

FIVE BODY SAFETY RULES

EVERY KID SHOULD KNOW

BY AGE 5



I AM THE BOSS OF MY BODY

I can say "No" if I don't want to be kissed, touched or hugged by anyone if I'm not comfortable.

BAD SECRETS

No one is allowed to ask me to keep a bad secret about private parts. A bad secret makes me feel sad, afraid, or uncomfortable. If this happens I can tell an adult I trust right away.

PRIVATE PARTS

My private parts are the parts of my body covered by a bathing suit. No-one is allowed to touch my private parts. No-one is allowed to ask me to touch their private parts and no-one is allowed to show me pictures of private parts. If someone breaks the rule, I can tell an adult I trust right away.

CORRECT NAMES

I will always use the correct names for my private parts.



ADULTS I TRUST

I have five adults I can trust. I can talk to them about anything and they will believe me and keep me safe. Even if I don't tell right away it's never too late to tell. (Teacher, Mom, Dad, Grandma, Police)

For more personal body safety resources VISIT www.daisycopelin.com

