

Research shows talking to children often about their bodies and personal safety skills is an important piece of protecting children from abuse. Here are some activities you can do with your child(ren) to reinforce the information he/she received in class.

Review what the child learned using the provided handout.

- Be sure to review the four private places on the body.
- Remind children that no one has the right to touch a child in a way that makes him/her feel uncomfortable or hurts the child.

### ***Feelings***

Importance of listening to your “uh-oh” feeling. Your “uh-oh” feeling is like an alarm that tells your body that something is wrong, or you are in danger. It’s important to stop and listen to what your body is telling you.

### ***Safe People***

Ask your child(ren) to list behaviors of a safe person and then a list of that child(ren)’s safe people. Ask the child(ren) to list the behaviors that the safe people on the list display.

A safe adult is a person that:

- helps you
- listens to you
- takes care of you
- does not hurt you
- respects your body
- respects your personal space
- sets limits
- does not ask you to keep secrets from safe people

### ***Good, Bad, and Secret Touches***

Review the touches with your child.

- A *Good Touch* is any touch that makes you feel happy, doesn’t hurt and one you don’t mind giving to or getting from someone.
- A *Bad Touch* is any touch that hurts you, makes you feel sad or scared and one you should not give or get from someone.
- A *Secret Touch* is any touch you are told to keep secret; one that usually involves private places or injuries to your body.

### ***Boundaries***

- A space around us that we do not want anyone to enter without permission- a space between us and someone or something else that allows us to feel comfortable and safe.
- They vary from person to person.
- This space is different for each of us and is different depending on who or what we are near.

Talk with your child about the different boundaries he or she has. Who does he/she allow to be close or to touch him/her, and who would that child prefer stay farther away. Practice with your child ways of telling someone that person is too close or doing something the child does not like.

Complete the *Boundary Violation Worksheet* together, discuss the answers.

***Boundary Violations***

Boundary violations are when someone does not honor another person's boundary. This can be done by invading personal space or giving a touch that someone does not like. It can also occur when someone takes something without permission or shares someone else's personal and/or private information.

Review ways to set limits and address boundary violations.

- Set limits/be assertive
  - Tell someone they are violating your boundary.
  - Say it like you mean it.
- Move away from the situation.
- Make an excuse.
  - My mom won't let me.
- Ignore

Now go back to the *Boundary Violation Worksheet* and discuss how to address the situations where violations occurred.

**REVIEW TIME**

Read and answer the following questions with your child. Discuss the answers with your child.

1. Child abuse is sometimes the child's fault. True or False
2. Joey has been abused by his uncle since he was three. He decided to tell when he was eight. Since he did not tell right away, the abuse is his fault. True or False
3. What should you do when you get the "uh-oh" feeling?
4. Hillary told you that she got on her webcam and showed her underwear to another person online. Now he keeps asking her to send other pictures of herself. He threatens to send the pictures to her family if she does not do what he says. What should Hillary do?
5. Your friend Liam has been friends with a girl online for over 6 months. They talk every day, now she wants to meet him in person. She asks him to meet her at the mall. What should Liam do? What should you do?
6. If you think your friend is doing something dangerous or being hurt you should tell, even if you promised not to.
7. List three behaviors a safe adult would do and two a safe adult would NOT do.
8. What you post online is private if you only share it with your friends.
9. It would be cool to date a much older person.