



FIVE BODY SAFETY RULES FOR “KEEPING KIDS SAFE”

Each child/young person should know the “Five Body Safety Rules” in order to better protect themselves from the harm of child sexual abuse. These five basic rules apply to all age groups from young children to teenagers and are no different than other safety rules we teach at different developmental stages.

For instance, small children are taught to cross the street safely, older children are taught to ride their bicycle safely and teenagers take driver’s education. Each set of safety rules builds on the ones that came before so hopefully the teenager driving the car will watch out for someone crossing the street or riding a bike.

In this same way children learn the “Five Body Safety Rules” according to their developmental stage. A small child is taught that no one has a right to touch their private body parts except a parent or doctor who helps to keep them clean and healthy; older children are taught that keeping secrets about improper touching can be dangerous; and teenagers are taught that they have a right to set appropriate boundaries with friends and peers.

Rule #1

It’s My Body!

God made me special. God loves me and wants me to be safe and happy. God wants me to respect and care for my body.

Rule #2

No One Has A Right to Touch My Body In Any Way That Makes me Feel Unsafe and Uncomfortable!

No one has a right to touch me in any way that makes me feel unsafe or uncomfortable or asks me to touch them. If my voice inside tells me something is wrong or I get the “Oh, Oh Feeling” then I am right!

Rule #3

Say “No” and “Get Away!”

If someone is making me feel uncomfortable or touches me in any way that makes me feel unsafe or tries to make me touch them, I have a right to say “NO” and “GET AWAY.”

Rule #4

Tell A Parent or Safe Adult!

I should always tell my parent or a safe adult if some- one makes me feel uncomfortable in any way. If the first adult does not listen to me, I need to keep telling until someone listens.

Rule #5

It’s Never My Fault!

If someone touches me in any way that makes me feel unsafe or uncomfortable or asks me to touch them. I am a child and they are the adult. It is “Never My Fault”