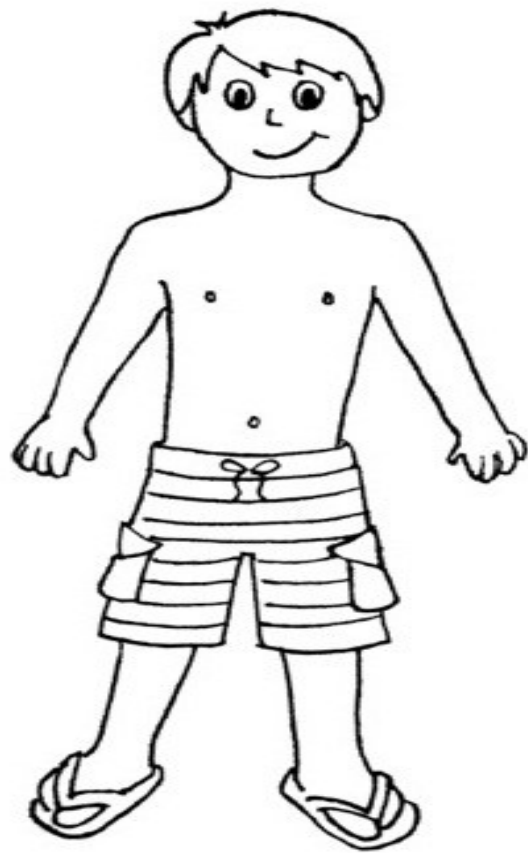
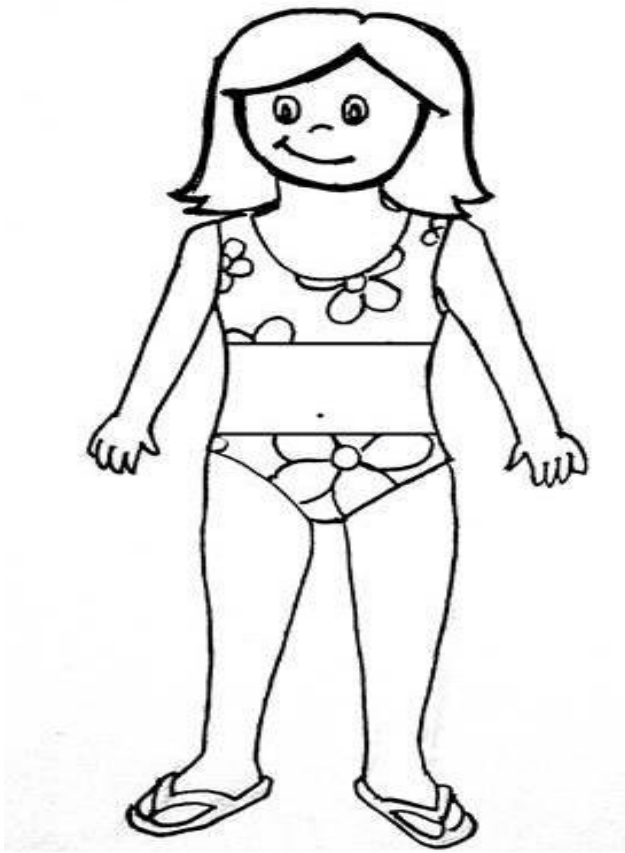


My Body Belongs to Me!

Color the children's faces, then color their bodies, then color over the bathing suits that cover up each of the children's private parts.



Safe, Not Sure, or Not Safe Touch

Circle whether the example is a **Safe Touch**, a **Not Sure Touch**, or a **Not Safe Touch**.

A grown-up you know well rubs your leg. This makes you feel awkward inside.

1. This is a **Safe Touch**
2. This is a **Not Sure Touch**.
3. This is a **Not Safe Touch**.



Trace the words that tell what you should do if you receive a **Not Sure** or **Not Safe Touch**.

T e l l a S a f e A d u l t !

5 Ways to Empower Your Child with Body Safety

Any electronic device children use should be set up with parental controls, used in common spaces, and accompanied by conversations on how to use them appropriately.

Give your child permission to decide who they would like to give touches to (hugs, kisses, high fives). This sends the message to children they are the boss of their body.

Talk about times when it is safe for someone to look at or touch their private parts. One example is when they go to the doctor for a check-up. This is a time when their private parts are safe because it is the doctor's job to make sure their whole body is healthy and you are with them.

It should always be praised when your child tells you about someone making them feel unsafe or uncomfortable.

Choose a time for body safety conversations when you find your child to be most settled and attentive: during a car ride, at bedtime or bath time. Keep them short—small pieces of information work better than long lectures.

Parent and Child Activity

The following are conversation starters for parents with kindergarten age children:

Ask your child what they would do if their good friend/cousin asked them to play a game and when they go to play the game, it is about touching or showing private parts. Is that a safe game? Should they tell one of their safe adults?

Ask your child about their safe adults. The grown-ups in their life (in their family, at school and around where they live) who they know well and see often. Who is a grown-up in each of these places they can talk to if they had a problem or there was something that happened they needed help with?

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