

SAFE ADULTS

Directions: Draw the face of one grown-up for each group of Safe Adults! If you finish your picture, write who the grown-up is on the line below! Remember, your Safe Adults will listen to you, believe you, and they know how to help you.

Community

friend of the family

neighbor

friend's grown-up

family

School

Wow! You are smart!
You know whom to tell
if you get a **Not Sure**
or **Not Safe Touch!**

At home, place completed worksheet somewhere it can be seen often, and your child can feel safe knowing they are loved and protected. Thank you!

Laura Strickland @ MyCuteGraphics.com

Where To Begin?

Body Safety for Little Ones

Talk with your child about different types of touches:

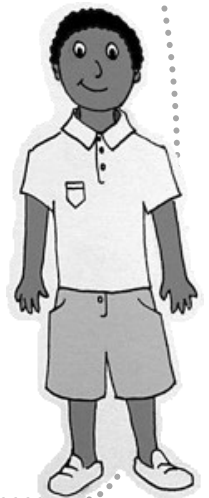
- **Safe Touch:** A hug, kiss, tickle that makes them feel happy or good inside.
- **Not Sure Touch:** Also a hug, tickle, etc. but it doesn't make them feel good/happy.
- **Not Safe Touch:** a grown-up, teenager, kid or friend touches their private parts, makes them touch someone else's private parts, plays games about touching private parts, and/or shows them pictures of people without clothes on.



Remind your child games about touching or showing private parts are not safe even if it's a grown-up, a friend or a cousin who wants to play the game. Your child should tell a safe adult.

Teach your child the correct names for the private parts of their body. The more you talk with them about body safety, the more comfortable it will be!

It is important safe adults are grown-ups your child knows well, sees often, and trusts. Remind your child they can always talk to one of these grown-ups if someone makes them feel weird inside, scared or unsafe. Your child should tell a safe adult.



Just as you talk with your child about bike safety or crossing the street safely, talk with them about keeping their body safe. Keep the body safety conversations with your child light—if you are relaxed, they will be too.



Parent and Child Activity

On the front side of this sheet your child selected three Safe Adults in their life. Alert these grown-ups to this good news! Help your child send them a text, write them a letter, or give them a call! Have your child explain to each of them what Safe Adults do and why your child chose them to talk to if anything is ever bothering them, or they get a touch they don't like.

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