

Research shows talking to children often about their bodies and personal safety skills is an important piece of protecting children from abuse. Here are some activities you can do with your child(ren) to reinforce the information he/she received in class.

Review what the child learned using the provided handout.

1. Be sure to review the four private places on the body.
2. Remind children that no one has the right to touch a child in a way that makes him/her feel uncomfortable or hurts the child.

Feelings

Review

- All feelings are okay and important
- Talking about your feelings helps to keep you safe.

Activity

Cut into individual strips the feelings on the *Feelings Worksheet*. Put all the feelings words into a hat. Take turns picking a feeling and talking about a time that person felt that way.

Safe People

Ask your child to draw two of his/her safe grown-ups, be sure one is inside the home and one is from outside of the home. Then, discuss why the child chose each person - be sure to cover how the person treats your child.

Secrets Versus Surprises Activity

Review the difference between secrets and surprises with your child. Complete the secret versus surprises activity with your child. Discuss the answers with your child. Add details or other scenarios that are relevant to your family and community.

Good, Bad, and Secret Touches

Review the touches with your child.

- *A Good Touch* is any touch that makes you feel happy, does not hurt and one you do not mind giving to or getting from someone.
- *A Bad Touch* is any touch that hurts you, makes you feel sad or scared and one you should not give or get from someone.
- *A Secret Touch* is any touch you are told to keep secret; one that usually involves private places or injuries to your body.

Complete the *Different Kinds of Touches Worksheet* together - discuss the answers. Add more scenarios that are relevant to your family and community.