



Tip Sheet:

Talking to Children About Body Safety

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

As children age, these conversations should continue and grow to match their development and understanding. You can use real life events depicted in the news as conversation starters.



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