



Teaching Body Safety Rules

It is important for caregivers to talk to their children about their bodies and safety rules. This teaches children about appropriate boundaries and to tell their caregiver if anyone violates those boundaries, which makes children less vulnerable to sexual abuse. Start with reading a book to your child: For young children, a good choice is *My Body Belongs to Me*. For school-age children, try *The Bubble Book*. Please refer to the Children's Center resources page for these books. Afterwards, allow time for your child to respond to the book.

Help your child identify at least two other safe people besides yourself that they could tell if someone broke the touching rules.

Teach touching rules: Private body parts are the parts we cover with a swim suit. Private body parts are special—that's why we keep them covered.

- It's not okay for another kid or an older person to touch you on your private body parts except for people whose job it is to keep you clean and healthy. Examples of "clean" would be when a young child needs diapering or help in the tub. Examples of "healthy" would be having a doctor or nurse check your privates.
- It's not okay to show your private parts to others.
- It's not okay to ask others to see their private parts.
- It's not okay to touch other people's private parts.
- It's not okay for someone to take pictures of your private parts.
- It's not okay for you to take pictures or look at pictures of someone else's private parts.
- It's also not okay for another kid or an older person to ask you to touch or look at their private body parts.
- You should tell a safe grown-up if someone breaks the body safety rules.
- It is okay to touch your private parts as long as it is in private and does not take time away from other activities.

If you are interested in more information about Body Safety Rules or children who are sexually acting out, please call the Children's Center at 503-655-7725. Please also refer to the "Sexual Behavior Problems in Youth" resource for more information. If you are worried that a child has been abused, make a report to the Child Abuse Hotline (971-673-7112).

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