

How to talk to your
child about
**BODY
SAFETY**

*Presentation by
Ms. Canales and Mrs. Gonzalez*



WHAT?
WHEN?
WHO?
WHERE?
WHY?



WHY?

**should parents teach
children about body
safety?**

THE IMPORTANCE OF SAFETY CONVERSATIONS

WHY?

- ❑ We have to educate our children on how to keep themselves safe
- ❑ Rules on what is okay and what is not okay help empower our children
- ❑ When children feel empowered, they more likely to speak up and ask for help
- ❑ These conversations help increase self-confidence and decrease vulnerabilities that can place children at risk

CHILD ABUSE PREVENTION



A child just disclosed sexual abuse to me.
WHAT DO I DO NOW?

1. Say, "I believe you, and it's not your fault."

DO ask open-ended questions: "Then what happened?"

DON'T express anger or disbelief.

2. Conduct a "minimal fact" interview.

DO determine what, where, when, and by whom, if possible.

DON'T ask leading questions or probe for details.

3. Report immediately.

DO tell law enforcement/child protective services.

DON'T attempt further investigation.

DON'T promise not to tell anyone.

**MORE THAN 90% OF THE TIME,
THE CHILD IS TELLING THE TRUTH.**



REPORT CHILD ABUSE



Every **2 SECONDS** child is abused.
5 out of every **6** cases of child abuse are **UNREPORTED.**

<http://www.scshs.org/childabuse.htm>

90%

OF CHILD
SEXUAL
ABUSE
VICTIMS
**KNOW
THEIR
ABUSER**



1 in 4 girls



and 1 in 6 boys



is sexually abused
before the age
of 18.

Children need to have a trusting and emotionally safe relationships.

SAFE TO BE YOU

- Get to know a child's likes, dislikes, & perspectives
- Express appreciation for their uniqueness
- Be aware of your own expectations that may cloud your vision of them

SAFE TO TALK

- When a child is talking, listen attentively
- Resist the urge to interrupt, fix, or change anything
- It may help to visualize that you have tape over your mouth

SAFE TO FEEL


- Let a child know that ALL feelings are acceptable
- When a child is feeling any emotion, validate what they're feeling
- This may sound like, "I would feel the same way" or "This seems really hard"

SAFE TO MAKE MISTAKES

- Create an environment where mistakes are accepted as part of learning
- When a child makes mistakes, practice responding with kindness and assuring them that it's OK



When?



**should parents begin body
safety conversations?**

When to Begin Consent and Body Safety Conversations

2 yrs – 3 yrs (verbal)

- Introduce the term 'body boundary' — the invisible space around our bodies. Explain that everyone needs to ask for consent before entering another person's body boundary.



MY BODY
my rules



3 yrs – 6 yrs +

- Continue to reinforce the concepts of body boundaries and consent.



HOW?

**can parents help child
learn about body safety?**

- **Make sure the door is closed when people are using the bathroom or dressing, and be certain others do not enter.**
- **Adults and children should not walk around without their clothes on.**
- **Children should dress age appropriately, and parents should strongly discourage too sophisticated or sexual clothing.**
- **Monitor television, movies, radio, internet, and video games for sexual content.**



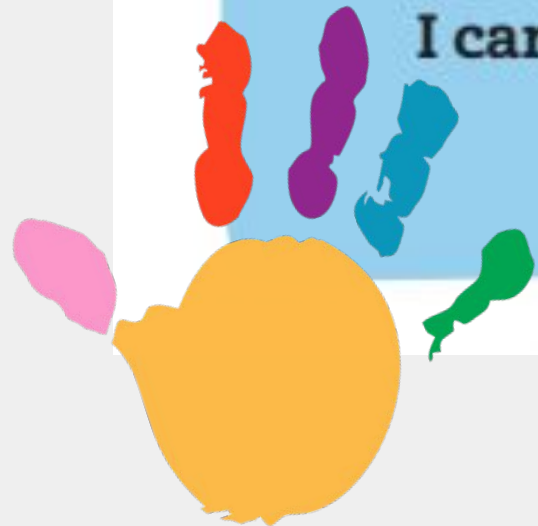
My Body Safety Rules

My body is my body and it belongs to me!

I can say, 'No!' if I don't want to kiss or hug someone.

I can give them a high five, shake their hand or blow them a kiss.

I am the boss of my body and what I say goes!



CONSENT

You have the choice to say **yes** or **no**!



ask
first

If I feel unsafe my body lets me know.

Here is how!

