

7 Key Body Safety Messages



Your Child's Safety, Your Priority

1. **TALK** openly with your child. Let them know they can talk to you about anything.
2. **TELL** your child never to keep secrets that make them feel bad and uncomfortable, even if someone threatens them or asks them to keep secrets.
3. **BE CAREFUL** of people who are always 'there' to help out and who take a special interest in your child.
4. **WATCH** for out-of-character behavioural changes in your child and investigate.
5. **LISTEN** to your child, even when you are busy and everything else seems more important as abused children often drop hints in conversation to see how you will react.
6. **ALWAYS** believe your child when they tell you about any form of abuse. Reassure them that you love them and that it is never their fault. Your initial reaction to a confession is very important.
7. **EDUCATE** your child in body safety before they are in the abuser's web, and their lives are changed forever. The ideal age to start educating your children is 3 - 4 years old and continue as they grow.



My body is my body and it belongs to me!

Rule 1

I can say "NO!" if I don't want to touch, hug or kiss someone

I can say "NO!" if I don't want to be touched, hugged or kissed by someone.

I can give them a high five, shake their hand or blow them a kiss

I am the boss of my body and when I say "NO", I mean "NO"!



Rule 2

I have a Safety Network!

Every child's Safety Network will be different

The people in my Safety Network are the adults I trust. I can tell them anything and they will believe me

If I feel worried, scared or unsure, I must tell someone on my Safety Network how I feel and why I feel this way



* Example only - every child's Safety Network composition may differ.

Rule 3

Early Warning Signs / Uncomfortable Feelings

- 1 Hair feels like it is standing on end
- 2 Sweaty brow
- 3 Start to cry
- 4 Heart beats fast
- 5 Feel sick in the tummy
- 6 Goosebumps
- 7 Sweaty palms
- 8 Need to go to the toilet
- 9 Shaky all over
- 10 Wobbly legs

If I feel this way about anything, I must tell an adult on my Safety Network straightaway

* Examples only - a child may show none, a combination, all or none

Rule 4

Private Parts

My private parts are the parts of my body under my underwear.

I always call my private parts by their correct names

No one can touch my private parts or ask me to touch their private parts

No one should show me pictures of private parts

If any of these things happen, I can shout "STOP!" or "NO!" and then I must tell a trusted adult on my Safety Network straightaway.

Rule 5

Secrets

I should never keep secrets that make me feel bad or uncomfortable.

If something happens to me, it is never my fault.

If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell an adult on my Safety Network straightaway. It doesn't matter whether the person is a stranger or someone that I know.

OKAY OR NOT OKAY TO TOUCH

The Swimsuit Rule Of Thumb

The typical swimsuit provides a general and easy-to-understand guideline for distinguishing safe and unsafe contact for your children. Be sure to fully engage your child in doing this exercise to ensure they are adequately informed to deal with touches.



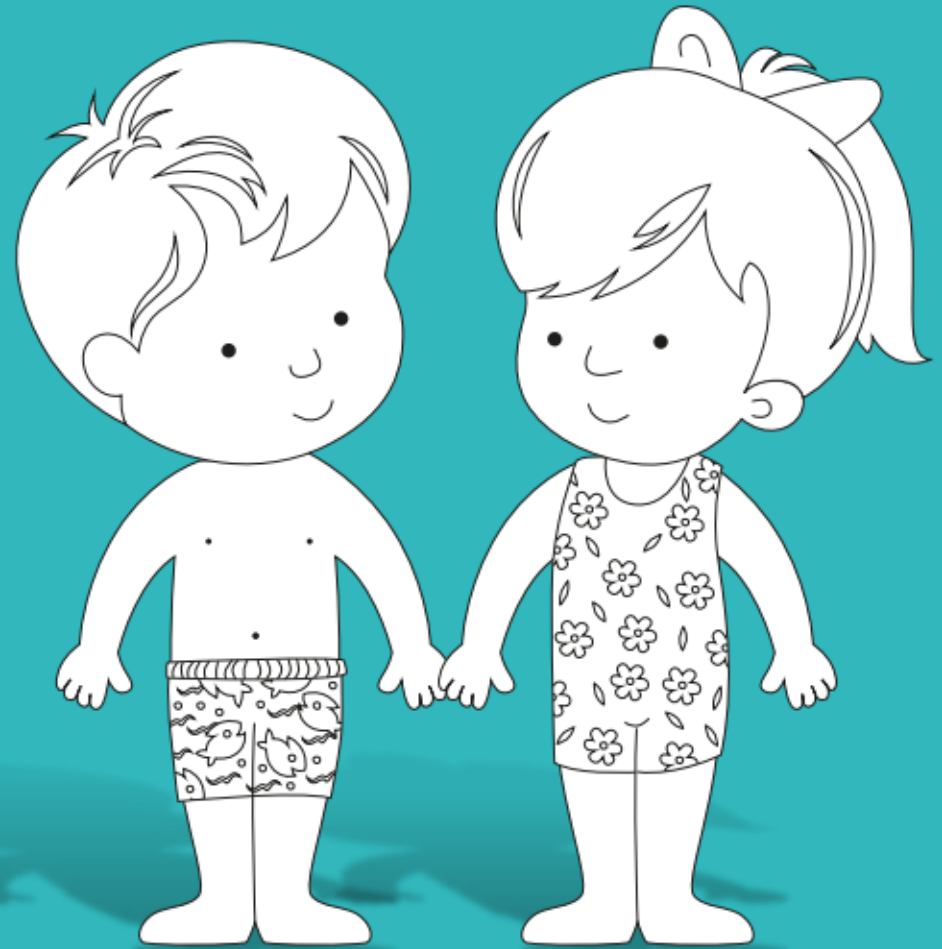
can touch
hair, hand, arm



can touch with
permission
face, feet, ankles



Cannot touch with
or without permission
chest, stomach, mouth,
private parts, thighs



COLOURING

Without referring to the guide on the previous page, ask your child to colour this section indicating which parts can or cannot be touched.