

Kids Have Rights!

Shade in the boxes of **ALL** the correct answers. (Hint: Each question may have more than one answer.)

The following statements are true:

- A Safe Touch makes me feel safe, loved, excited, or proud.
- If I receive a Safe Touch, it's important to tell a Safe Adult!
- A Not Sure Touch could be a tickle or hug that makes me feel nervous.
- I can only receive a Not Sure Touch from someone I don't know well.



If I receive a Not Safe Touch to the private parts of my body, I should

- Tell a Safe Adult in my family, my school, or my community!
- Know that it is Never My Fault!
- Keep it to myself if the first Safe Adult I tell doesn't help me.
- Know that my Safe Adult will listen to me, believe me, and knows how to help me.



The following statements are true about Not Sure and Not Safe Touches:

- A Not Safe Touch is a touch to the private parts of your body.
- Someone showing me pictures of people without clothes on is a Not Safe Touch because this touches my mind.
- If I were to receive a Not Sure Touch, I should wait and see if it happens again before telling a Safe Adult.
- I could receive a Not Safe Touch from someone I know well, someone I kinda know, or someone I don't know at all.



Weaving Body Safety Conversations into Everyday Chats with Kids

Consistent conversations that are casual and calm about keeping your child's body safe send the message to your child this is a topic you are comfortable with and they can come to you about.

When talking to your child about staying safe, use clear examples. They don't need details to be scary but they need them to give a clear picture of what you mean. Instead of, "If anyone ever touches you, tell me.", you could say, "It is not safe for anyone to touch the private parts of your body. No matter if it's a kid, teenager, or grown-up. You can always come to me. I will listen, I will help you."

Talk with your child about ways people use to keep kids from talking to safe adults about Not Safe Touches. A kid might say, "I won't be your friend anymore if you tell!". A grown-up may tell a child they will hurt someone the child loves if they tell. Explain to your child if someone says these things it is not true, you know what to do to help them.

They can always come to you!



Parent and Child Activity

It can be challenging for children to find the words to talk with a safe adult about a difficult situation. Read the situation below with your child and ask them to share with you how they would come to you and talk to you about it. Make it like real life—pretend you are busy cooking dinner or on the computer. How would they get your attention for something important?

On the bus to school today an older kid you like and kind of know sat next to you. They are really funny and tell you they think you are really cool! They started tickling you, at first it was fun and silly, but then they touched the private parts of your body and you just froze, you didn't know what to do. You've been thinking about it all day and want to tell a safe adult about what happened. What would you say to your safe adult?

Remind your child they can always come to you and you will listen to them, believe them and help them.

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 www.cac-kent.org or contact us at 616.336.4265