Hair feels like it is standing on end

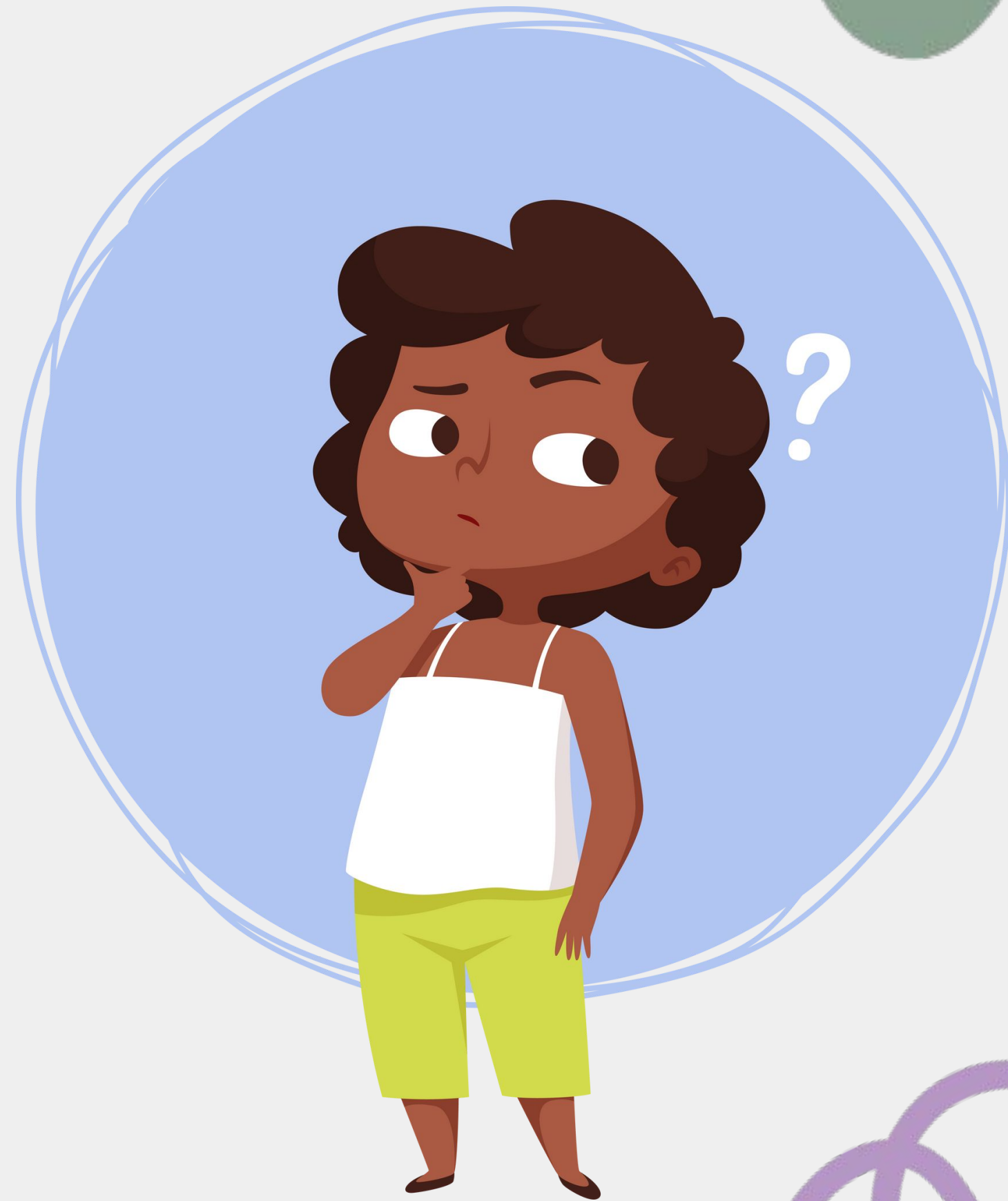
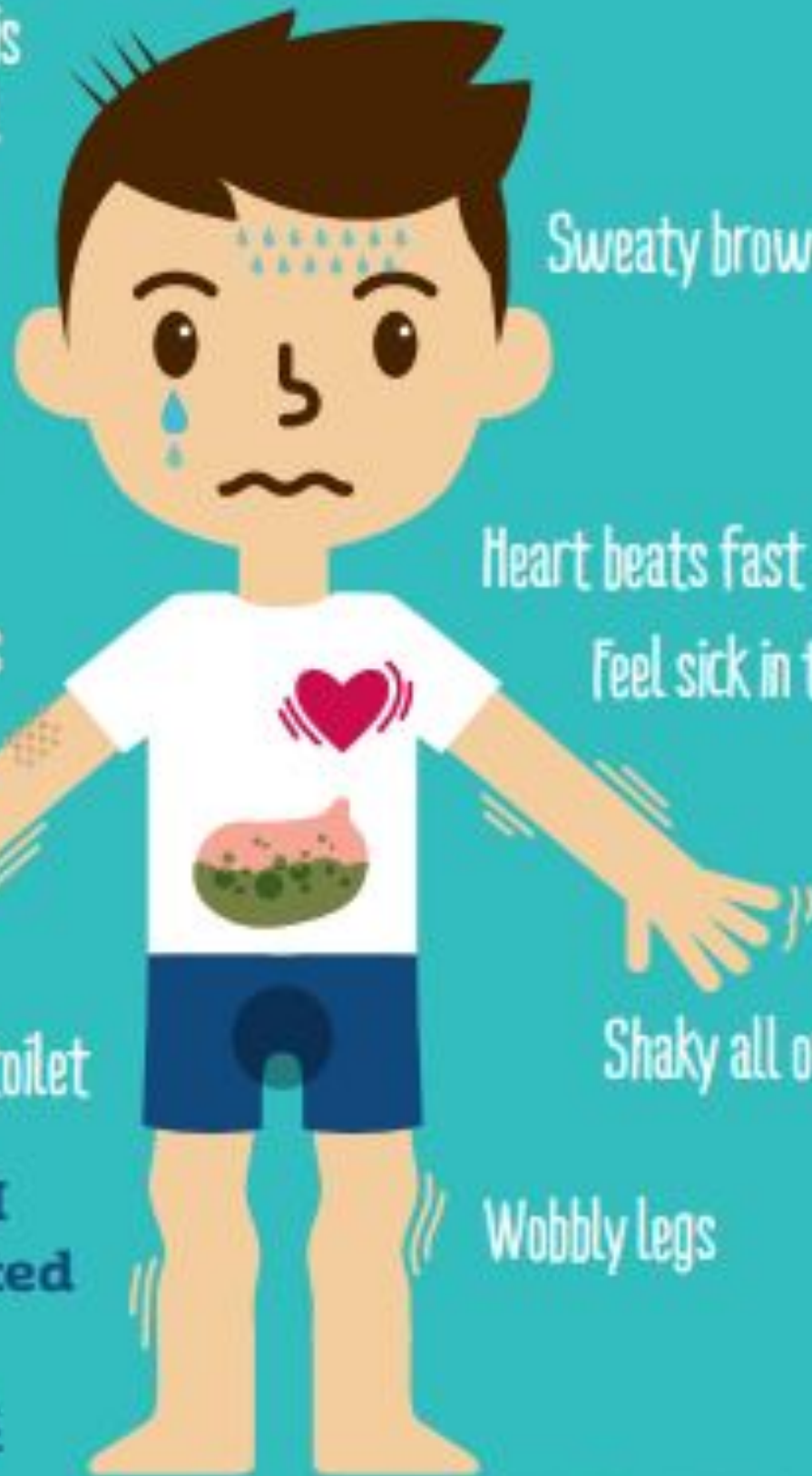
Start to cry

Goosebumps

Sweaty palms

Need to go to the toilet

If I feel unsafe, I must tell a trusted adult on my Safety Network straightaway!



I CAN SAY NO!

If someone tries to give me an ouch touch or a private touch, I am **STRONG** 🖐️ and **BRAVE**. I look the person in the eye 👁️. I tell them, "NO, STOP, I DON'T LIKE THAT!" in a strong voice. Then I find a grown-up I trust and tell them what happened right away!



