
- Build Communication Skills
- Prevent Sexual Abuse and Violence

## LANGUAGE

When working with Native children, we encourage enhancing sexual health education by using affirming language like 'your body is sacred,' 'respecting yourself is part of honoring your ancestors,' or 'healthy relationships are part of living in harmony.' We recommend replacing stigmatizing terms with empowering ones like 'make choices that honor your spirit' and 'those actions don't reflect our values.' Language that centers community and interconnectedness resonates deeply.

## STORYTELLING

Storytelling in Indigenous cultures is used to pass down wisdom, values, and survival skills. It allows practitioners to "Indigenize" child protection by replacing clinical scripts with culturally grounded narratives. This strategy creates emotional distance while still validating the child's experience, making it easier for them to disclose information or ask questions. Storytelling reclaims voice—not just for the child, but for her non-offending parent and tribal community. Stories invite families, elders, and leaders into the healing process, fostering shared understanding and responsibility.

## COMPETENCY

A story-based practice helps build rapport and trust between practitioners and families, encouraging involvement from the community. In this approach, child practitioners develop skills to 1) help child survivors, 2) support non-offending parents, and 3) address historical trauma in tribal communities. Children require safety and appropriate care to heal, while non-offending parents often face their own grief and trauma. Historical trauma shapes how tribal communities respond to abuse and approach healing. By focusing on these three domains of competency, practitioners can offer support that respects cultural needs and builds resilience for future generations.



**“Being a good relative means showing up—not just for your family, but for your community, your ancestors, and the land.”**

— Tara Houska (Couchiching First Nation), tribal attorney, land defender, and climate activist

# BEING A GOOD RELATIVE

## Showing Up in Tribal Community

In a dynamic tribal community, a child practitioner plays a vital role in providing support to both the non-offending parent and the child victim of sexual assault. The act of reporting sexual abuse may invoke fears of gossip, retaliation, or social isolation. Furthermore, the fact that the abuser may be a well-known member of the community complicates the response of the parent and the options for available support.

Professionals working with Native non-offending parents encounter a unique array of challenges that require cultural humility, trauma-healing-informed care, and robust community engagement.

Guiding parents through retraumatization, grief, shame, and guilt while educating them about trauma responses strengthens their well-being and, more importantly, ensures their child's safety and voice are prioritized.

Serving as a Child Practitioner in a tribal community is a deeply meaningful honor and an important responsibility. You have a unique opportunity to empower Native people to uplift each other, embracing the incredible strength found in their shared journey.

Your role is essential in celebrating the rich beauty of Indigenous culture, moving beyond the stigma often present in narratives that focus solely on pain. Your commitment nurtures **health, harmony, and hope**, paving the way for inspiring change that will echo through generations. It is how you show up -“being a good relative” - that makes a difference.



## **STORYTELLING STRATEGY - 1 My Body Is Sacred**

### **CHILDREN WILL:**

- Identify and name body parts appropriately.
- Communicate the difference between public and private body parts.
- Learn that their body is sacred and deserves respect.

### **THE STORY OF JUMPING MOUSE**

Deeply rooted in tribal traditions, this children's story celebrates the sacred gift of children and underscores the importance of body autonomy. It effectively conveys ancestral wisdom and profound cultural and ethical messages that resonate with both individual and community identities. This powerful narrative serves as an inspiring example for the healing journey that both the non-offending parent and child can take together.

### **WHAT THE STORY TEACHES US**

- Your body is sacred—it helps you listen, move, and care for others.
- Being brave means trusting your heart, even when it's hard.
- Helping others makes your spirit strong.
- You are special, just like Jumping Mouse.

### **THEMES FOR CHILDREN**

- Every creature, no matter how small, has a sacred purpose.
- Listening to your inner voice is part of honoring yourself.
- The journey of self-discovery is sacred, just like our bodies.
- Respecting others and helping those in need reflects the values of community and care.



## WHY IT MATTERS

How 'The Sacred Journey of Jumping Mouse' Improves Practitioner Competence

Traditional stories, such as "Jumping Mouse," can enhance a practitioner's cultural sensitivity and relational approach, fostering shared meaning and trust between the practitioner and the child. They allow practitioners to strengthen rapport through an ability to maintain an interpersonal stance that is other-oriented in relation to aspects of cultural identity—essential for effective advocacy in Tribal settings. Here's a breakdown of the key competencies across the three domains of practice.

### **Cultural Relevance & Respect**

Using culturally rooted stories shows respect for traditional knowledge systems.

#### **Competency:**

Practitioners learn to integrate Indigenous worldviews, honor sacred teachings, and avoid imposing Western-only frameworks.

### **Holistic Perspective of the Child**

Indigenous teachings often view the child as a whole being—body, mind, spirit, and community.

#### **Competency:**

Practitioners shift from a purely clinical lens to a relational, holistic approach that honors the child's identity and sacredness.

### **Body Autonomy & Advocacy**

Story reinforces themes of self-trust, bravery, and transformation—key elements in teaching body safety and advocacy.

#### **Competency:**

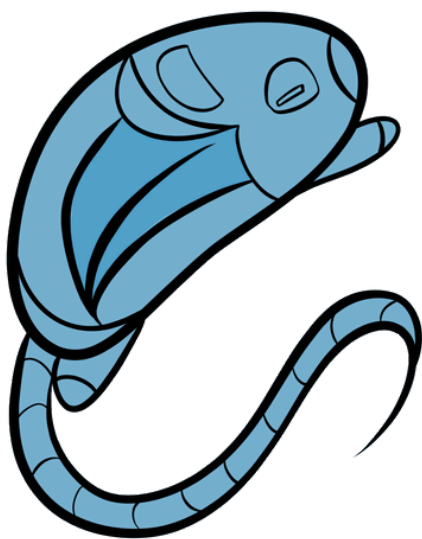
Practitioners learn to frame body autonomy within a sacred context, empowering children to speak up and protect themselves.

### **Child Centered Communication**

Children understand complex ideas better through metaphor and narrative.

#### **Competency:**

Practitioners develop skills in age-appropriate, trauma-informed storytelling that fosters emotional safety and engagement.



# THE SACRED JOURNEY OF JUMPING MOUSE

A Story from the Plains Tribes

Adapted for Young Children

Once upon a time, in a quiet meadow, lived a little mouse named Jumping Mouse. He was curious and kind, and he loved listening to the wind and watching the sun rise.

