



Body Safety Teaching Tips for Parents

Parents should begin to teach their children about body safety between the ages of 3 to 5.

- Teach children proper names for all body parts.
- Evaluate your family's respect for modesty.
- Don't force affection.
- Explain what a good vs. bad touches are.
- Give your children a solid rule that it is not okay for anyone to look at or touch their private parts.
- Control media exposure. Review this information regularly with your children.
- Expect questions.

This project was supported by Federal Formula Grant #1V18058, awarded by the Office of Victims of Crime, U.S. Department of Justice through the SC Office of the Attorney General. Any points of view or opinions contained within this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



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Behaviors Related to Sex & Sexuality

Preschool Children



NATURAL & HEALTHY	OF CONCERN	SEEK GUIDANCE
Touches/rubs own genitals when diapers are being changed, when going to sleep, when tense or afraid.	Insists on touching/rubbing genitals in public after being told many times not to do this.	Touches/rubs self to the exclusion of normal childhood activities. Hurts own genitals by touching/ rubbing.
Explores difference between males and females, boys, and girls.	Constant questions about genital difference after all questions have been answered.	Plays male and female roles in an angry or aggressive manner. Hates own/other gender.
Touches the “private parts” of familiar adults and children.	Touches the “private parts” of an adult not in the family, unknown child, or familiar people after being redirected. Asks to be touched themselves.	Sneakily touches adults. Forcefully touches others and demands that others touch him/ her inappropriately.
Asks about the genitals, breast, intercourse, and babies.	Repeatedly asks answered questions about reproduction, sex, and body parts.	Asks unfamiliar people for sex education and explanation. Sexual knowledge too detailed for child’s age.
Likes to be nude. May show others his/her genitals.	Wants to be nude in public after the parent repeatedly and consistently redirects behavior and sets appropriate boundaries.	Refuses to put on clothes. Secretly shows self in public after redirection.
Interested in watching people doing bathroom functions.	Interest in watching bathroom functions does not wane in days/ weeks.	Refuses to leave people alone in the bathroom. Forces way into the bathroom.
Plays doctor while inspecting other’s bodies.	Frequently plays doctor after setting appropriate boundaries. Secretly plays doctor in private.	Forces another child to play doctor or to take off his/her clothes.
Puts something in own genitals and rectum one time for curiosity or exploration.	Put something in genitals or rectum of self or others after being told “no”.	Any coercion, force, pain in putting something in genitals or rectum of self or another child.
Plays house, acts out roles of Mommy and Daddy.	Humping other children with clothes on.	Simulated or real intercourse without clothes; oral sex.