TOUCHING RULES:

- 1) No one touches my private parts unless they are a caretaker or doctor keeping me clean or healthy.
- 2) I do not touch anyone's private parts.
- 3) No one touches their private parts in front of me.
- 4) No one takes pictures or videos of me without my clothes on.
- 5) No one shows me pictures or videos of people with their clothes off.



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It is against the law for someone to give me an ouch touch or a private touch.



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Child Sexual Abuse Fact



Penis & Vagina

Aren't Bad Words.



Teaching your  children the proper names for their body parts helps to protect them. 



Secrets vs. Surprises

Become a NO secret family. Teach your children the difference between a secret and a surprise.

Surprises are fun things that make everyone who knows about them happy.

Secrets

I should never keep secrets that make me feel bad or uncomfortable. If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell an adult on my Safety Network straightaway!



Someone takes a picture of you and asks you not to tell

Secret or Surprise

Your parents are planning a surprise birthday party for your sibling

Secret or Surprise

Someone in your class has been hurting your feelings and hitting you, and now you don't like going to school

Secret or Surprise

Your friend says her mom's boyfriend is rubbing her arm and giving her long hugs. She says it makes her uncomfortable, but she hasn't told a trusted adult

Secret or Surprise

You baked cookies for you teacher on the last day of class and you are excited to surprise her

Secret or Surprise

When you go to your neighbor's house, they ask you to take off your clothes

Secret or Surprise

A Surprise?



Written and
Illustrated by
Michelle L. Nelson

Surprises

Make everyone feel safe and are fun! No one is ever in danger and they only last a very short time.

A Secret or

WHAT?

**can parents say to
teach body safety?**



There are 3 types of TOUCH.



SAFE TOUCHES

are wanted,
comfortable,
kind, and fun.
They make
me feel...



Excited



Proud



Loved



Happy



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I HAVE A VOICE
AND I CAN USE IT.



A SAFE TOUCH IS...



a hug.

A SAFE TOUCH IS...



a pat on the back.

A SAFE TOUCH IS...



a high five.



OUCH TOUCHES

hurt my
body and
my feelings.
They make
me feel...



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MY BODY
BELONGS
TO ME!

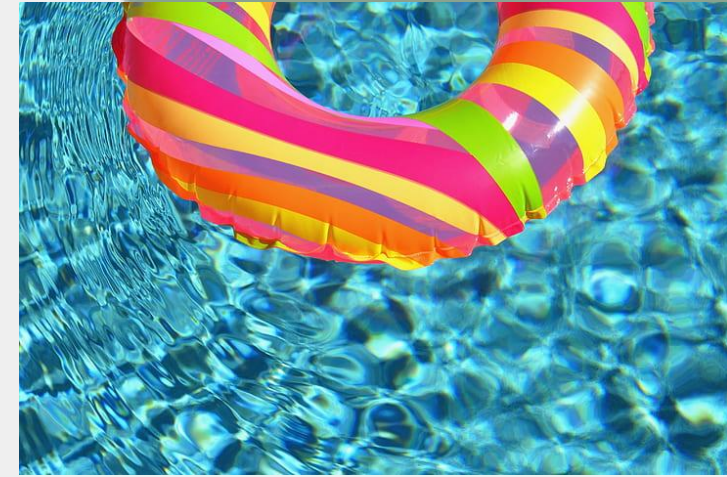


MY PRIVATE PARTS

are the parts
of my body
that are
covered by my
bathing suit.
They are called
"private"
because they
are not
anyone else's
business.



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PRIVATE TOUCHES

happen when someone touches my private parts – when I don't want them to – or asks me to touch theirs. This makes me feel...

Embarrassed



Confused



Disgusted



Uncomfortable



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Sometimes, my mom, dad, or a caretaker touch my private parts to keep them clean. That is okay with me.



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Sometimes, a doctor touches my private parts to keep me healthy. That is okay.



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safety first

I don't keep SECRETS!