One day, Jumping Mouse heard a strange sound in the breeze. It whispered, "There is more to see. There is more to be." Jumping Mouse felt something special in his heart. He knew it was time to go on a journey.

He said goodbye to his mouse friends and began to walk. Along the way, he met a frog, a buffalo, and an old wolf. Each animal needed help, and Jumping Mouse gave them something special—even his eyesight!

Though he couldn't see anymore, Jumping Mouse kept going. He trusted his heart and remembered the wind's whisper.

At the end of his journey, something magical happened. The Great Spirit saw Jumping Mouse's kindness and bravery. Suddenly, Jumping Mouse was lifted into the sky—his tiny body transformed into a strong, beautiful eagle!

Now he could see everything. He flew high above the land, proud and free.

## Reflection Questions

- What does your heart tell you when something feels wrong?
- How can you take care of your body and spirit?
- If you could be a spirit animal, what would you be?



## Practitioner Prompts

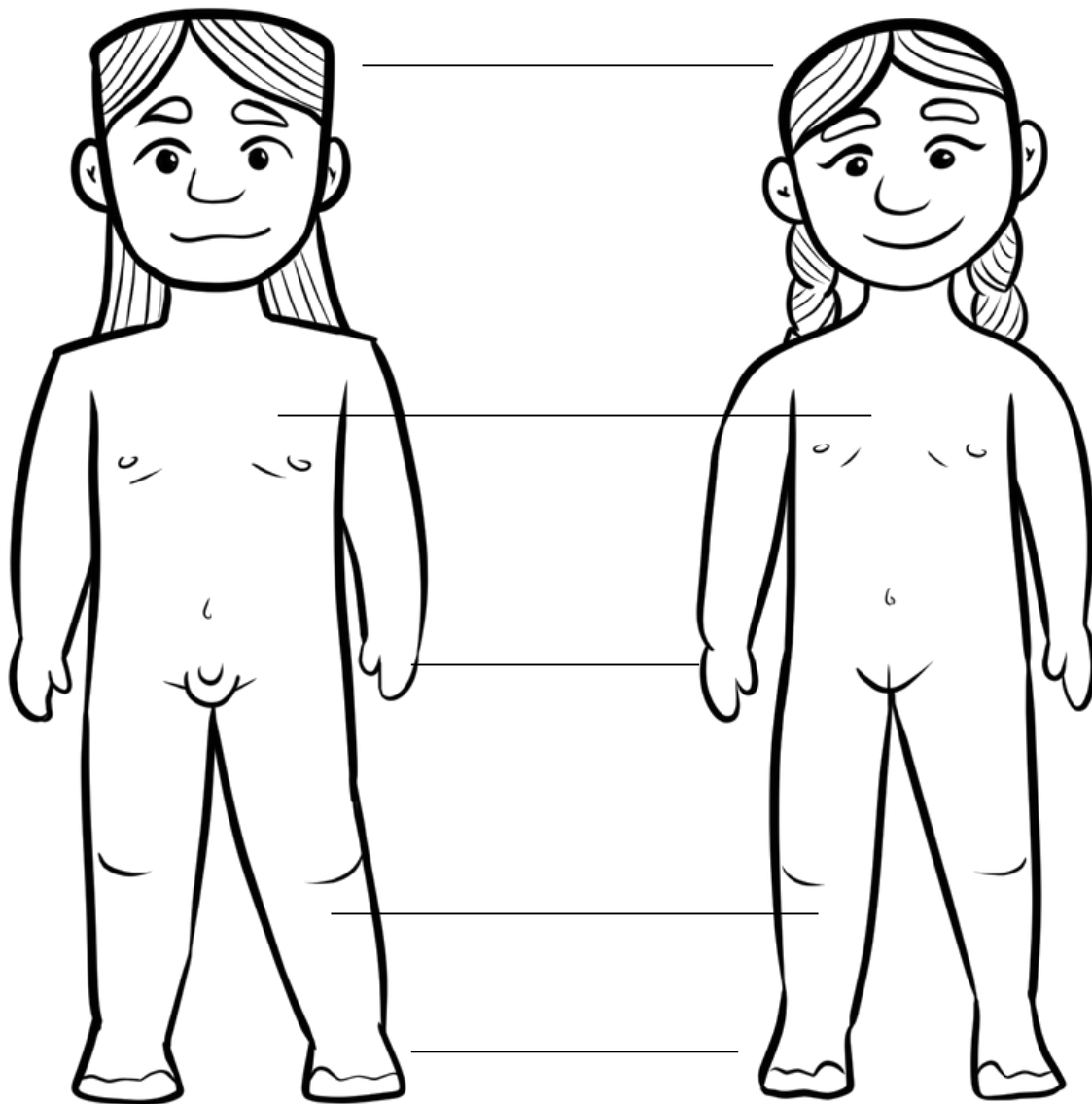
To deepen competency, practitioners can reflect on:

- What does bravery look like in the children I serve?
- How do I honor the sacredness of each child's body and spirit?
- In what ways can I use storytelling to build trust and healing?

