











## PARENT SUPERHERO POWERS

# Talking to children about body safety



-  Teach children proper names for body parts - nose, arm, penis, vagina.
-  Teach children about private body parts that others should not touch.
-  Teach children that sometimes a private body part must be checked by a doctor or nurse as part of an examination. However, if it feels uncomfortable to them, teach them that it is OK to speak up! A parent, or someone they trust, should always be present during a physical examination by a doctor.
-  Teach children touching boundaries are for everyone - even parents, family members, doctors, older friends, cousins, and babysitters.
-  Teach children good touching boundaries by demonstrating them yourself (i.e., arms, shoulders).
-  Teach children they have the right to tell anyone “NO,” and refuse unwanted or uncomfortable touches. Never force a child to hug, sit on a lap, or give affection to an adult.
-  Teach children secrets can be harmful and if anyone asks them to keep a secret, they should tell you. Teach them a secret about a surprise party is different than a secret about touching private body parts.
-  Talk to children about safety and boundary rules whenever they are in a new situation.
-  Help children determine who their trusted adults are at school and in other settings.
-  Teach children not to give out personal information like home or email address in person or on-line.

*As children age, these conversations should continue and grow to match their development and understanding. You can use real life events depicted in the news as conversation starters.*

For more information, call (847)377-3155  
or visit our website:  
[www.friendsoflccac.org](http://www.friendsoflccac.org)

