

EVERY CHILD DESERVES A HERO!

TALK TO CHILDREN ABOUT PERSONAL BODY SAFETY

Teach children that **private parts** are just that - **private** - and that no one should touch, look at, take pictures or videos of their private parts.



#1: START EARLY AND TALK OFTEN

Opening the lines of communication at an early age helps both you and the child feel confident talking about the topic and eliminates any awkwardness. When kids can understand body parts such as head, elbows, knees and toes, they can also understand what their private parts are.

#2: USE PROPER NAMES FOR BODY PARTS

Using cute terms such as "wee-wee" and "coo-coo" for private parts may make you feel more comfortable, but we should teach children proper terms from the beginning. Using proper names helps a child learn there is no shame or negative feeling when it comes to his or her body. We want to provide children with the language and skills to tell us if someone is hurting them or making them feel unsafe.

#3: TALK SAFETY

Just like we teach kids what to do in the case of a fire, we can have conversations about what to do when they feel uncomfortable or if someone is violating the boundaries you taught them. Provide concrete examples and a clear action plan of what children should do if ANYONE, regardless of who that person is, makes them feel uncomfortable.

#4: MITIGATE VULNERABILITIES

Abusers often groom and manipulate children before the abuse occurs. Teach children that secrets are not okay and empower them to tell you if anyone is hurting them, without fear of getting in trouble or feeling shame.

#5: KNOW YOU ARE NOT ALONE

If the idea of broaching the subject of personal body safety with your child still seems like a daunting task--know you are not alone. There are numerous resources available to help you in that process. Check out our list of resources using the QR code below.

CHECK OUT MORE RESOURCES