# MY BODY IS SACRED

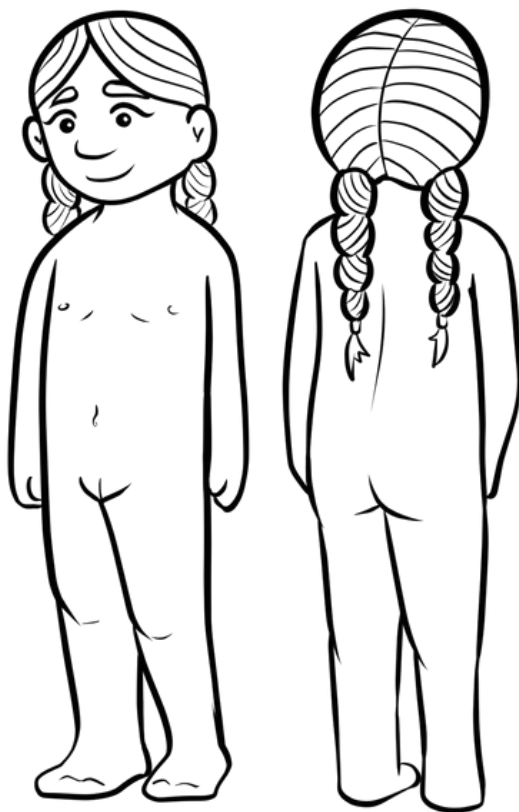
## Name the Body Parts

Head, Chest, Hands, Private Parts, Legs, Feet



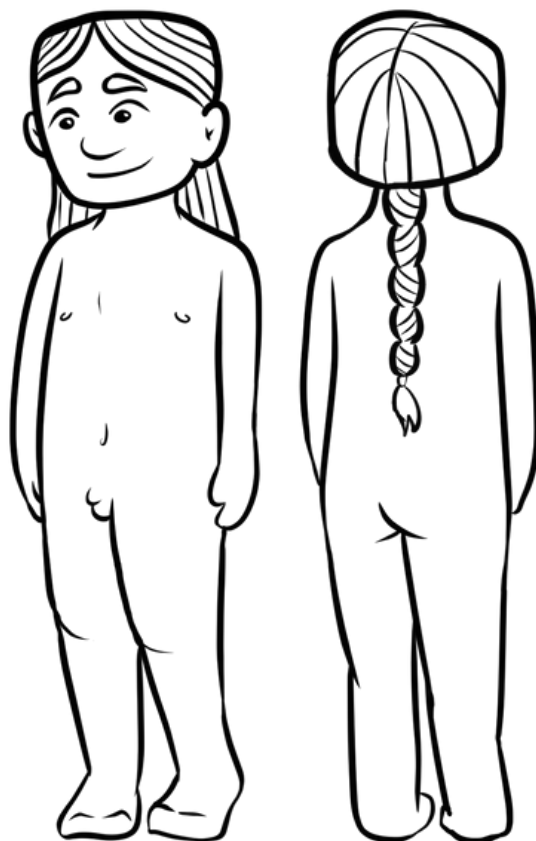
# MY BODY IS SACRED

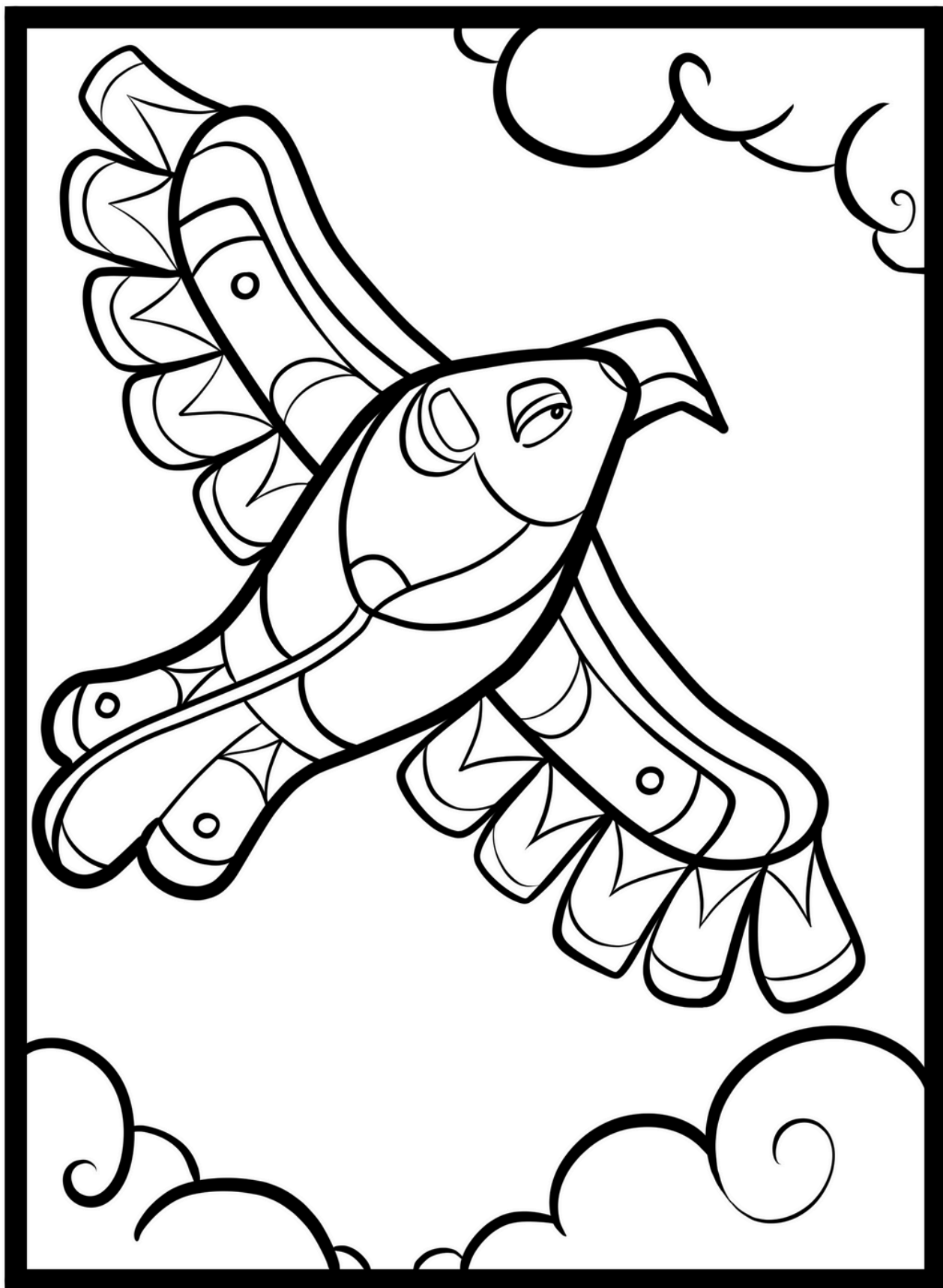
## Private vs Public Parts



Private parts: covered by  
a swimsuit  
(chest, buttocks, genitals)  
Color "Private" parts red.

Public parts: okay to show  
(hands, face, feet, legs)  
Color "Public" parts blue.





**What made Jumping Mouse brave?**

"I deserve care, love, and peace."

"I am allowed to rest without guilt."

"I am healing, one step at a time."



# HEALING TOGETHER

## Parent Self-Care Wisdom

Inspired By 'The Sacred Journey of Jumping Mouse'



### A Message For You:

Dear Parent,

You are like Jumping Mouse. You walk a path few understand.

You give love even when it hurts. You protect, you nurture, you rise.

Your journey is sacred. Your healing matters. And though you may feel small, you are honored.

One day, you too will soar.



### ♥ Tips

- Set aside quiet time each week to reflect, pray, or journal. Your story matters.
- Reach out to tribal elders, counselors, or support groups. Let others lift you when you're tired.
- Learn to say "not right now" when you're overwhelmed. Boundaries are medicine.
- Walk barefoot on the earth, gather cedar, or sit by water. Let the land hold you.
- Celebrate your progress to build hope and reinforce your sacred role as a protector.



