Let’s Talk!
Tips for Talking About Personal Safety & Sexual Abuse with Kids Ages 5 & Under

Get Comfy and Start the Conversation
From the moment your child is born, you want to keep them from harm and raise them to be confident and capable. Use these tips to start an ongoing, open conversation about personal safety that can protect your child now and lay the foundation for their future safety as they grow.

What You Can Say

“A bigger person should NEVER touch your private parts.”

“You can always say ‘No’ or ‘Stop’ if you don’t like something.”

“Never keep secrets about touching.”

“The only safe secrets are those that eventually can be shared, like birthday surprises.”

“Always ask the adult in charge if it’s okay for another adult to give you something or take you somewhere.”

“If something makes you uncomfortable, you can say: ‘Stop. I don’t like that.’”

“Can you name all the parts of your body? Eyes, ears, elbows, penis, knees…”

“Can you point to the parts of your body covered by a swimsuit? They’re covered because they’re private.”

“Always ask before touching someone else.”

“Listen when someone says ‘No’ or ‘Stop.’”