1 **MY BODY MY CHOICE MY RULES**

2

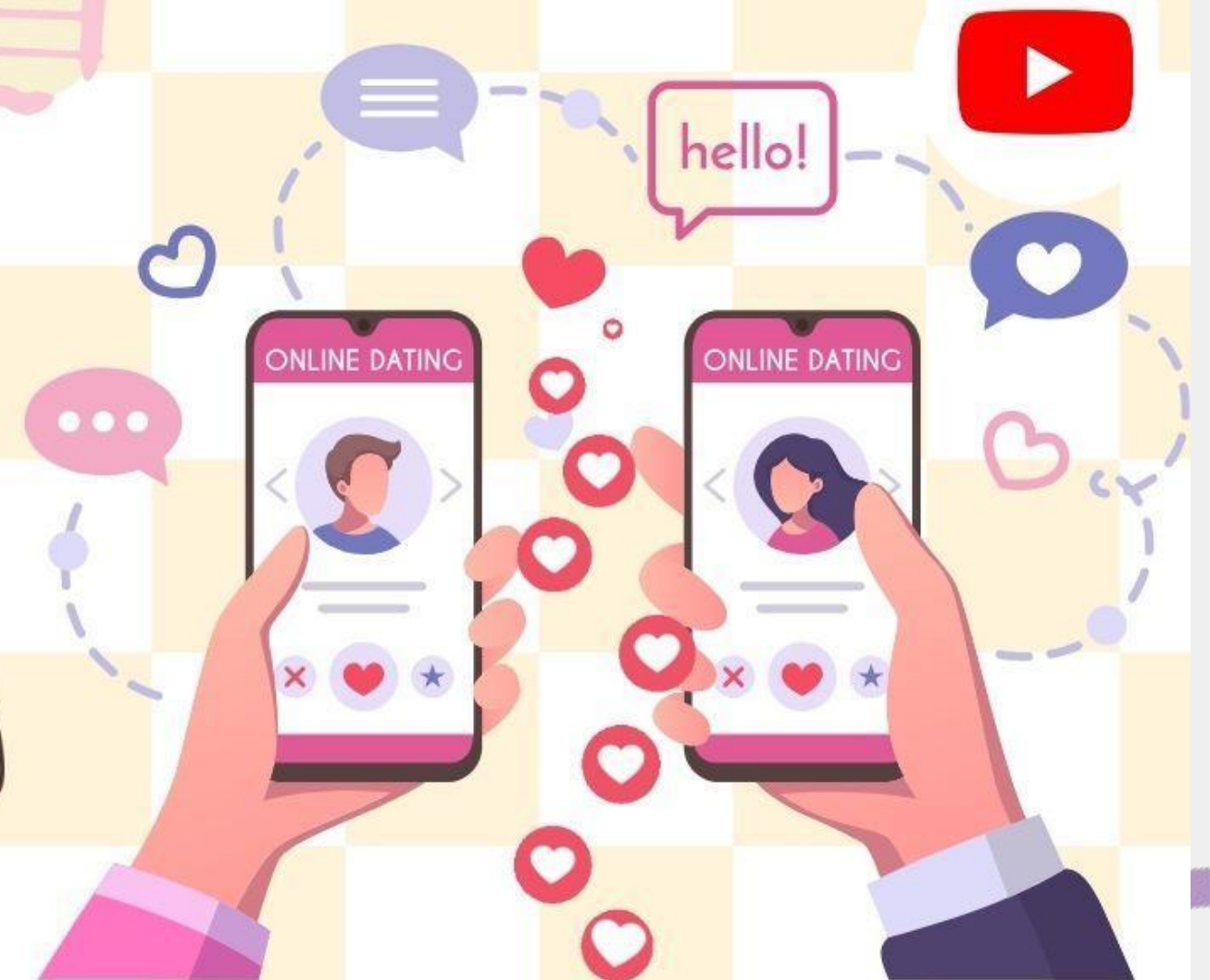
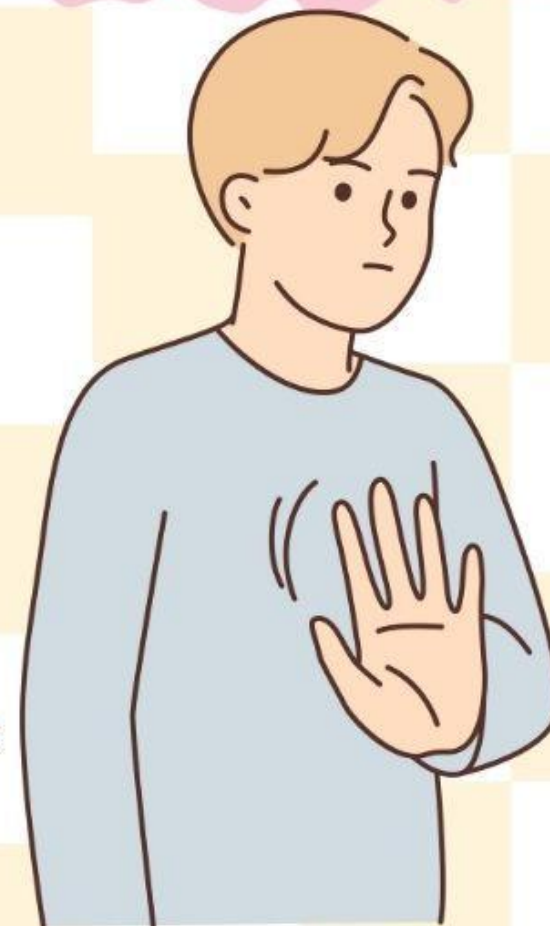
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4 **REACH OUT FOR SUPPORT**

Body Safety & Relationships



Consent



If a child discloses abuse to you...

Listen carefully to what they're saying.

Tell them they've done the right thing by telling you.

Let them know it's not their fault.

Explain that you'll take them seriously.

Don't confront the alleged abuser.

Explain what you'll do next.

Report it as soon as possible.

NSPCC

SAFETY
FIRST

YOU are not
ALONE

Who?

SparkleBox

**can students ask for
help besides parents?**

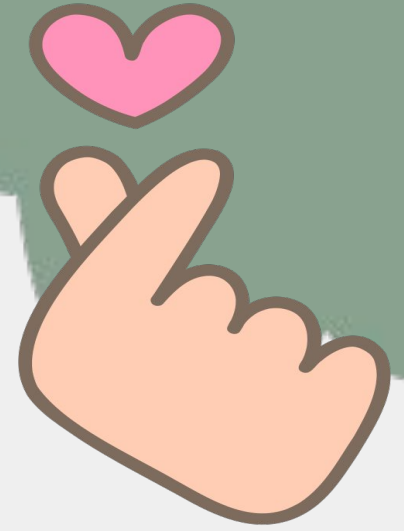
BE A HERO!



Remember, ouch touches and private touches are **NEVER** a child's fault. When we report an unsafe touch to a safe person, we are a **HERO!**

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*MY BODY,
MY CHOICE,
MY RULES!*