I am becoming the eagle—I am learning to fly.

# Healing Together Journal

**My powerful tale of transformation, empathy, and courage.**

This journaling guide invites you to reflect on your own path, navigating the overwhelm, grief, confusion, and weight of protecting and healing your child. Write your responses in a journal or on separate sheets of paper.

## **Part 1: Understanding the Journey**

### **Reflection Questions:**

- Have you ever felt like you were “jumping” into the unknown for the sake of your child?
- What sacrifices have you made that reflect your love and protection?

## **Part 2: Naming the Pain**

### **Reflection Questions:**

- What emotions have you experienced since learning about the trauma?
- How has your perspective on safety, trust, or family changed?
- What do you need to feel seen and supported right now?

## **Part 3: Transformation Through Compassion**

### **Reflection Questions:**

- What strengths have emerged in you through this experience?
- How can you honor your own healing while supporting your child’s?
- What does transformation look like for you and your family?

## **Part 4: Affirmations for the Journey**

Choose one or more affirmations to carry with you:

- “I am not alone. My love is a source of healing.”
- “I honor my pain and my strength.”
- “I protect, I nurture, I grow.”

Write your own affirmations.

## **Part 5: Action Steps Toward Healing**

- One thing I can do this week to support my child’s healing:
- One thing I can do this week to support my own healing:
- One person or resource I can reach out to for support:



## **STORYTELLING STRATEGY - 2 My Body Is Safe**

### **CHILDREN WILL:**

- Understand the difference between good, friendly, and bad touches.
- Use their instincts as a guide when something doesn't feel right.
- Identify trusted adults in their life.
- Know that it is brave and important to tell someone if they feel unsafe.

### **LITTLE BEAR'S SACRED BLANKET**

"Little Bear's Sacred Blanket" is a children's story inspired by tribal traditions, designed to evoke warmth, belonging, and cultural appreciation. It gently introduces the concepts of good touch, friendly touch, and bad touch, helping children understand body safety, personal boundaries, and the importance of their voice. Tribal Multi-Disciplinary Teams (MDTs) can use this narrative to collaborate with tribal members and create a story that reflects the values, symbolism, and ancestral wisdom of their communities.

### **WHAT THE STORY TEACHES US**

- Your body belongs to you.
- You can say "no" to touches that feel wrong.
- It's okay to speak up if something makes you uncomfortable.
- Trusted adults are there to listen and help.

### **THEMES FOR CHILDREN**

- Speaking up is powerful. Children can trust their instincts and use their voice to protect themselves.
- Cultural teachings can guide and protect. Children can feel proud of who they are and where they come from.
- There is safety in trusted relationships with safe adults like family, elders, and community members—who listen and believe children.



## WHY IT MATTERS

How 'Little Bear's Sacred Blanket' Improves Practitioner Competence

When materials reflect tribal imagery, language, and customs, children feel recognized and safe. Families are more likely to embrace interventions that honor their traditions rather than impose outside norms. Practitioners become adept at transforming mainstream approaches into inclusive, empowering tools that reflect the lived experiences of Indigenous children and their communities. Here's a breakdown of the key competencies across the three domains of practice.

### Trauma-Informed Practice in Indigenous Contexts

Generic or clinical approaches to child sexual assault prevention can unintentionally shame, alienate or retraumatize Indigenous children.

#### **Competency:**

Practitioners gain tools to introduce body safety without triggering shame or fear, using affirming language rooted in community traditions.

### Recognition of Tribal Structures & Trusted Adults

Children and families are more likely to engage with sensitive topics when they're presented in familiar, culturally resonant ways.

#### **Competency:**

Practitioners identify and incorporate tribal roles (e.g., elders, healers, aunts) into safety planning, reinforcing communal support systems.

### Culturally Responsive Communication

Storytelling, symbolism, values, and generational wisdom enhance the message, fostering trust and relevance.

#### **Competency:**

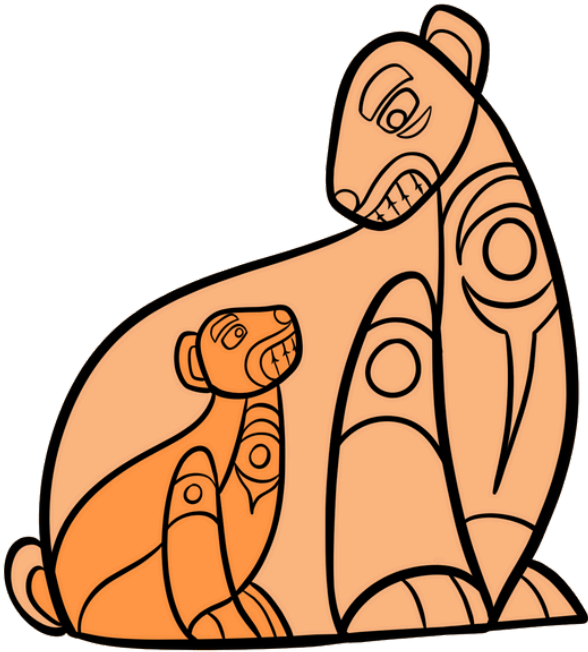
Practitioners learn to use storytelling, metaphors, and tribal values to discuss sensitive topics in ways that feel safe and respectful.

### Empowerment Through Cultural Identity

Integrating safety messages into tribal identity empowers the parent and child, making them feel like protectors of their community's future.

#### **Competency:**

Practitioners help children connect body safety with pride in their heritage, fostering resilience and self-worth.



# LITTLE BEAR'S SACRED BLANKET

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## Inspired by Tribal Storytelling Traditions

Little Bear had a special blanket. It was woven by Grandmother Bear with threads of moss, feathers, and love. She told him, "This blanket is like your body—precious, strong, and yours to protect."

One morning, Grandmother Bear sat with Little Bear under the Talking Tree and said, "Today, we will learn about touches. Just like the forest has safe paths and dangerous ones, touches can feel good, friendly, or bad."

"Good touches," Grandmother Bear explained, "are ones that help us stay healthy and safe. Like when the healer checks your paw, or when I hug you to keep you warm."

"Friendly touches," she continued, "are ones we choose, like high-fives with Otter or holding hands with Rabbit when crossing the stream. They feel happy and respectful."

