

How to talk to your child about body safety

A GUIDE FOR CAREGIVERS BASED ON AGE

Ages 4-6	<p>Key Message "Your body belongs to you, and it's okay to say 'no' to touching that makes you uncomfortable."</p> <p>Example "If anyone, even someone you know, touches you in a way that makes you feel uncomfortable, it's important to tell me. Your body is special, and no one should touch it without your permission."</p> <p>Follow Up: Teach children the correct names for body parts and explain that certain parts are private.</p>
Ages 7-10	<p>Key Message "It's okay to say 'no' to any touch that makes you feel uncomfortable. Even adults need to ask for permission before touching."</p> <p>Example "If someone touches you or asks you to keep secrets about their touch, tell me right away. You have the right to be safe, and adults should never ask you to keep bad secrets."</p> <p>Follow Up: Reinforce that secrets about touching or feeling uncomfortable should never be kept.</p>
Ages 11-13	<p>Key Message "It's important to trust your instincts. If something feels wrong or if someone tries to pressure you into doing something uncomfortable, it's always okay to say no."</p> <p>Example "Sometimes, people might try to trick or pressure you into keeping secrets about touching or other uncomfortable behavior. If this ever happens, come to me or another trusted adult."</p> <p>Follow Up: Discuss the difference between good and bad secrets, and ensure the child knows they can always talk to you.</p>
Ages 14-18	<p>Key Message "Traffickers often use manipulation or threats to exploit teens. It's important to recognize when someone is trying to control you and to speak out if you feel unsafe."</p> <p>Example "There are people who might try to pressure or manipulate you into unsafe situations, like offering gifts or making false promises. It's important to recognize when something feels wrong and talk to me or another trusted adult about it."</p> <p>Follow Up: Encourage open communication and make it clear that they can come to you without fear of judgment or punishment.</p>

