



Tip Sheet: **Know Your Body Safety**

- Know the proper names for body parts - nose, arm, penis, vagina.
- Know about private body parts that others should not touch.
- Know that sometimes a private body part must be checked by a doctor or nurse as part of an examination. However, if it feels uncomfortable, it is OK to speak up! A parent, or someone you trust, should always be present during a physical examination by a doctor.
- Know touching boundaries apply to everyone - even parents, family members, doctors, older friends, cousins, and babysitters.
- Know good touching boundaries by demonstrating them yourself.
- Know you have the right to tell anyone “NO,” and refuse unwanted or uncomfortable touches. Never be forced to hug, sit on a lap, or give affection to an adult.
- Know that secrets can be harmful and if anyone asks you to keep a secret, tell an adult that you trust. Know that a secret about a surprise party is different than a secret about touching private body parts.
- Know safety and boundary rules whenever you are in a new situation.
- Know who your trusted adults are at school and other settings.
- Know not to give out personal information like home or email address in person or on-line.



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