"But some touches," Grandmother Bear said gently, "are not okay. If someone touches you in a way that makes you feel scared, confused, or uncomfortable—especially in places covered by your blanket—that's a bad touch."

Little Bear's ears perked up. "What should I do?"

"You say No! You move away. And you tell someone you trust—like me, or Elder Wolf, or the healer. Your body is yours, Little Bear. No one is allowed to touch it without your permission."

That night, Little Bear wrapped himself in his blanket and whispered, "My body is safe. I am strong. I will speak up." And the forest listened.



### Practitioner Prompts

To deepen competency, practitioners can reflect on:

- Do I respond to disclosures with compassion and proper protocol.
- Do I reinforce that reporting is brave, not shameful.
- Do I create space for the child's voice to be heard without judgment?

# MY SACRED BLANKET

## Symbols of Safety

Decorate your  
sacred blanket  
with symbols of  
safety.



I wrap myself in my imaginary sacred blanket and say:  
"I am strong like Little Bear. My body is safe. I can speak up. I am never alone."

# MY SACRED BLANKET

## Safety Plan

I know that my body is mine. I can say “No” to any touch that makes me feel scared, confused, or uncomfortable. I remember: “My blanket is like my body—precious and mine to protect.”

IF a touch makes me feel . . .



SCARED



CONFUSED



UNCOMFORTABLE

## I Know My Feelings

. . . then I trust my feelings and take action. It’s not my fault. I am brave!

## I Know the Kinds of Touches

<b>GOOD</b>	Keeps me healthy and safe (e.g., doctor checkup)
<b>FRIENDLY</b>	Shows kindness and respect (e.g., high-five, handshakes)
<b>BAD</b>	Feels wrong, scary, or secret (e.g., in private areas)

## What I Can Do

Say thank you, feel safe

Smile, join in if I want to

Say “NO!”, move away, tell a trusted adult

## I Know Who to Tell

I have a circle of trusted people I can talk to:

**FAMILY** \_\_\_\_\_

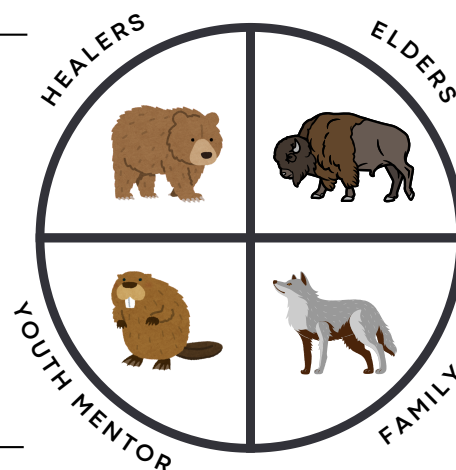
**ELDER** \_\_\_\_\_

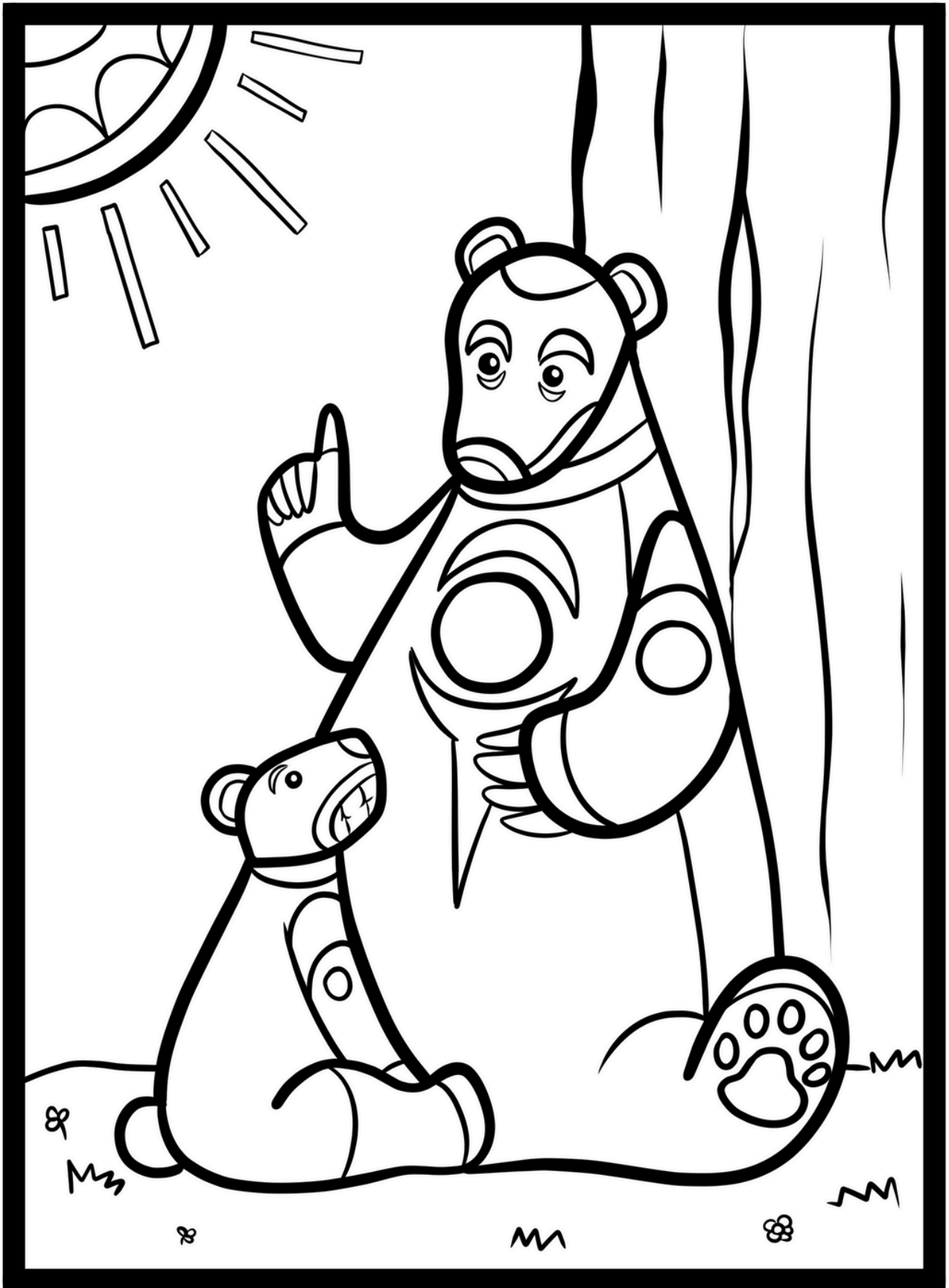
**HEALER** \_\_\_\_\_

**YOUTH MENTOR** \_\_\_\_\_

**TEACHER** \_\_\_\_\_

**HEALTH WORKER** \_\_\_\_\_





**What Do You Imagine Grandma Bear is Teaching Little Bear  
About Good Touches and Bad Touches?**

"I am breaking cycles and building new paths."

