

HOW TO TALK ABOUT BODY SAFETY

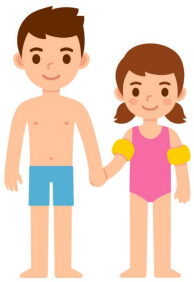
The Body Safety Rule says "My Body Belongs to Me"

This teaches children ownership of their body. It's their body and it belongs to them. They have a right to say NO and a right to be safe.

The only exceptions are when they are hurt or need help or medication. Have open communication with children and discuss real life situations.

Have these conversations often. Children need to hear it more than one time for it to be effective. You want your child to feel comfortable coming to you when they have questions about their bodies, therefore you need to be comfortable and open to having these conversations. It can help build a trusting relationship and let your child know that you are an adult they can trust when the Body Safety Rule is broken.

MY BODY BELONGS TO ME
It's not OK for anyone to
touch or look at my private
body parts!



Private Parts

My private parts are the parts of my body covered by my bathing suit. I always call my private parts by their correct names. No one can touch my private part and no one should ask me to touch their private parts. And, no one should show me pictures of private parts or try to take pictures of mine. If any of these things happen, I must tell a trusted adult right away.

Body Safety Tips:

It is important to have a plan in place for what to do if a Body Safety Rule is broken.

1. Guide your child to practice saying "NO" in a strong voice. Use "what if" scenarios when practicing.
2. Discuss Safe Places where your child can go to get help. Also, create a safe word or phrase that can be spoken or texted when a your child feels unsafe.
3. Discuss the importance of telling a trusted adult. Together with your child, create a list of trusted adults. Use real names and be sure the child has contact information for those trusted adults.

BODY SAFETY STEPS

1. Say **NO!**



2. Get away to a safe place as soon as you can.



3. Tell a trusted adult—someone you believe will help you.



1807 North Woodbine Road, Suite E
St. Joseph, MO 64506 816-232-1744
www.voicescac.org

HOW TO TALK ABOUT BODY SAFETY

Why is this conversation so important for my child?

When a child has been taught the Body Safety Rules and it is reinforced just like other safety rules, it informs others that this child is empowered with knowledge. The goal is your child will be less likely to be targeted by abusers.

Did you know?

- ⇒ 60% of child abuse victims NEVER tell or ask for help.
- ⇒ 90% of child victims are abused by someone they like, love or live with.
- ⇒ 1 in 4 girls and 1 in 6 boys will be sexually abused by their 18th birthday.
- ⇒ In one study, 80% of 21-year-olds who reported childhood abuse met the criteria for at least one psychological disorder.

Why teach my child the correct names for body parts?

1. It 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.



Follow us on Facebook or Instagram to learn more prevention information

IMPORTANT BODY SAFETY TIPS:

- ⇒ **One conversation is not enough.** Multiple conversations help you and your child become comfortable talking about private body parts and helps protect your child.
- ⇒ **Hugs and kisses are always optional.** It reinforces to your child that their body is their own
- ⇒ **Trust your gut!** If something or someone doesn't feel or look right to you, it probably isn't. You don't have to be polite if you even suspect your child might be in danger.

SECRETS vs. SURPRISES

What's the difference?

SECRETS are meant to be kept quiet forever, and often to protect something that might make people unhappy or angry.

SURPRISES are kept quiet temporarily, and when you share a surprise, people are usually happy.

Establishing a **NO SECRET RULE** in your family will help keep open communication between you and your children.



1807 North Woodbine Road, Suite E
St. Joseph, MO 64506 816-232-1744
www.voicescac.org