**I WILL BE
BRAVE
AT ALL TIMES**

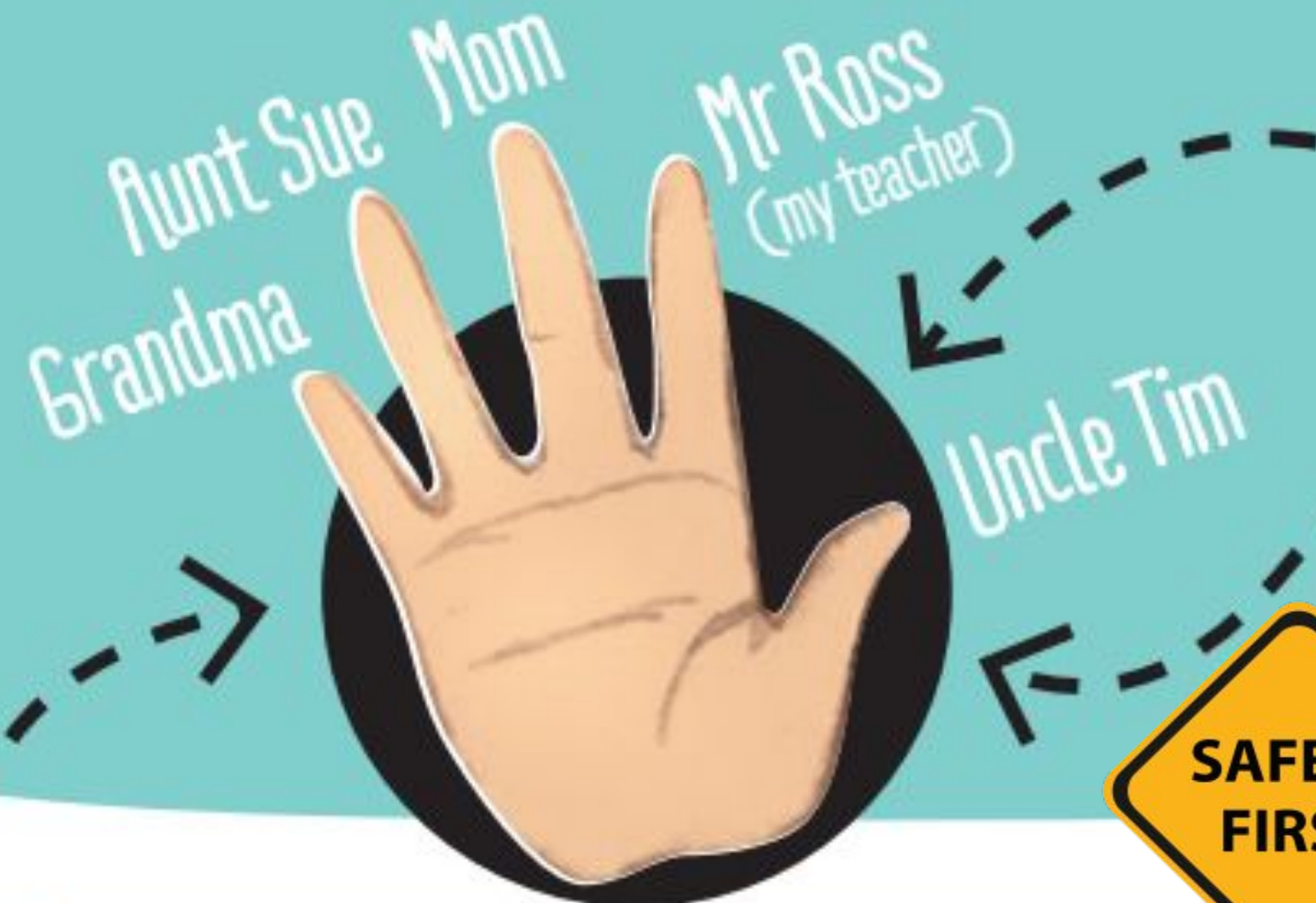


I shouldn't listen and agree with someone just because they said so and I'm too scared to do anything about it. I am a brave girl/boy. I will stand up for myself!



I have a Safety Network

These are five adults I trust. I can tell these people anything and they will believe me. If I feel worried, scared or unsure, I can tell someone on my Safety Network how I am feeling and why I feel this way.



SAFE PEOPLE

are grown-ups I trust to keep me safe, protected, and loved. I report **ouch** and private touches to them right away!

An illustration of five diverse adults standing in a row. From left to right: a police officer in a blue uniform and cap, a man with a mustache wearing a blue jacket and white shirt, a woman with brown hair wearing a patterned dress and holding a clipboard, a man with a red tie wearing a pink shirt and green pants, and a doctor in a white lab coat with a stethoscope. A small copyright notice "© Marco City-Counselor" is visible on the left side of the illustration.

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The Children's Assessment Center

Protect Children. Heal Families. Prevent Abuse.

HOW YOU CAN
STOP
CHILD ABUSE
CALL THE
Texas Abuse Hotline
1-800-252-5400
IF YOU OR SOMEONE YOU KNOW NEEDS HELP



 NATIONAL CHILD ABUSE
PREVENTION MONTH



It's OK to tell!

if someone hurts you:

say

no



go

to a safe place



tell

a trusted adult



Call **1-800-252-5400**

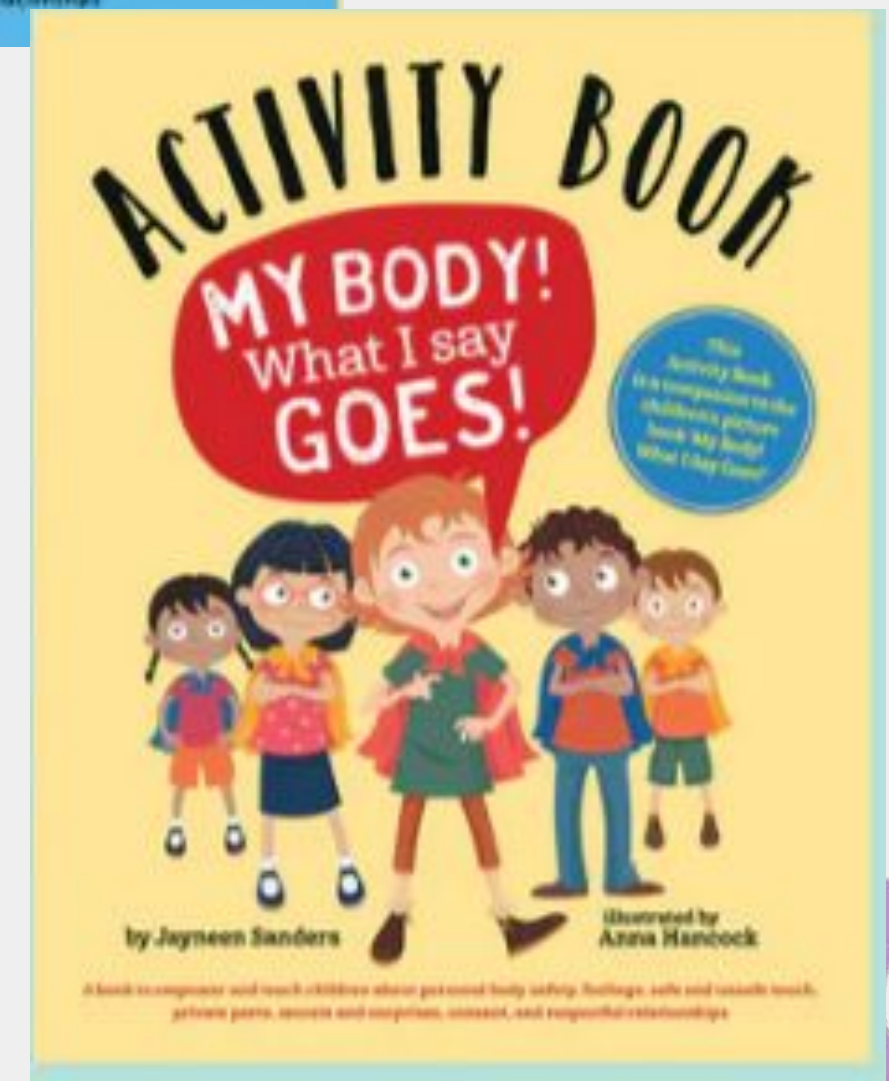
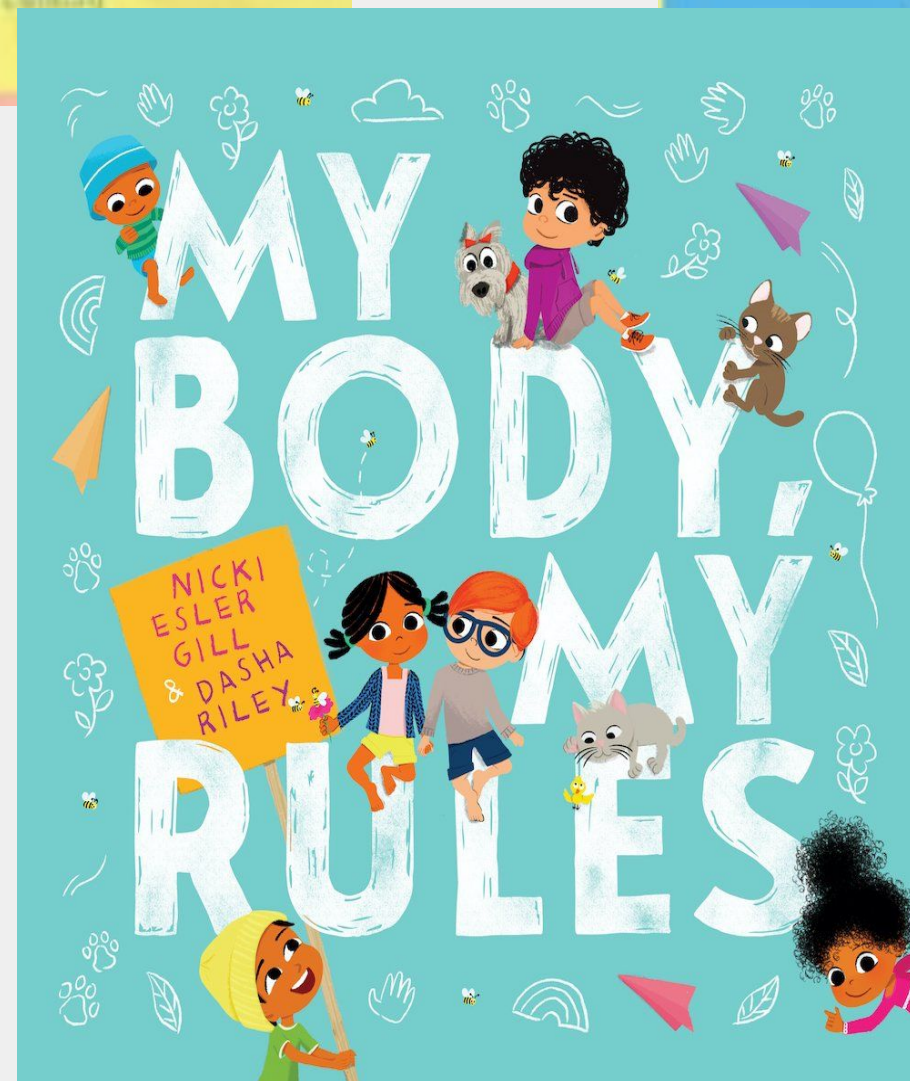