"I release shame and embrace growth."

"I am my child's safe place."



# BREAKING CYCLES

## Parent Self-Care Wisdom

Inspired By 'Little Bear's  
Sacred Blanket'



### A Message For You:

Dear Parent,

Your journey, though not easy, is sacred.

Every time you affirm your child's right to safety, every time you honor their boundaries, you are building a legacy of protection and pride.

Like Little Bear, you are held by your community, your ancestors, and the quiet wisdom that lives in your heart.



### ♥ Tips

- Pause. Breathe deeply. Ground yourself before reacting. Your calm presence helps your child feel safe.
- It's okay to cry, rage, or feel lost. Healing is not weakness—it's wisdom in motion.
- Build daily rituals that nourish you, like morning tea in silence or smudging and lighting a candle for peace. Small acts restore balance.
- Celebrate moments of laughter, connection, and peace. Healing is a journey, not a race.
- Lean into cultural practices that bring strength. Gather with your community.



You deserve a space to process your own pain.

# Breaking Cycles Worksheet

Healing begins with awareness. Legacy begins with choice.

## Step 1: Recognizing the Cycle

What patterns have repeated in your family or community? Write down behaviors, beliefs, or experiences that feel harmful or limiting.

Example: "Avoiding emotions," "Parenting through fear,"  
"Substance abuse," "Silencing truth"

**Activity:** List 3–5 generational patterns you've noticed.

## Step 2: How This Has Affected Me

How have these cycles shaped your relationships, parenting, or self-worth?

Use sentence starters or free-write your thoughts.

"I feel \_\_\_\_\_ when I think about \_\_\_\_\_."

"I learned to \_\_\_\_\_ because \_\_\_\_\_."

"I want to change \_\_\_\_\_ because \_\_\_\_\_."

## Step 3. Tracing the Roots

Where did this cycle begin? Who modeled it? What survival needs did it meet?

This step helps you understand the context—not to blame, but to gain insight.

## Step 4. Rewriting the Script

What new beliefs or behaviors do you want to practice?

Write a personal "Cycle Breaker Statement."

"I choose to break the cycle of \_\_\_\_\_ by \_\_\_\_\_."



## **STORYTELLING STRATEGY - 3 My Body Is Sovereign**

### **CHILDREN WILL:**

- Recognize uneasy feelings as important signals not to be ignored.
- Know the difference between good and bad secrets.
- Identify safe adults who will listen and protect them.
- Feel empowered to help others by sharing what they've learned.

### **BRAVE TURTLE'S SPIRIT OF TRUTH**

'Brave Turtle's Spirit of Truth' is a gentle, culturally inspired tale rooted in Native American storytelling traditions, designed to help children understand the difference between good and bad secrets, and safe and unsafe strangers. Children can take away several important lessons from the story, learning how to navigate emotions, safety, and trust. Practitioners collaborate with cultural advisors to create engaging activities that spark imagination, build character, and foster connection.

### **WHAT THE STORY TEACHES US**

- Good secrets are fun and safe (like surprise parties or gifts).
- Bad secrets make you feel scared, sad, or confused. They should never be kept.
- Telling is a brave and smart thing to do. It's not tattling—it's protecting.

### **THEMES FOR CHILDREN**

- Affirms that every child is valuable, loved, and worthy of respect.
- Encourages children to find their voice, break the silence, and seek help without shame.
- Reinforces the idea that it's okay to speak up when something feels wrong.
- Shows that healing is possible, and that survivors are not defined by what happened to them.



## WHY IT MATTERS

### How 'Brave Turtle's Spirit of Truth' Improves Practitioner Competence

The effects of colonization, forced assimilation, and systemic marginalization impact trust, parenting practices, and community dynamics. When it comes to child sexual assault prevention and healing, storytelling plays a vital role in ways that go far beyond conventional practices. Storytelling is not just a method—it's medicine in tribal communities. Here's a breakdown of the key competencies across the three domains of practice.

#### **Respecting Indigenous Knowledge Systems**

Honoring the rich traditions of child-rearing, healing, and education that differ from Western models builds trust and relevance.

##### **Competency:**

Practitioners gain the capacity to integrate traditional practices and wisdom into child welfare strategies.

#### **Building Nation-to-Nation Relationships**

Tribal sovereignty allows tribes to govern their own affairs, including child welfare. Practitioners must respectfully engage with tribal governance structures.

##### **Competency:**

Practitioners enhance their ability to navigate tribal protocols, consult with tribal councils, and honor tribal decision-making processes.

#### **Navigating Bicultural Realities**

Native children often navigate between two worlds: traditional tribal culture and mainstream American society.

##### **Competency:**

Practitioners gain insights into supporting the development of children's cultural identities while helping them thrive in both cultural contexts.

#### **Practicing Cultural Humility**

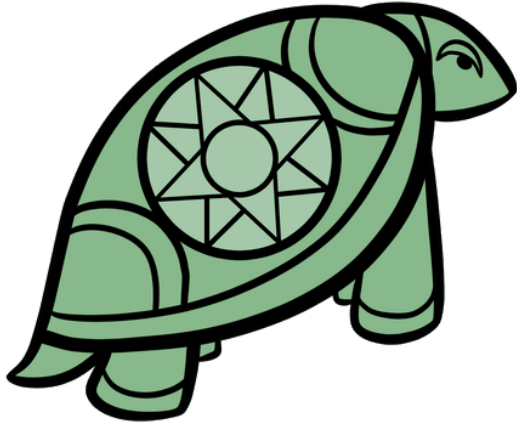
Cultural humility means recognizing that practitioners are learners, rather than experts, within tribal communities. It promotes mutual respect and collaboration.

##### **Competency:**

Practitioners use skills in listening deeply, adapting approaches, and co-creating solutions with families and tribal leaders.

# BRAVE TURTLE'S SPIRIT OF TRUTH

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## A Healing Story Inspired By Native Wisdom

In a beautiful forest lived Brave Turtle. She loved playing in the sunshine, listening to the birds sing, and talking with her friends.

