

FIVE BODY SAFETY RULES

Every Child Should Know By Age

5



My Body is Mine!
I am the boss of my body. I don't have to be hugged, kissed, or touched by anyone if I'm uncomfortable.



PRIVATE PARTS

Are the parts of our bodies covered by a bathing suit and are kept out of view of others. We don't look, touch, or play games with each other's private parts.



We use the proper names for our private parts. They're not weird or funny - everyone has them!



No one should be asking me to keep a secret especially if it's about private parts.



My Body Safety Circle™

I know five adults I can talk to if I'm sad, scared and definitely if I need to talk about body safety. If someone breaks a body safety rule, I need to tell until someone helps me. Even if I don't tell right away, I won't be in trouble - it's never too late to tell.



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