



brightpaths

body safety for preschoolers

for preschoolers

CONSENT

We all have the right to say "no" when it comes to our bodies. We should all ask permission before touching others. Others should get permission before touching you. If you don't want to be touched, you can say "no".

SAFE ADULTS

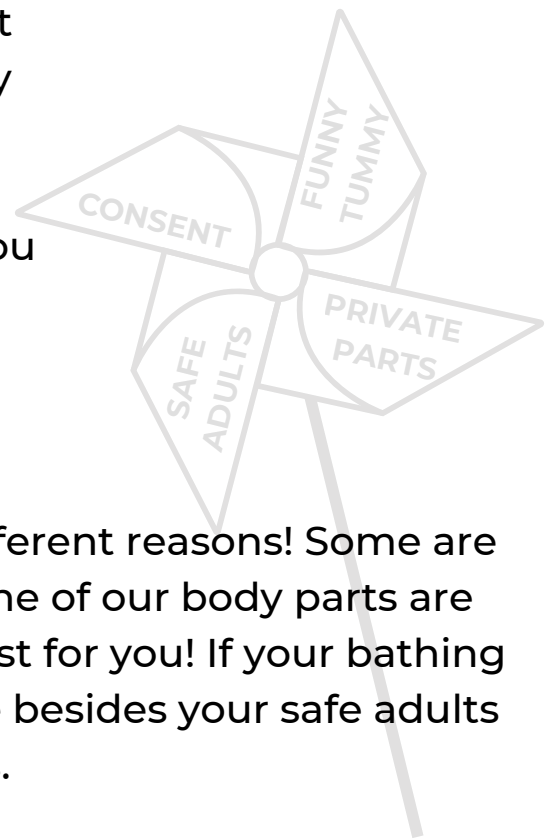
It's a grownups job to keep you safe! You probably have 2 or 3 extra safe grown-ups in your life. Safe adults are grown-ups you can talk to if you have body questions or get a funny-tummy feeling. Safe adults are also allowed to see your body parts, in safe place like a doctor's office. These are adults who you trust, who love you, and who would never hurt you. Who might those be? These could be parents, grandparents, friends, teachers, doctors, etc.

FUNNY TUMMY FEELINGS

Sometimes, we get a "funny tummy" feeling: we may not know why, but we know something just isn't right or safe. You might get a funny-tummy feeling if another kid or grownup shows you something on the computer, or touches you in a certain way, or asks you a strange question. If you ever get a "funny tummy" feeling, you should always tell a safe adult.

PRIVATE BODY PARTS

Our body has lots of different parts for lots of different reasons! Some are for running or sitting or thinking or dancing. None of our body parts are embarrassing, but some parts are private and just for you! If your bathing suit covers it, it's probably a private part. No one besides your safe adults should ever see or touch your private body parts.





talking to your child about **body safety**

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SAFE & UNSAFE TOUCH

You may have grown up hearing "good touch/bad touch". We prefer the terms "safe" and "unsafe" touch. What's "good" changes as we age and mature, but an "unsafe" touch should always be reported.

DEVELOPMENTAL STAGE

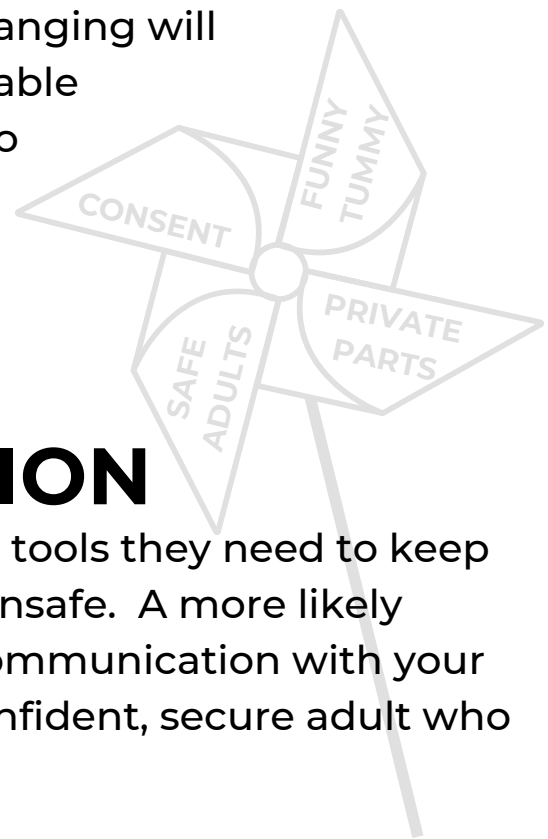
Keep your child's developmental stage in mind when having body safety conversations. Both their intellectual, emotional, and physical developmental stages play a role in what's appropriate and comprehensible for a child.

ONGOING CONVERSATION

Body safety does not have to be a big, scary conversation, and it should not be a one time talk. Start the conversation early and keep it ongoing to help keep the line of communication open between you and your child. Simple things like asking your child if they'd like to hug or high-five someone, naming the body parts they're washing in the bathtub, and talking about how their body is changing will go a long way in helping your child feel comfortable with their own body, making it easier for them to speak up without shame and advocate for themselves even as adults.

BODY SAFETY IS MORE THAN ABUSE PREVENTION

Worst case scenario, you're giving your child the tools they need to keep themselves safer and speak up when they feel unsafe. A more likely scenario is that you're starting an open line of communication with your child that will aid in their development into a confident, secure adult who can advocate for themselves and others.





talking to your child about **body safety**

for preschool parents

CONSENT

ALL children have the right to say "no" when it comes to their bodies. Support your child's need for body autonomy by asking permission before touching them, and refraining from forcing them to hug relatives or strangers.

SAFE ADULTS

Children should identify 2-3 safe adults in their lives. These could be parents, grandparents, friends, teachers, doctors, etc. Safe adults are grown-ups kids can talk to if they have body questions or get a funny-tummy feeling. Safe adults are also allowed to see a child's body parts, in safe environments. Talk to you child about who those people are, and in what circumstances they might need to see a private part, like at a doctor's office.

FUNNY TUMMY FEELINGS

Sometimes, we get a "funny tummy" feeling: we may not know why, but we know something just isn't right or safe. A child might get a funny-tummy feeling if another child or grownup shows them something on the computer, or touches them in a certain way, or asks them a strange question. When a child gets a "funny tummy" feeling, they should always tell a safe adult.

PRIVATE BODY PARTS

Our body has lots of different parts for lots of different reasons! None of our body parts are embarrassing, but some parts are private. It is critical that a child can accurately name their body parts. Talk to your child about the anatomical names for their body parts, which are private, and in which cases a safe adult might see their private body parts.