One day, a fox came to play. He said, "I have a secret game. But you can't tell anyone—not your parents, not your teacher, not even your best friend."

Brave Turtle felt funny inside. Her tummy felt tight, and her heart felt heavy. She remembered what Grandma Bear once told her:

"Good secrets make you feel happy—like a surprise party or a gift for someone you love. Bad secrets make you feel sad or scared. If a secret makes your heart hurt, you should tell someone you trust."

Brave Turtle didn't like how the secret made her feel. So, she went to Grandma Bear and said, "I have a secret that feels yucky. I don't know if it's a good one."

Grandma Bear gave Brave Turtle a big hug and said, "You are very courageous. Thank you for telling me. You did the right thing."

Then Brave Turtle told Grandma Bear everything. Grandma Bear listened carefully and made sure she was safe. She also told the fox that it's never okay to make someone keep a secret that makes them feel bad.

From that day on, Brave Turtle helped other animals learn about secrets and the forest became a safer, happier place.



## Practitioner Prompts

To deepen competency, practitioners can reflect on:

- How did my own emotions influence my interactions today?
- What did I learn about myself that I didn't know before?
- How do I stay open to change and growth in my role?

# MY BODY IS SOVEREIGN

## Good & Bad Secrets

The “Truth Bracelet” activity can be a powerful bridge between children and parents. When children grow up remembering that their parent helped them build something meaningful and protective, it becomes part of their emotional legacy - a small act with lasting impact.

### A Legacy of Shared Healing

Children make bracelets using beads that represent good secrets (bright colors) and bad secrets (dark colors). They can choose beads that reflect their feelings or people they trust.

For families navigating trauma, this activity offers a moment of connection and creativity. It’s not just about protection—it’s about rebuilding closeness, one bead at a time.

“We’re making this together, because we’re healing together.”

Creating the bracelet together opens a gentle space for talking about feelings, secrets, and safety. It gives children permission to express what’s hard to say with words, and shows parents they’re ready to listen without judgment.

“This color reminds me of someone I trust.”

The bracelet becomes a wearable reminder that it’s okay to talk about hard things. Parents can use it as a tool to check in gently.

“I see your bracelet—want to tell me about the red bead today?”

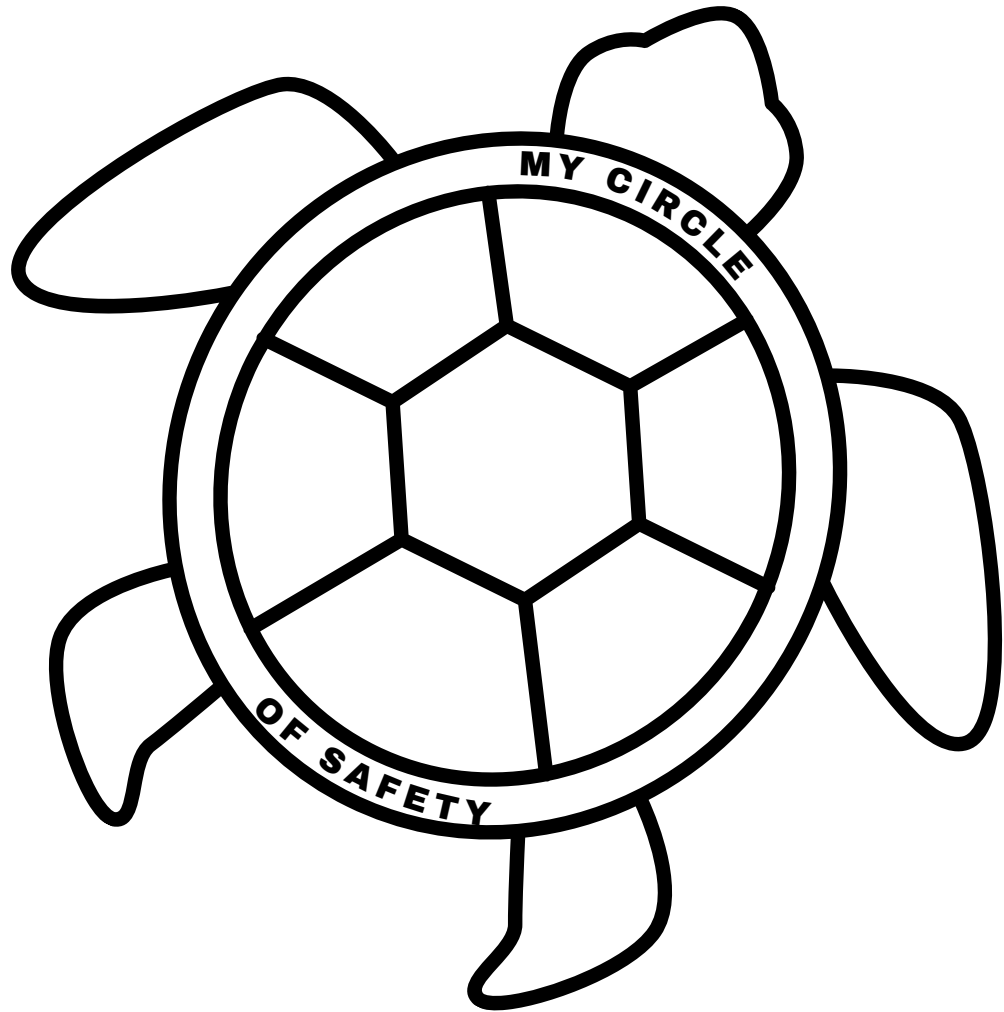


# MY BODY IS SOVEREIGN

## Circle of Safety

Draw yourself or write your name in the center.

Draw or name the people you trust most in your "circle of safety."



### Know What a Stranger Is

- A stranger is anyone you don't know well—even if they seem friendly.
- Some strangers help us (like police officers or teachers), but others might try to trick us.