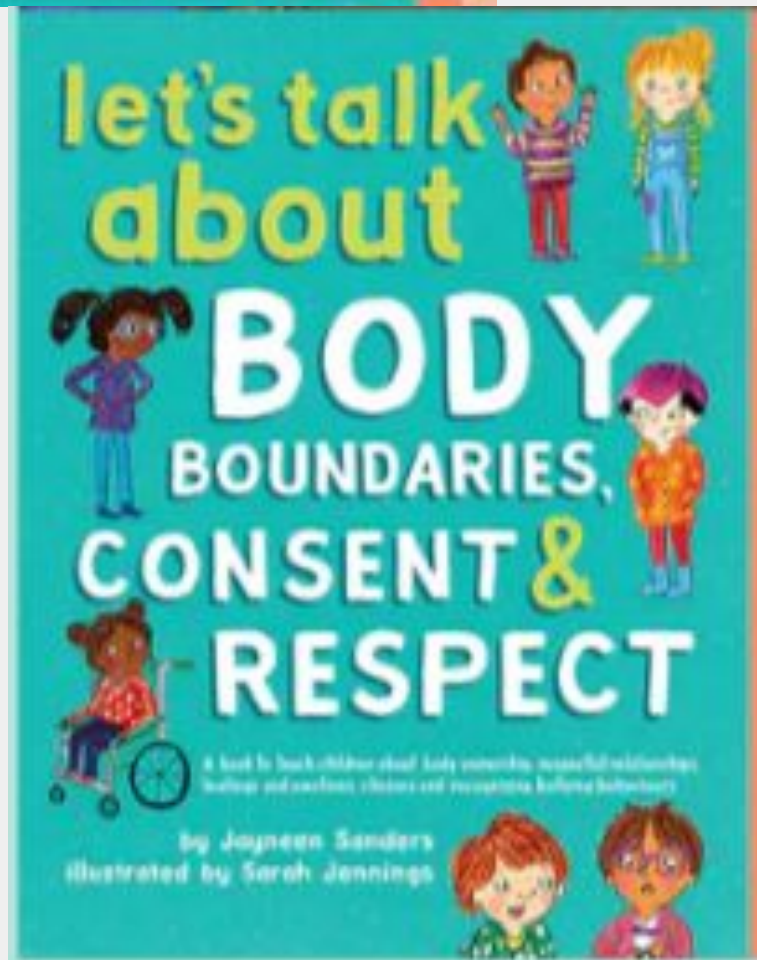
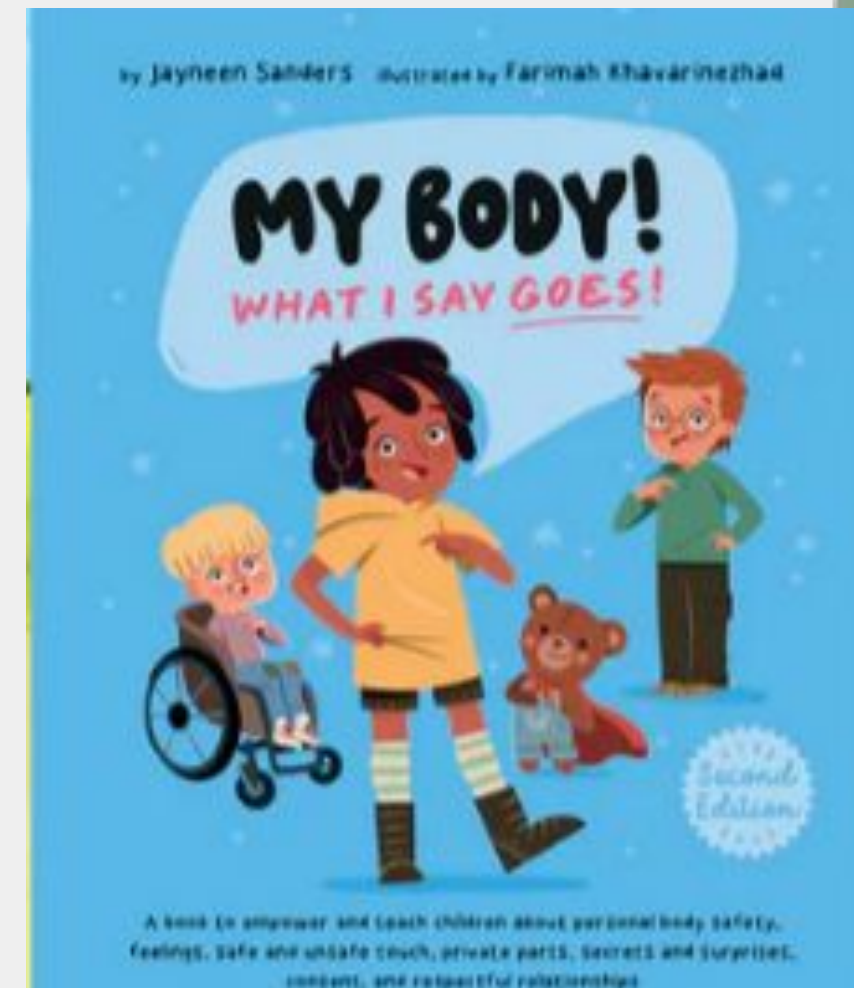
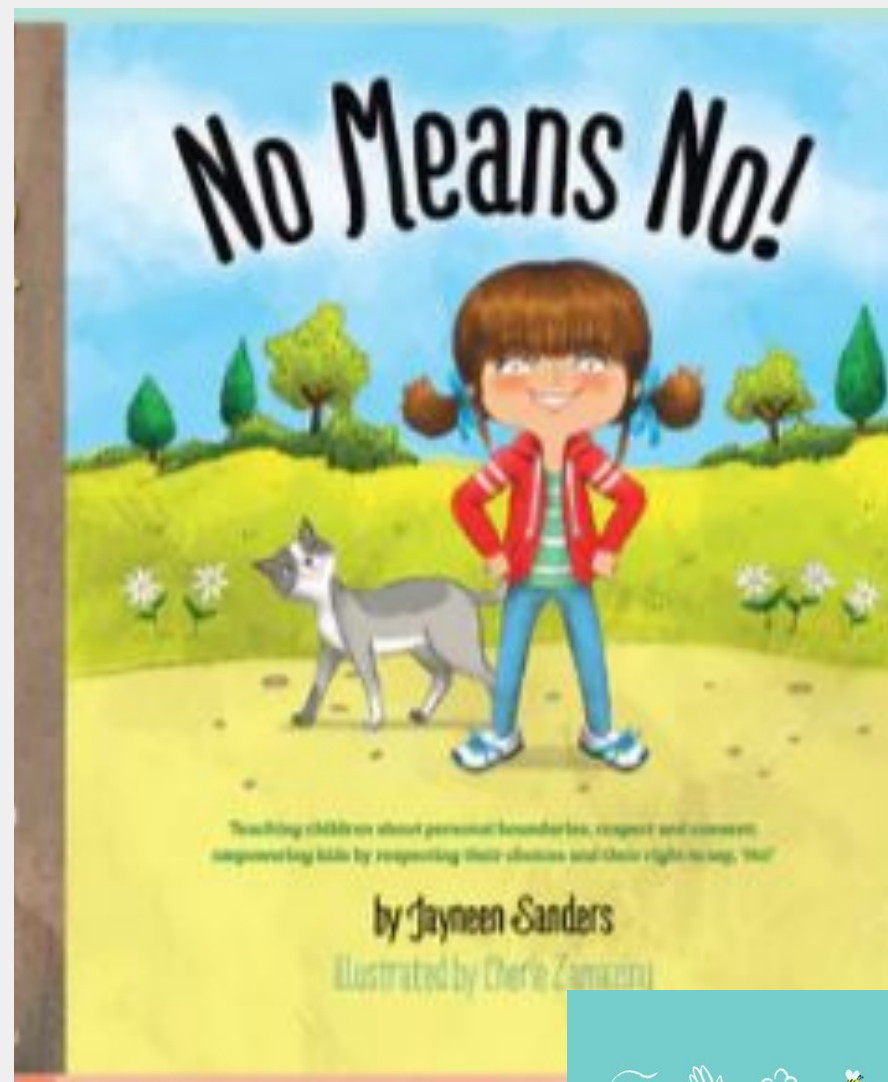
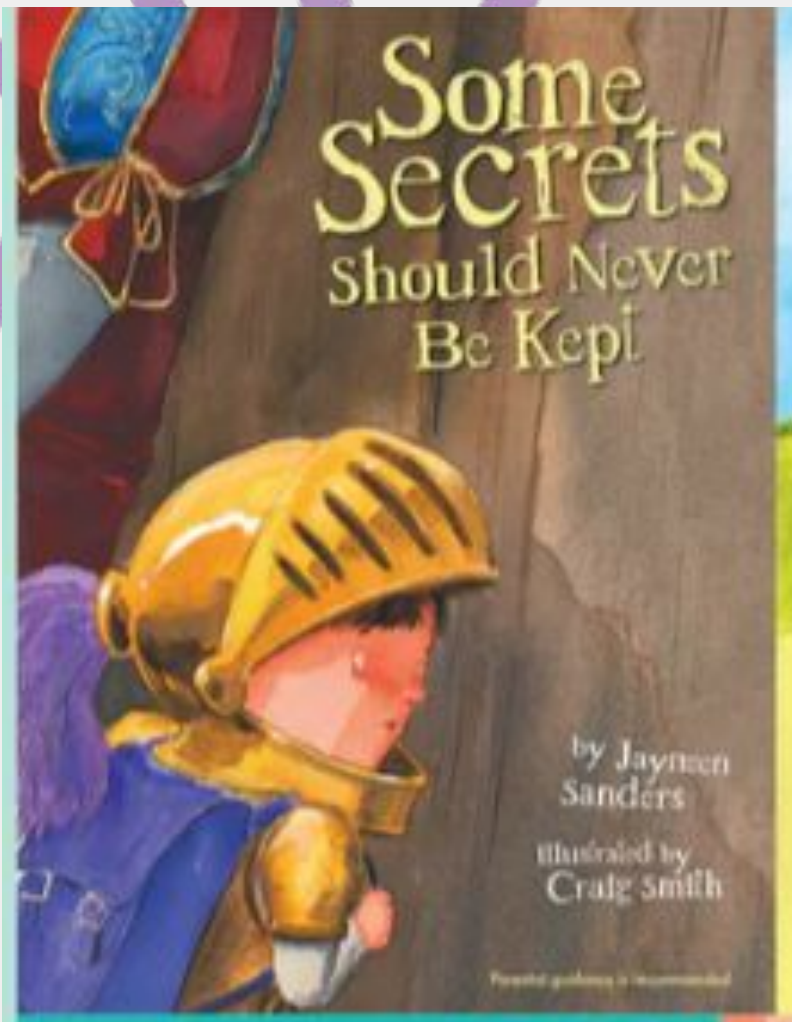
for help or **911** for emergencies



