

MIDDLESEX CHILDREN'S ADVOCACY CENTER

TALK ABOUT IT – A GUIDE FOR CAREGIVERS BODY SAFETY RULES

Teach your child ...

1. **Proper names for all body parts.** Children should feel as comfortable saying penis, vagina, or breast as they are saying elbow, eye, or leg. You don't want your child to feel ashamed or embarrassed about asking questions about their body or telling you someone touched them.
2. **Simple, easy-to-follow body safety rules.** "Private parts are covered by a swimsuit. Nobody should ask to see or touch your private parts. Nobody should ask you to look at or touch their private parts."
3. **Body safety is personal safety.** You have to wear a helmet when you ride your bike. You have to put on your seat belt when you are in a car. You have to look both ways when you cross the street. Nobody can look at your private parts, touch your private parts, or ask you to touch their private parts. *Make sure your child knows these rules follow them everywhere – at home, at a friend's house, at school, and in the community.*
4. **They are the boss of their body.** Don't force your child to give hugs or kisses to people they don't want to (even grandma). Reinforce the idea that their body is their own and they can protect it.
5. **Speak up if anyone breaks a body safety rule.** Make sure your child knows they should say "NO" and tell you or another safe adult if anyone breaks a body safety rule. *Make sure they know to keep telling until they are safe.*

Begin body safety conversations early (age 3) and review them regularly. You let your children know it is safe to talk about the subject by incorporating body safety into your regular conversations.

