

BODY SAFETY RULES

All Children Should Know



I AM THE BOSS OF MY BODY

I do not have to hug, kiss, or be touched by anyone if I am uncomfortable. I have a right to say "No!"

Sometimes we may need to be looked at or touched to stay clean and healthy. This should only be done by a caregiver or doctor- with another adult present.



PRIVATE PARTS

are the parts of our body covered by swimsuits and underwear. We use the correct words when talking about privates.



PRIVATES ARE NOT TO BE SHARED WITH OTHERS

no one should look at, or touch our private areas and we all should have privacy when using the bathroom or changing clothes.



Did you know? Our mouth, eyes, and ears are private, too! They're sensitive and not to be touched by others.



NO ONE SHOULD ASK US TO KEEP A SECRET

even if it's fun and especially if it makes me sad, scared, or if it's about private parts.

Surprises are OK because they're only kept quiet for a short time and then everyone knows!

I HAVE A BODY SAFETY CIRCLE

3-5 trusted adults who I can talk to if I have a question or problem, and especially if someone breaks a body safety rule. This is not my fault and it's never too late to try to talk until someone can help me.

