



# Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane)

*Gavin De Becker*

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## **Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane)** Gavin De Becker

Safety skills for children outside the home  
Warning signs of sexual abuse  
How to screen baby-sitters and choose schools  
Strategies for keeping teenagers safe from violence

All parents face the same challenges when it comes to their children's safety: whom to trust, whom to distrust, what to believe, what to doubt, what to fear, and what not to fear. In this empowering book, Gavin de Becker, the nation's leading expert on predicting violent behavior and author of the monumental bestseller **The Gift of Fear**, offers practical new steps to enhance children's safety at every age level, giving you the tools you need to allow your kids freedom without losing sleep yourself. With daring and compassion, he shatters the widely held myths about danger and safety and helps parents find some certainty about life's highest-stakes questions:

How can I know a baby-sitter won't turn out to be someone who harms my child? (see page 103)  
What should I ask child-care professionals when I interview them? (see page 137)  
What's the best way to prepare my child for walking to school alone? (see page 91)  
How can my child be safer at school? (see page 175)  
How can I spot sexual predators? (see page 148)  
What should I do if my child is lost in public? (see page 86)  
How can I teach my child about risk without causing too much fear? (see page 98)  
What must my teenage daughter know in order to be safe? (see page 191)  
What must my teenage son know in order to be safe? (see page 218)  
And finally, in the face of all these questions, how can I reduce the worrying? (see page 56)

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