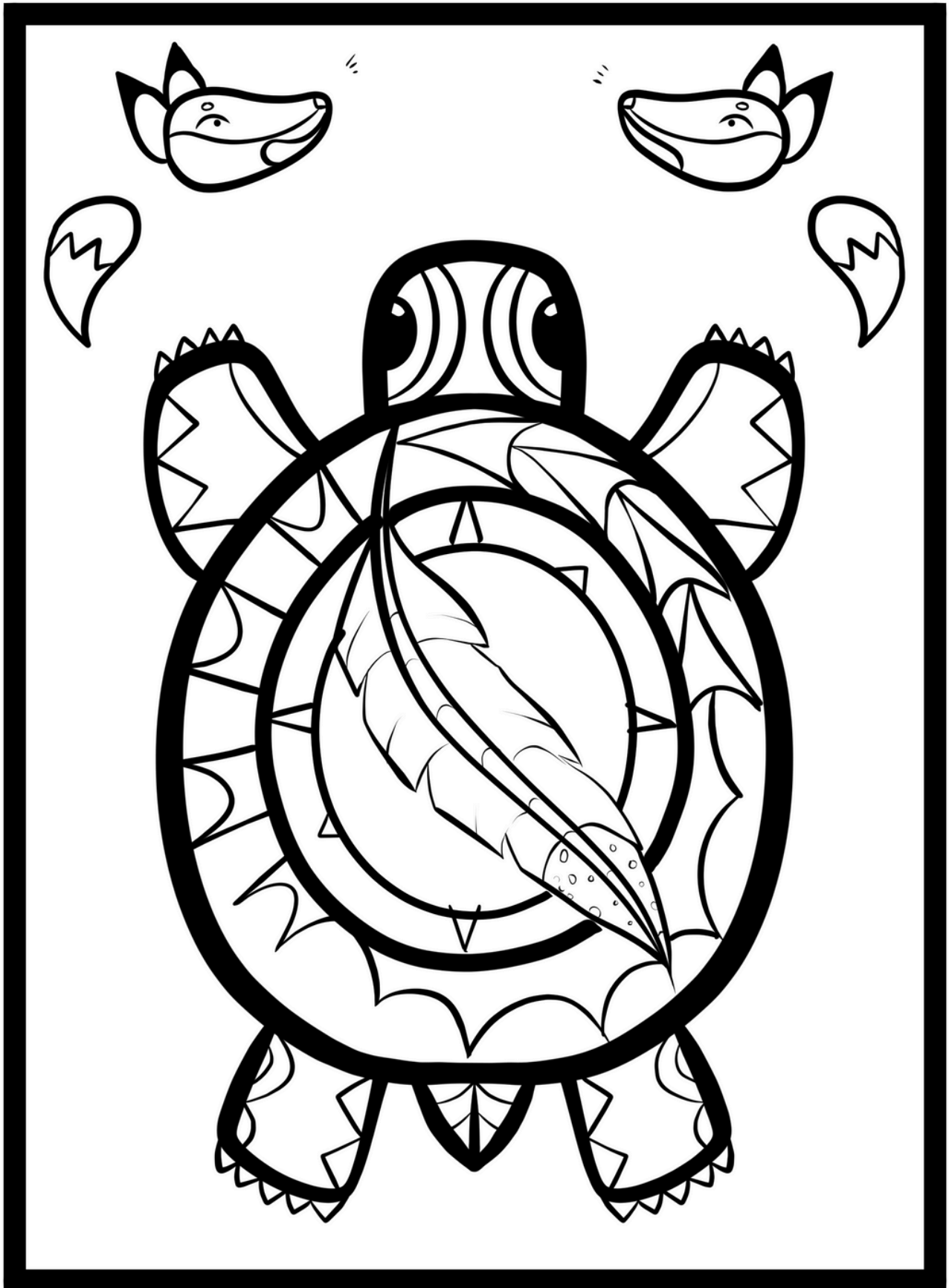


### Watch Out for Strangers Who:

- Ask you to keep secrets
- Offer gifts or candy to get close
- Try to take you somewhere without permission
- Make you feel scared, confused, or uncomfortable

I FEEL \_\_\_\_\_

I FEEL \_\_\_\_\_



How do good secrets make Brave Turtle feel?  
What color does that feel like?

"I honor my past by choosing a better future."

"I am building a legacy of love, truth, and strength."

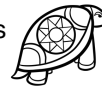
"I am the cycle breaker."



# LEGACY BUILDING

## Parent Self-Care Wisdom

Inspired By 'Brave Turtle's  
Spirit of Truth'



### A Message For You:

Dear Parent,

You are doing something incredibly brave, standing beside your child in the storm and choosing love over fear.

You may feel broken, but your presence is a powerful force of healing.

Just showing up, listening, and holding space is enough.

You are enough!



### ♥ Tips

- Trauma can make you forget to eat, sleep, or hydrate. Set reminders to drink water, eat nourishing meals, and get rest.
- Read trauma-informed resources or attend workshops. Knowledge reduces fear and builds confidence.
- You may feel guilt, rage, grief, or helplessness. These emotions are valid. Give yourself permission to feel and process without shame
- You can't do everything—and that's okay. Say no to extra responsibilities. Protect your time and energy.



Healing is slow and nonlinear.  
Noticing progress builds hope.

# Legacy Building Worksheet

Honoring my story, values, and vision for future generations

**Reflect:** What tribal teachings or family traditions shaped me? Who are the ancestors I carry in my heart?

**Reflect:** What do I believe in deeply? What lessons do I want my children to carry forward?

**Reflect:** What challenges have I overcome? What wisdom do I want to share?

# Tribal Parent Survey: Cultural Competency in Child Sexual Assault Support Services

This confidential survey seeks to understand your experience with support services following your child's disclosure of sexual assault. Your feedback will help strengthen culturally grounded care and healing pathways for tribal families.

## Section 1: Cultural Competency Experience

1. Did service providers demonstrate respect for your cultural beliefs and practices?

☐ Always   ☐ Often   ☐ Sometimes   ☐ Rarely   ☐ Never

2. Were traditional healing options (e.g., ceremony, talking circles, elders) offered or discussed?

☐ Yes   ☐ No   ☐ Not sure   ☐ I did not want them

3. Did you feel safe and supported expressing your cultural needs?

☐ Yes   ☐ No   ☐ Sometimes

4. Did you feel that your child's cultural identity was honored in the healing process?

☐ Yes   ☐ No   ☐ Not sure

5. Were services provided in a way that felt trauma-informed and culturally grounded?

☐ Yes   ☐ No   ☐ Somewhat

## Section 2: Feedback & Suggestions

6. What aspects of the services felt culturally supportive or inclusive?

7. What could be improved to better reflect tribal values and traditions?

8. Are there specific cultural practices or community supports you would like to see integrated into these services?

9. Any additional comments or suggestions?

## **Thank You**

Your voice helps strengthen our community's ability to provide healing, safety, and culturally grounded care for our children and families. We honor your courage and wisdom.

Please email survey to:

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