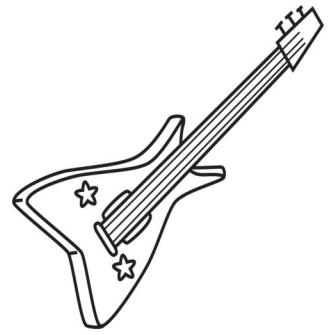


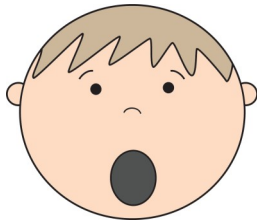


Rock the Rule!

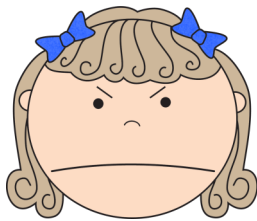
Tell a Safe Adult!



Directions: Identify whether each touch is a Not Sure or Not Safe Touch by putting an "x" in the correct box.



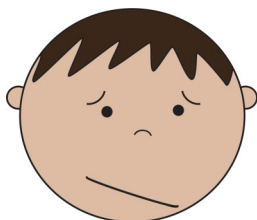
I was play wrestling with my cousin, and I felt nervous inside.



A friend asked me to play a game, and it was about showing private parts. I felt mad inside!



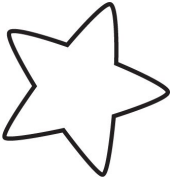
My older sister's friend tickled me, and I felt weird inside.



I was watching tv with a grown-up I know well, and they touched my private parts. I felt sick inside.

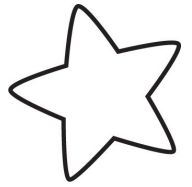
This is a Not Sure Touch. Tell a Safe Adult!	This is a Not Safe Touch. Tell a Safe Adult!

Helping Your Child Understand



RULES

ABOUT TOUCHES



Make sure your child knows the proper names for all of their body parts, including private parts. Remind your child—it is not safe for a grown-up, teenager, another kid, or a friend to touch their private parts, and it is not safe for them to touch someone else's private parts.

Reinforce to your child the importance of being the boss of their body. Don't allow anyone to force them to give a hug, a kiss, or *be touched in any way they are not comfortable with*. Offer them choices on how they can respond: They could say, "No thanks" and offer a different touch (like a high-five), or they could choose not to offer a touch at all.

Allow everyone in your family their right to privacy when changing, using the bathroom and showering.

Parent and Child Activity

Help your child to rock the rule! (To tell a safe adult about Not Sure or Not Safe Touches.)

Ask your child to tell you about Not Sure Touches. (Examples can be hugs, tickles, rubs on the back that make them feel weird inside or give them an uh-oh feeling.) Ask your child to fill in the sentence below with a word from the choices to make it true.

Not Sure

Safe

Not Safe

My cousin was tickling me, and it made me feel weird. I told my safe adult because this was a _____ touch.

The correct response is not sure. Should they tell a Safe Adult if they get a Not Sure Touch? (Yes) What if it comes from someone they know well and like, should they tell a Safe Adult then? (Yes)

Someone I know and like touched my private parts, and it made me feel scared. I told my safe adult because this was a _____ touch.

The correct response is Not Safe. Would they rock the rule and tell a Safe Adult if they received a not safe touch? (Yes) Would they be in trouble? (No) Remind your child that a Safe Adult will listen to them, believe them, and help them.

Ask your child to tell you about Not Safe Touches. (This would be a touch to the private parts of their body, someone asking them to touch their or another person's private parts, or showing pictures of people without clothes.)

Kids Have Rights™ is a prevention program of the Children's Advocacy Center of Kent County.

If you have questions regarding talking to your child about body safety, please visit our website for more information at www.cac-kent.org or contact us at 616.336.4265