













YOUTH SUPERHERO POWERS

Know your body safety

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



For more information, call (847)377-3155
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