For more information: txabusehotline.org

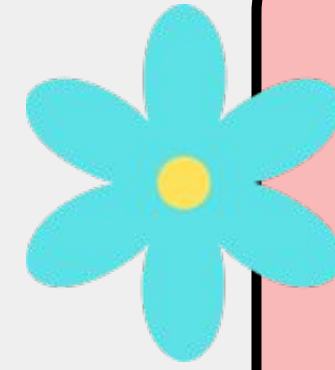
Don't ever keep a secret that upsets you!



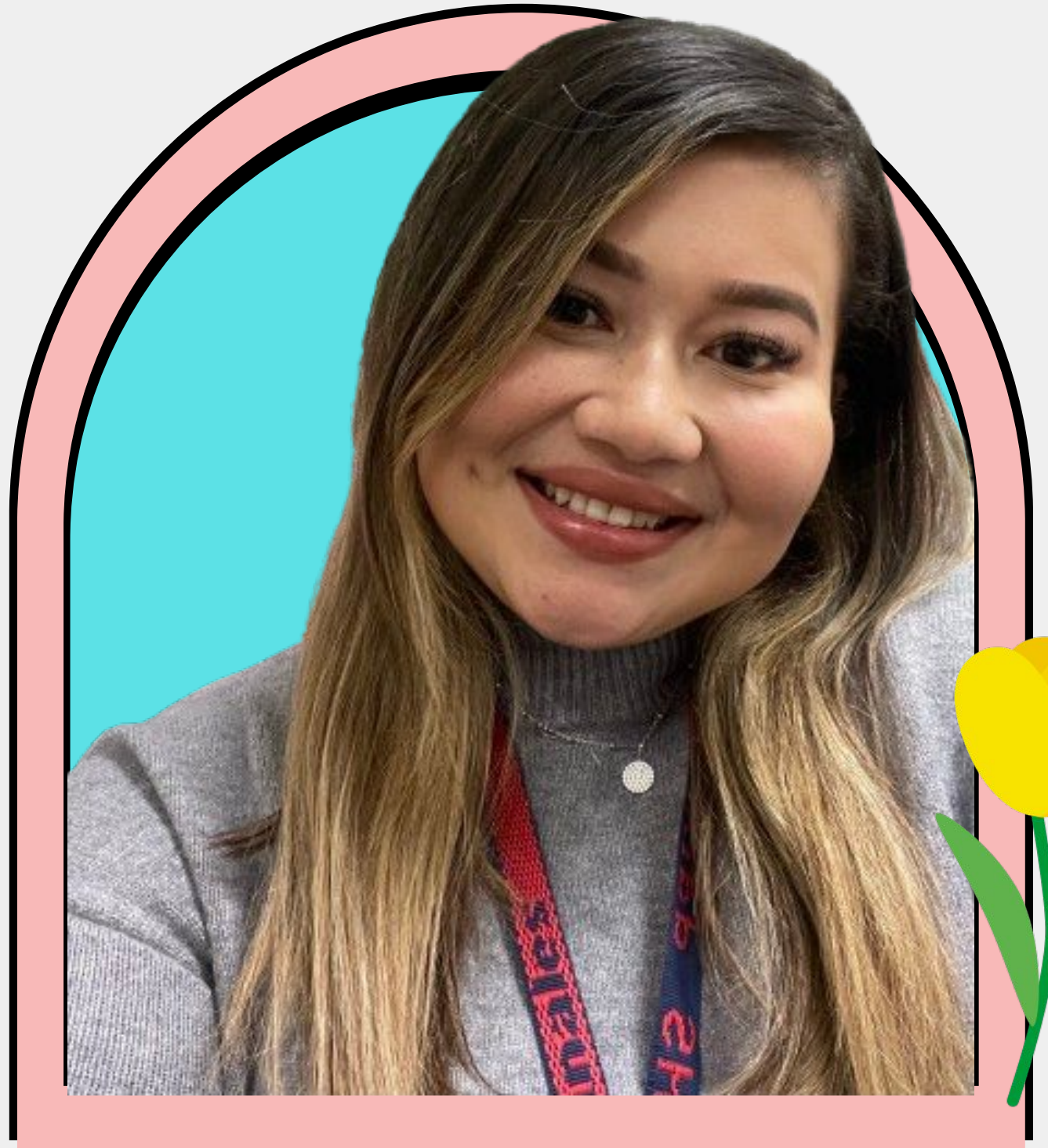




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Thank You!

