



A Mushroom Walk


by Jenny Phillips



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“Martha! Otto!” Mom called me and my twin brother, Otto. “Let’s go on a mushroom walk.”
We left our farmhouse in the Black Forest, Germany.




We entered the cool, quiet forest. A little brook gurgled over mossy rocks. Mom continued talking to us.

“Today, I also want to teach you about another kind of safety—sexual abuse safety.”



“What is sexual abuse?” Otto asked.

“That is when someone touches the private parts of your body or takes pictures of you naked. Things like that,” Mom explained.



“Often it can even be people you know. So, I want to teach you some important things.”

I reached up for Mom's hand again.

"Thank you so much for teaching us and wanting us to be safe, Mom!"

Mom squeezed my hand. "Oh, look," she said, kneeling down. "These mushrooms are delicious and totally safe."

We helped her pick them and put them in her basket.





A Mushroom Walk

As Martha and Otto walk through the forest, their mother teaches them about what kinds of mushrooms are safe to eat. Their mother also teaches them about something else very important: sexual abuse. Join Martha and Otto as they learn what to do if anyone ever asks them to do something inappropriate with their bodies.

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