

# What You Can Do to Keep Children Safe



## Teach children about their bodies.

- Teach your child that **some body parts are private**.
- Teach **correct words for private parts** (penis, vagina, breasts, butt/bottom).
- Don't associate private parts and developmentally-expected sexual behaviors (for example, curiosity about bodily functions) with shame or embarrassment.
- Discuss the **Body Safety Rules** with your child often.



## Tell children:

- Nobody needs to touch or see your private parts.
- It is not appropriate for you to play with or help with other people's private parts.
- Nobody should take photos or videos of your private parts, and nobody should show you photos or videos of private parts.
- Tell a trusted adult if someone asks you to keep a secret. Secrets are unsafe.



## Monitor your child's relationships with others.

- **Meet everyone** involved in your child's life.
- Ask about child **safety policies** and training.
- Advocate for your child to **not be alone** with another adult or child.
- **Supervise** or make **unannounced visits**.
- **Encourage independence** around toileting and personal care.



## Look for warning signs: An adult...

- Seems **overly interested in a particular child**
- Frequently has or tries to gain **alone time** with a child
- Gives a child **gifts, attention, money, special trips**, or allows them to do things that usually "**aren't allowed**"

***Don't assume a person is trustworthy because of their title, position, or background check.***



TURN PAGE

# What You Can Do to Keep Children Safe



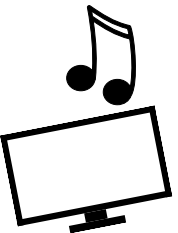
## Establish trust and open communication.

- Create **opportunities** for your child to talk to you.
- Show your child you're **interested in them and what they do**.
- **Be open** to talking about difficult topics. Make it clear that you're someone they can confide in.
- Let them know they can **tell you anything**. Tell them you'll believe them and won't get upset at them.
- Ask your child to **identify 3 adults they trust to tell** if something bad happens.



## Talk about boundaries.

- Teach your child about **giving and getting permission** to be touched.
- **Model** giving and asking for permission.
- **Coach children** in the moment if you notice they're crossing the boundaries of others.
- **Empower your child to say "no"** to unwanted touches - even hugs/kisses from family members and friends.



## Talk about safety and healthy relationships often.

- Incorporate safety talks into **everyday, teachable moments**.
- Use **examples from songs, movies, and shows** to start meaningful conversations.
- **Be open to questions** children may have. If you don't know the answer, it's okay to ask for support from others and return to the conversation at a later time.

*Let your child know that if they ever have any questions or are ever in doubt about the Body Safety Rules, they can talk with you or another trusted adult.*



TURN PAGE