Get Comfy and Start the Conversation
As your child gets older and spends more time away from you, it’s important that they know personal safety rules to help keep them from harm. These tips can help you teach them—in a warm, comfortable way—how to recognize if a situation is safe or not, how to say no, and what to do if someone breaks a safety rule.

What You Can Say

“No one should ever touch your private body parts except to keep you healthy.”

“You should not touch or be made to touch or look at another person’s private body parts.”

“Bathing suits cover the parts of the body that are meant to be private, which means they are not for others to see or touch.”

“Even if someone seems nice, it’s not okay for them to ask you to keep a secret about touching.”

“Pay attention to different feelings in your body, like butterflies in your tummy. That might mean a situation is not okay.”

“I’m glad to see you speaking up for yourself using a strong, respectful voice.”

Review personal safety rules
Just as you caution your child to look both ways before crossing a street, remind them:

“Never keep secrets about touching.”

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

“Always ask first before accepting a gift or a ride from another adult.”


IF YOU SUSPECT ABUSE OR NEED HELP
Childhelp 800-4-A-Child
National Sexual Violence Resource Center 877-739-3895
National Human Trafficking Hotline 888-373-7888 or text HELP to 233733.
Rape, Abuse & Incest National Network 800-656-HOPE

© 2022 Committee for Children | Reprinted with permission for personal or educational purposes.