



## Helping Children and Their Parents Understand the Importance of Talking about Body Safety

- **Communication/emotional expression skills** – Children often have a difficult time expressing their emotions and communicating about their feelings. Help a child gain those skills by asking questions about their feelings and modeling this behavior for the child.
- **Body ownership** – Children should understand that their body is their own, and know the anatomically correct names for all their body parts, including their private parts.
- **The touching continuum** – Explain to children that there are three kinds of touches: Okay, Not Okay and Confusing touches.
- **Getting away** – Tell children that if someone is doing “not okay” touches or is hurting them, they should get away from that person as quickly as possible.
- **Keep telling until someone helps** – Talk to children about telling an adult if someone is hurting them or doing “not okay” touches. Since initial disclosures of abuse are often dismissed or not believed, the child should understand that they should keep telling adults until someone helps them.
- **Secrets vs. surprises** – Since child sexual abuse often involves messages about keeping the behavior secret, children need to understand that surprises are fine but secrets are not.
- **Teach the skills with behavior rehearsal, role-plays, and parent involvement** – Children and even most adults retain the most information with active learning. Use role-plays, modeling behaviors and parent-child learning (such as reading together one of the books listed below) to help build the necessary skills for body safety.



## Body Safety Books

### For Children

It's My body: A book to teach young children how to resist uncomfortable touch.

Author: Lory Freeman

Publisher: Parenting Press Inc.

ISBN#0-943990-03-3

Let's Talk About Taking Care of You! An Educational Book about Body Safety

Author Lori Stauffer, PhD & Esther Deblinger, PhD

Publisher: Hope for Families, Inc.

PO Box 238, Hatfield, PA 19440

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My Body is Private

Author: Linda Valvoord Girard

Publisher: Albert Whitman & Co.

ISBN# 0-8075-5319-0

Play it Safe with SASA

(game) ages 4-14

Author: Etti Hader, Ph.D. and Susan Brown, Ph.D.

The Teen Relationship Workbook

Author: Kerry Moles, CSW

Publisher: Wellness Reproductions and Publishing, Inc.

1-800-669-9208

Uncle Willy's Tickers

Publisher: APA Magination Press

Item # 4419990

The Safe Zone: A Kid's Guide to Personal Safety

Author: Donna Chalet & Francine Russell

Publisher: HarperTrophy (June 1998)

ISBN-10: 0688153089

ISBN-13: 978-0688153083

### For Parents

Asking About Sex and Growing Up: A question and answer book for boys and girls

Author: Joanna Cole

Publisher: Beech Tree Books

ISBN# (13) 978-0-688-06928-5

ISBN# (10) 0-688-06928-2

Protecting the Gift: Keeping Children and Teenagers Safe

Author: Gavin DeBecker

Publisher: Dell (1999)

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