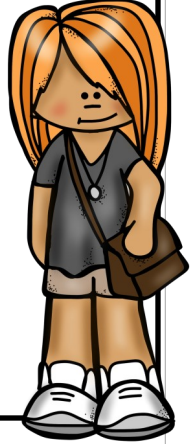


Kids Have Rights Review

Touches, Feelings and Safe Adults

Directions: Read each sentence below as your teacher reads them aloud. Circle "T" for True and "F" for False.

- T F The difference between a Safe Touch and a Not Sure Touch is the way it makes you feel inside.
- T F A touch to the private parts of your body is a Not Safe Touch. It is unsafe and you can tell a safe adult.
- T F A back scratch that makes you feel safe and loved is a Safe Touch.
- T F Not Safe Touches can come from people you know and like.
- T F Games about touching or showing private parts are Not Safe Touches.



Directions: In the examples below, circle the feeling that comes closest to how you would feel.

1. A teenage tutor who helps you with your homework gives you high fives. How would this touch make you feel?

- A. nervous
B. good
C. comfortable

2. You are at a friend's house, and they show you pictures of people without clothes on their tablet/cell phone/computer. How would this touch to your mind make you feel?

- A. awkward
B. grossed out
C. happy

3. Your best friend's older sibling rubs your leg when all of you are watching a movie together. How would this touch make you feel?

- A. special
B. uncomfortable
C. mad

Directions: Read each sentence as your teacher reads them aloud. Underline the sentence if it is true place an "x" next to the sentences that are false. Change each false sentence to make it true.



1. A safe adult is a grown-up I see once in a while and I don't know their name.
2. My grown-up that takes care of me can be a safe adult because I know them well, see them a lot and trust them.
3. Grown-ups I live with are my only safe adults.
4. Older kids I like to hang out with can be safe adults because I have fun with them.
5. Grown-ups I know well and trust at school and around where I live can be safe adults.
6. A safe adult is a grown-up I can go to for help. They will listen to me and believe me.

Body Safety Conversations *with* Upper Elementary Students

As children gain more independence and rely less and less on the grown-ups in their lives with daily tasks, communication becomes increasingly important. Opportunities throughout the day to talk with your child about keeping their body safe look different than when they were younger. Some of the times parents find their children most receptive to these types of conversations are:

- in the car on the way to an extra-curricular activity
- while talking before they leave to head over to a friend's house
- at bed time when your child seems open chatting with you

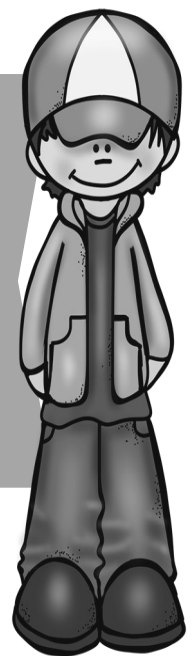
These conversations work best as small pieces of information rather than long lectures.

It is important to communicate to children they can talk to you if someone is making them feel uncomfortable or weird with the touches they give. Many times kids will tell themselves they don't like the touch, but they feel like they can't or shouldn't say anything to a safe adult.

Children worry a lot about getting in trouble. Many times, upper elementary children think they can handle **any** problem themselves. This is one of the reasons they don't tell when someone has touched them in a way that has made them feel uncomfortable or is unsafe.

There are a variety of reasons kids don't come forward about sexual abuse:

- They care about the person abusing them and worry about getting this person in trouble.
- There are things about being with this person that are fun! Often times, the person giving a child touches that are not safe is also someone the child has a lot of fun with. This makes it hard to tell a safe adult about the touches when there are so many other things about them that the child likes.
- They feel like they did something to make this happen. Children believe it is somehow their fault that these Not Safe Touches happened to them.



Parent and Child Activity

“What if” scenarios are great conversation starters. Use situations your child will encounter as they are gaining more independence, sleep overs, sports/clubs/activities, summer camps, etc. Teach them to trust their instincts and let them know they can always come to you for help. Some ideas could be:

- ⇒ What if you are at a someone's house and something happens that makes you feel uncomfortable or something happened that scared you?
- ⇒ What if you are wrestling with an older kid you really like and the way they are touching you starts to make you feel weird?
- ⇒ What if someone you think of as a friend touches your private parts and tells you it was an accident?

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