



Important Tips:

- ✓ ONCE IS NOT ENOUGH. Continued conversations help protect your child.
- ✓ Talk truthfully. Use real life examples or “what-if” situations.
- ✓ Establish 3-5 safe trusted adults to tell.
- ✓ Hugs and kisses are always optional.



Body Safety Rules for Children:

- My Body is MINE. I don't have to hug, kiss or be touched by anyone if I'm not comfortable
- Private Parts are the parts of your body covered by a bathing suit and are kept out of view. We don't look, play games or touch each other's private parts.

Body Safety Steps for Children:

- Say NO!
- Get away to a safe place
- Tell a trusted adult.

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Body Safety



Should I teach the correct names for private body parts?

1. Gives your child the correct language to use if they need to tell a trusted adult
2. Normalizing private body parts allows your child to have conversations without embarrassment.
3. It informs others that Body Safety is being discussed at home.

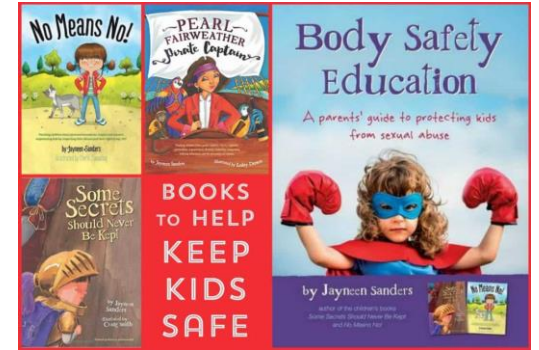
Secrets vs. Surprises

What is the difference?

- SECRETS are meant to be kept quiet forever, and often to protect something which would make people unhappy.
- SURPRISES are kept quiet temporarily, and when you share a surprise people are happy.

“60% of child sexual abuse victims never tell anyone.”

Establishing a **NO SECRET RULE** in your family will help keep open communication in your household.



Books for Children

1. My Body Belongs to Me
By: Jill Starishevsky
2. No Trespassing – This is by Body
By: Pattie Fitzgerald
3. Some Parts are not for Sharing
By: Julie K Federico
4. I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private
By: Kimberly King
5. No Means No!
By Jayneen Sanders
6. Some Secrets Should Never Be Kept
By Jayneen Sanders
7. Lauren’s Kingdom
By: Lauren Book