

**BE  
BRAVE**

## **BODY SAFETY TOOLKIT**



### **Talking With Children About Body Safety**

Children learn about handwashing, wearing seatbelts, and crossing the street. Teaching them about body safety is equally important.

### **Tips for Having the Talks:**

- Have frequent conversations especially with young children.
- Find quiet times and spaces to talk: After baths, during story time, over a snack.
- Talk before children leave the house to visit someone new or spend the night away.

### **Getting Started**

Feeling nervous, is okay. **You can do this!**

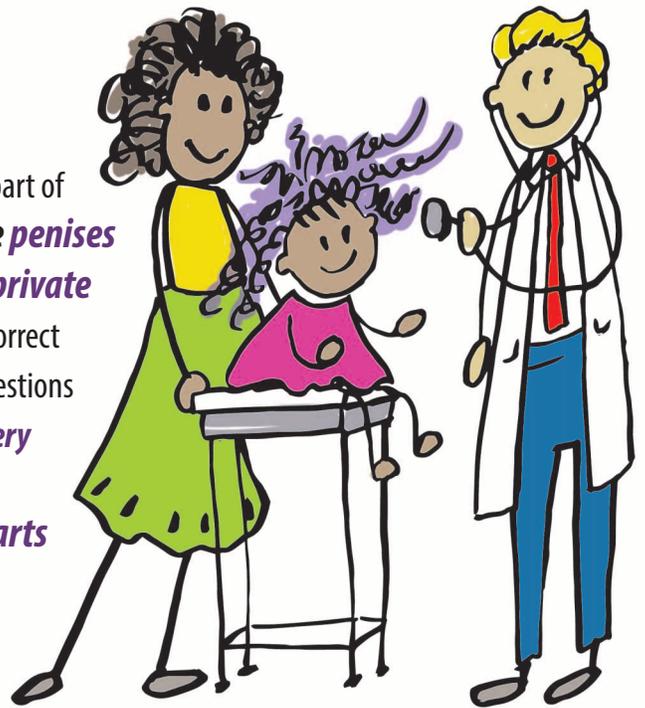
**Breathe.** The more comfortable you are with the topic, the more comfortable children will be with their bodies and the idea of body safety. **You can start with:** *"Your body is very special. I would like us to talk about safety and how we can keep your body safe. We have safety rules for all parts of our body, including our private body parts."*



*If you or someone you know has been affected by sexual violence, it's not your fault. You are not alone. Help is available 24/7 through the **Statewide 24 Hour Crisis and Support Line: 1-866-811-RISE (7473)** and online [www.sacenter.org](http://www.sacenter.org).*

**Topics to Cover With Children****Bodies are Special**

**Teaching children to name their body parts** is part of early childhood development. **Every part has a name. While penises and vaginas are private body parts they are not so private that we can't talk about them.** Using the anatomically correct names makes it easier for children to share concerns and ask questions about all their body parts. **You can start with "Your body is very special. It belongs to you. Every part is special and has its own name. Some body parts are private. Private body parts are covered by a bathing suit. NO one should touch your private body parts except to keep them clean and healthy."**

**My Body is My Body**

**Children need to know that no one has the right to touch their bodies** if they don't want them to. **You can start with: "You are the boss of your body. If you do not want to be touched, you have the right to say NO. If they don't stop, I want you to tell a safe adult."**

**Privacy**

**Children and adults have the right to privacy.**

**You can start with: "All people have the right to keep their bodies from being seen by others when they go to the bathroom, take a shower, or change clothes. You can ask for privacy."**



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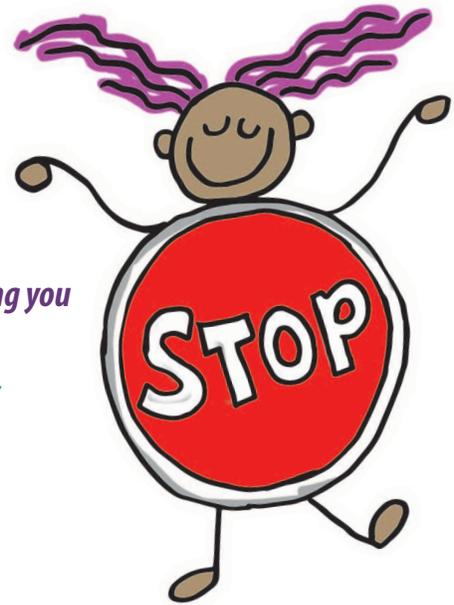
### Stop Means Stop

*Children need to know their boundaries are respected.*

Provide them with opportunities to say no to touches from adults.

*You can start with: "You can tell others to stop doing something you do not want them to do, like tickling or hugging.*

*If you tell me to stop tickling you, I will stop. ...Lets' practice!"*



VS



### Surprises versus Secrets

*Set expectations that you never keep secrets from each other.* Help children understand the difference between surprises and secrets. You might want to tell them about "tricks" people use to keep children from telling secrets.

*You can start with: "We never keep secrets from each other. We keep Happy Surprises. Happy Surprises create excitement and make people smile. Forever Secrets make people feel bad, confused, and afraid.*

*You can continue with: "Some people use tricks to keep children from telling. They might say bad things like..., No one will believe you..., It's your fault..., You will get in trouble..., Someone will get hurt if you tell."*

*Always end with: "If someone asks you to keep a secret, I want you to tell me or a safe adult. I will believe you. I can keep you safe."*



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## Tips By Age

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### 5 and Under

- Keep rules simple and concise.
- Use anatomically correct names for genitals versus nicknames or slang.
- Say, "Vaginas and Penises are private body parts."
- "A bigger person should never touch your private body parts except to keep you clean and healthy."
- "We never keep secrets about touching."
- "If anyone touches your private body parts, it is okay to tell me. I want you to tell me."



### Age 6-9

- "No one should ever touch your private body parts except to keep you healthy."
- "If anyone tries to touch your private body parts, I want you to tell me or a safe adult. Keep telling until someone listens. "
- "If someone asks you to keep a touching secret I want you to tell me or a safe adult. It is okay to tell. I will believe you. "

### Age 9 and older



- "No one should touch your private body parts except to keep you healthy."
- "It's OK to be curious about private body parts. Let's talk about it together."
- "We respect all bodies. It's not OK to touch or take pictures of another person's private body parts."
- No one should ever take pictures of your private parts or show you photos of another person's private parts."
- If someone asks you to keep a touching secret I want you to tell me or a safe adult. You won't get in trouble."

### With All Ages

- "We never keep secrets about touching. It is OK to tell. I want you to tell me or another safe adult. Keep telling until someone listens."



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