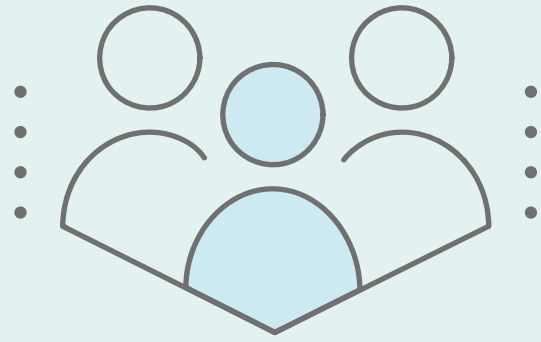


# Talking to Your Child About Personal Safety

*As responsible, caring adults, we teach our children various types of safety. Here are some ways to help you feel more comfortable and confident as you talk with your child and establish your family's rules for keeping their body safe!*



## 1 Talk to your child about personal safety as you discuss other types of safety



Just like fire safety keeps you safe around fire, personal safety rules keep you safe around other people

## 2

### Repeat simple personal safety guidelines often to reinforce understanding

- You are in control of your own body
- The Touching Rule says "No one can touch or look at my private body parts except keep me clean and healthy"
- Private body parts are the parts of your body covered by a bathing suit
- If someone tries breaking The Touching Rule say words that mean NO, GO away, and TELL an adult you trust
- It is NEVER your fault if someone breaks tries to break The Touching Rule
- NEVER keep secrets about touching

## 3 Establish family rules for personal safety

- You can ride in a car with \_\_\_ but not with anyone else without asking first
- You can give someone a high-five or handshake if you don't want to give them a hug
- Help your child identify who safe adults are and why they are people they can trust

## 5 Help your child develop confidence and assertiveness. Practice verbal and non-verbal responses

- Stand tall, maintain eye-contact, and use a firm voice
- "I don't want to do that!"
- "No! Stop! That is not okay!"
- Get away and go somewhere safe
- Keep telling until you get the help you need



## 4 Play "What If" games to practice decision making



- What do you do if someone we know really well (i.e., grandparent, babysitter etc.) touches your private body parts and asks you to keep it a secret?
- What should you do if we get separated at the grocery store?
- Who should you talk to if someone tries to play an unsafe "game"?
- What do you do if someone asks you to get into their car?

### The Touching Rule says

"No one can touch or look at my private body parts EXCEPT to keep me clean and healthy"

## More Tips for Personal Safety

- Personal safety should be a lifelong discussion
- Over 90% of offenders are NOT strangers to children. Children must be taught that safety rules apply to everyone at all times
- A parent or primary caregiver is the best person to for a child to speak with about personal safety, but the message can be reinforced from other trusted adults
- Trust you and your child's intuition
- Help your child develop an appropriate vocabulary for their private body parts
- Never force your child to hug or kiss anyone, including relatives. Remind children that they are the boss of their own body!
- Give your child permission to be impolite if they are uncomfortable
- Open communication with your child is key to developing personal safety skills!

**An informed child is a safer child!**