

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.

- Be sure to review the four private places on the body.
- Remind child(ren) 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 keep you safe.
- Importance of listening to your "uh-oh" feeling.
- Your "uh-oh" feeling is like an alarm that tells your body that something is wrong, or you are in danger.
- It is important to stop and listen to what your body is telling you.

Activity

Complete the *All Feelings Are Okay Worksheet* with your child. Discuss the child(ren)'s answers.

Safe People

Talk to your child(ren) about who the safe people are in his/her life. Be sure to include people outside of the home. Review the scenarios below and discuss the way the adult is behaving. Decide if that is how a safe adult should behave.

1. Almost every time Erica tries to talk about a problem she is having at school, her dad does something else, like look at his phone or washes the dishes.
2. Madison gets angry sometimes and hits her sister. Her mom tells her she can't hit other people and makes her sit on the stairs.
3. Jeff's soccer coach gives Jeff special presents and tells him not to tell his parents.

Good, Bad, and Secret Touches

Review the touches with your child.

- *A Good Touch* is any touch that makes you feel happy, doesn't hurt and one you don't 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.

Boundaries

A space around us that we do not want anyone to enter without permission- a space between us and someone or something else that allows us to feel comfortable and safe. They vary from person to person.

This space is different for each of us and is different depending on who or what we are near. Talk with your child about the different boundaries he/she has. Who does he/she allow to be closer or to touch him/her, and who would that child prefer stay farther away.

Practice with your child ways of telling someone that person is too close or doing something the child does not like.

Activity

Complete the *What Should We DO Worksheet* together. Discuss each scenario and ways the problem can be addressed.