



## Talking with Kids about Body Safety

*Discussing body safety with your child may seem uncomfortable, but it doesn't have to be! Keep the conversation casual and on-going. Talking about body safety empowers children to keep themselves safe. Smart Steps: A Body Safety Program for Children™ opens the door for you to start and continue these very important conversations with your child.*

- ◆ Begin talking to them as young as 3 years old. For example, when giving a bath, tell them where their private parts are and that a parent is seeing and touching them to bathe them but normally, nobody should. It is also important to tell them that no one should take pictures of their private body parts or ask them to touch other people's private body parts.
- ◆ Teach them the proper names of private parts, both male and female. This gives them the right words to use if someone is hurting them.
- ◆ Share examples of situations where it might be ok for someone safe to touch their private parts. Examples could include: a doctor during a check up, or a parent bathing a young child.
- ◆ Explain that a secret about private body parts should always be shared with Mom, Dad, or another trusted adult. Many abusers tell victims that what happened is a secret and not to tell anyone, especially their parents.
- ◆ Encourage your child to trust their gut: Tell your child before social events that if they ever feel uncomfortable with someone to let you know. Let them know their safety comes before the need to be polite.

For more information or to bring Smart Steps™ to your school or organization, visit us at:

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