

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 three safety rules and four private places on the body.
- 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:

Create "feeling faces" using paper plates. Give scenarios and ask the child to hold up the face plate that matches how he/she might feel in that situation.

Some examples:

- You went to Rita's after school for a surprise treat with mom.
- Someone took your snack at school.
- Your sister hid behind the door and jumped out and yelled.
- A stranger came up asked you to help him find his puppy.
- You got a good report from your teacher.
- You helped your sister clean her room.
- You lost your favorite stuffed animal.

Safe People

Ask your child(ren) to draw two of his/her safe grown-ups, be sure one is inside the home and one is from outside of the home.

Discuss why the child(ren) 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(ren). Then, complete the secret versus surprises activity on the back of this sheet with your child(ren).

Discuss the answers with your child(ren). Add details or other scenarios that are relevant to your family and community.