

Dear Caregivers,

Our Catholic Faith teaches that our bodies are a gift from God, and that we have been created by God to be in relationship with others. Importantly, God wants us to be safe and smart in our relationships with others. As part of our commitment to your child(ren)'s healthy development and well-being, your child(ren) learned about personal body safety today.

The following topics were covered with our kindergarten and first grade children in the light of our shared Faith:

### Feelings

- All feelings are okay and important.
- Importance of listening to your "uh-oh" feeling.

### The Three Safety Rules

1. Say No!
2. Get Away
3. Tell Someone

### Secrets vs. Surprises

**Surprises** are something that you are asked to keep for a short period of time. It is something that makes you feel happy, it is about something exciting or special.

**Secrets** are about something that makes you feel sad, mad, scared or worried. It is often about someone being hurt or doing something unsafe. It is expected that secrets are never to be told.

**Talk to your safe grown-ups about secrets and secret touches.**

### Safe People:

- help you
- listen to you
- take care of you
- do not hurt you
- do not ask you to keep secrets

### The Four Private Places\*\*

- Mouth
- Chest
- Two Areas covered by your underwear

No one should touch or look at these places without a good reason:

- To keep you clean
- To keep you healthy

\*\* Best practice shows that parents should teach their children the anatomically correct terms for their genitals.

**Your Body belongs to you!**

### Touches

**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.