Reinforcement Lesson for Parents

Children need to feel they are in charge of their own body and empowering them to keep their body safe. Teaching children that no one has the right to touch or look at their private body parts leaves them less vulnerable to sexual abuse. The Body Safety Rule teaches children that rule applies at ALL times, even with people they know and people they do not know.

**BODY SAFETY RULE:**

Body Safety Rule

It’s not okay for anyone to touch or look at my private body parts.

*Only Exception:*

→ Unless my private body parts are hurt or I need help.

**BODY SAFETY STEPS:**

1. **Say NO**
   - They have the right to say “NO” if anyone ever tries to break their Body Safety Rule. Practice with your child saying no and using a strong voice.

2. **Get Away**
   - They need to get to a safe place. Discuss where those safe places are for them to go.

3. **Tell a grown up**
   - Emphasize the grown up they should tell is someone they trust. Remind them to keep telling until someone is listening and getting them help.
Prevention Tips for Parents

TEACH CHILDREN BODY SAFETY RULES
Teach your child that they’re the boss of their body. Teach them that no one should look or touch their private body parts unless they’re asking for HELP from a trusted adult that is allowed to help them.

TEACH CHILDREN TO BE ASSERTIVE
Teach children that it’s ok to say “NO” to an adult if that adult is making them feel uncomfortable or breaking their body safety rule. Talk to your child about saying NO and situations when it’s ok to say NO to an adult.

TEACH CHILDREN THE CORRECT NAMES FOR THEIR PRIVATE BODY PARTS
It’s important to education kids properly. Children who know the correct terms for their private body parts are less vulnerable to sexual abuse. Teaching the correct terms gives child language to tell.

KNOW WHO YOUR CHILD IS WITH
Important questions to ask: Who will be present in the home while my child is there? Will you be present the entire time my child is there? Who will be supervising the children while my child is there? Will there be a babysitter? Are there older siblings in the home? Will the older sibling have friends over? What are television and internet rules? Trust you intuition and be that over protective parent.

HAVE A “NO-SECRETS” RULE
If someone asks a child to keep a harmful activity a secret, they will know that we do not keep secrets in our family. Discuss the difference between secrets and surprises.

OPEN COMMUNICATION IS VERY IMPORTANT
Good communication with your children is a critical prevention strategy. Talk to your children every day and take time to really listen and observe. Encourage him or her to share concerns and problems with you. Do “what if” exercises with your child to help explain different situations that might make them feel uncomfortable. Children need to know that they are valued and loved.