

WHEN NOT PRESENT, SUPERVISE RELATIONSHIPS



You can't be present at all times, and must have trust for some adults. At the same time, you can stay involved and curious: supervising relationships.

- Ask about what your child and the babysitter or other person did in the time you were away.
- Make unannounced visits, ask questions, assert your interest in the relationship. Show up at T-ball practice or violin lessons, and know the people involved.
- Notice changes in the relationship or its patterns.
- Talk often about the relationship: ask questions about interactions.
- Look for changes: has your child become isolated from you or their friends, opting for time with this person instead? Reel in your trust occasionally and ask whether a relationship consumes too much time or has evolved to dependency. Is an adult closing them off or exerting increasing manipulation? Abusers seek stronger and stronger hold: healthy people let others be close or sometimes pull away from time together. Speak directly about any concerns you have.
- Especially monitor situations when adults or older adolescents have power over a child's success: in sports, mentoring programs, jobs, clubs or other extracurriculars.

You can also look at how the adult is behaving:

- Is the person consistently seeking one-on-one time with a child, focused on this friendship above adult friendships?
- Is the person over-eager to babysit or to gain time exclusively alone?
- Be wary of adults who touch children unnecessarily, send text messages for communication, give gifts not bestowed upon all children in a group or other grooming behaviors.

STAY INVOLVED AND CURIOUS.

Notice ANY increasing isolation, dependency and anxiety related to a relationship, or in general.