

I MATTER!

BODY SAFETY AND PREVENTION WORKBOOK



Dear Parents and Caregivers,

At the Children & Family Advocacy Center, it is our mission to ensure every child and their family are equipped with the tools to reduce their vulnerability and empower resilient families.

This booklet is designed to be an opportunity for you to spend time with your child(ren) and encourage open communication about hard topics. Abuse shouldn't happen to anyone, but YOU should always be a safe person a child can go to for help. Start the conversation today and disrupt the silence that surrounds the stigma of child abuse.

If we aren't willing to talk about it, why should our children be expected to?

Please check out our resources at the back of the booklet for more information about body safety and prevention.

Sincerely,

The Children & Family Advocacy Center

**If you suspect a child is being abused, call the
Arkansas Child Abuse Hotline**

1-844-SAVE-A-CHILD (1-800-482-5964)

If a child is in immediate danger, call 911.

You matter! Every kid is important and every kid deserves to be safe. This workbook may bring up topics that might be hard to hear or make us feel uneasy - and that's okay. No one should ever hurt kids or trick them, but sometimes it happens. It's important that we are always ready to have safe adults we can go to and tell and get help.

This workbook will talk about our bodies and our private parts. Everyone has body parts. Body parts make us who we are so we should never feel embarrassed or ashamed about naming them or talking about them. We'll list our safe adults, talk about consent, and discuss the difference between a "secret" and a "surprise".

If something ever happens to us that's not okay, we should always tell someone. Even when we feel scared, embarrassed, guilty, or ashamed. Secrets can be heavy to carry and it's not our job to be grown ups just yet. Safe adults want to help us and keep us safe. So always go to a safe adult and let them help you. You never know, you might be helping another kid too!



PRIVATE PARTS

The word "private" means something belongs to only you. Your private parts are body parts covered by a bathing suit.

No one is supposed to look at or touch your private parts. Touches that are secret, make us feel scared or uncomfortable, or with someone we do not feel safe with are **not** okay. We call these **unsafe touches** and should **always** tell a safe grown-up.

Touches that keep us clean and healthy by someone that is safe and someone that we trust are **safe touches**. These touches are not kept secret.



WHO IS A SAFE ADULT?

A safe and trusted adult can be any grown-up whose words and actions **make us feel safe, supported, and respected**. They do not bully us, hurt us, or make us feel unsafe.

Read over these examples and circle "Yes" or "No" if that person is a safe adult.

1. You have a bad dream, and you tell your parents about it. They help you feel better by listening to you. Is this person a safe adult?

Yes

No

2. When your family member comes over, they ask you to play a game where they touch the private parts of your body. They ask you not to tell anyone. Is this person a safe adult?

Yes

No

3. You go over to your friend's house to play. Your friend's older sibling shows you pictures online of people without their clothes on. Is this person a safe adult?

Yes

No

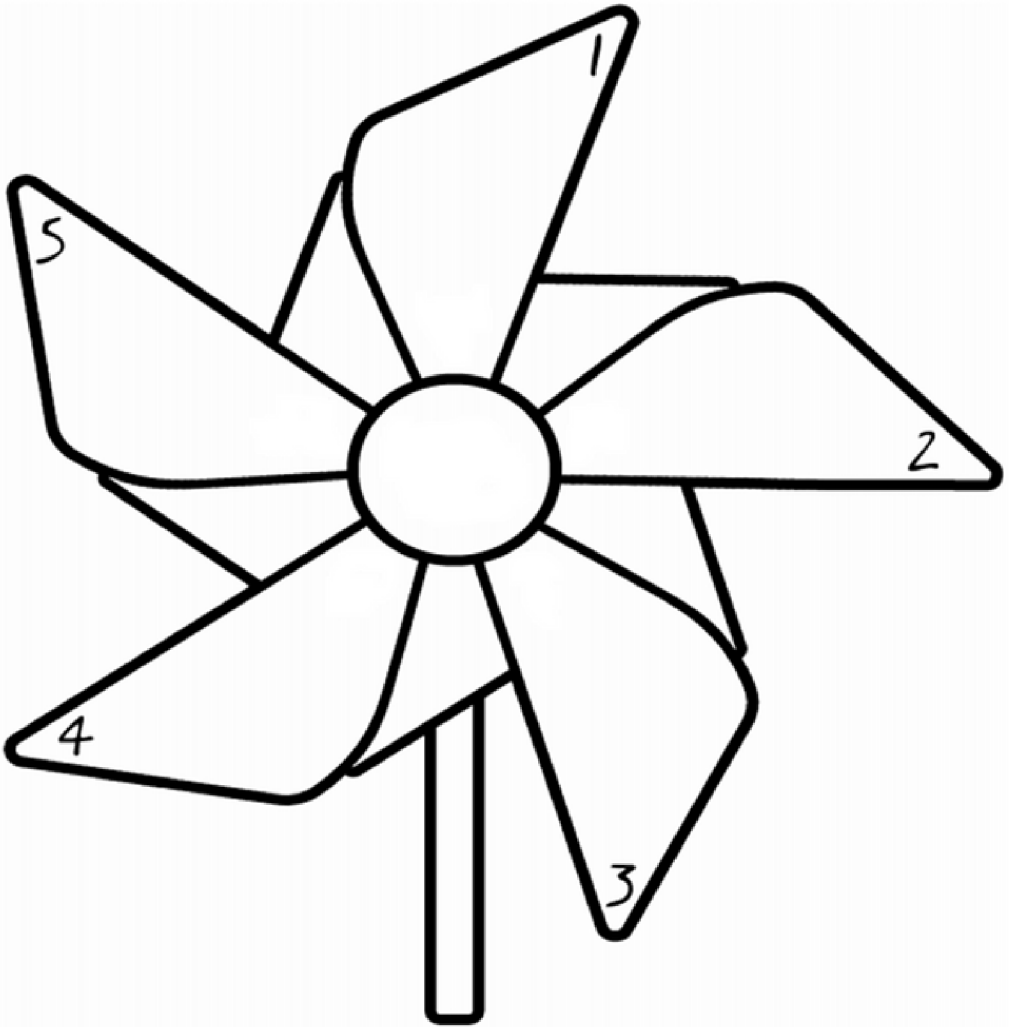
4. You are eating alone in the lunchroom. Your teacher comes by and invites you to sit at another table and introduces you to some new friends from your classroom. Is this person a safe adult?

Yes

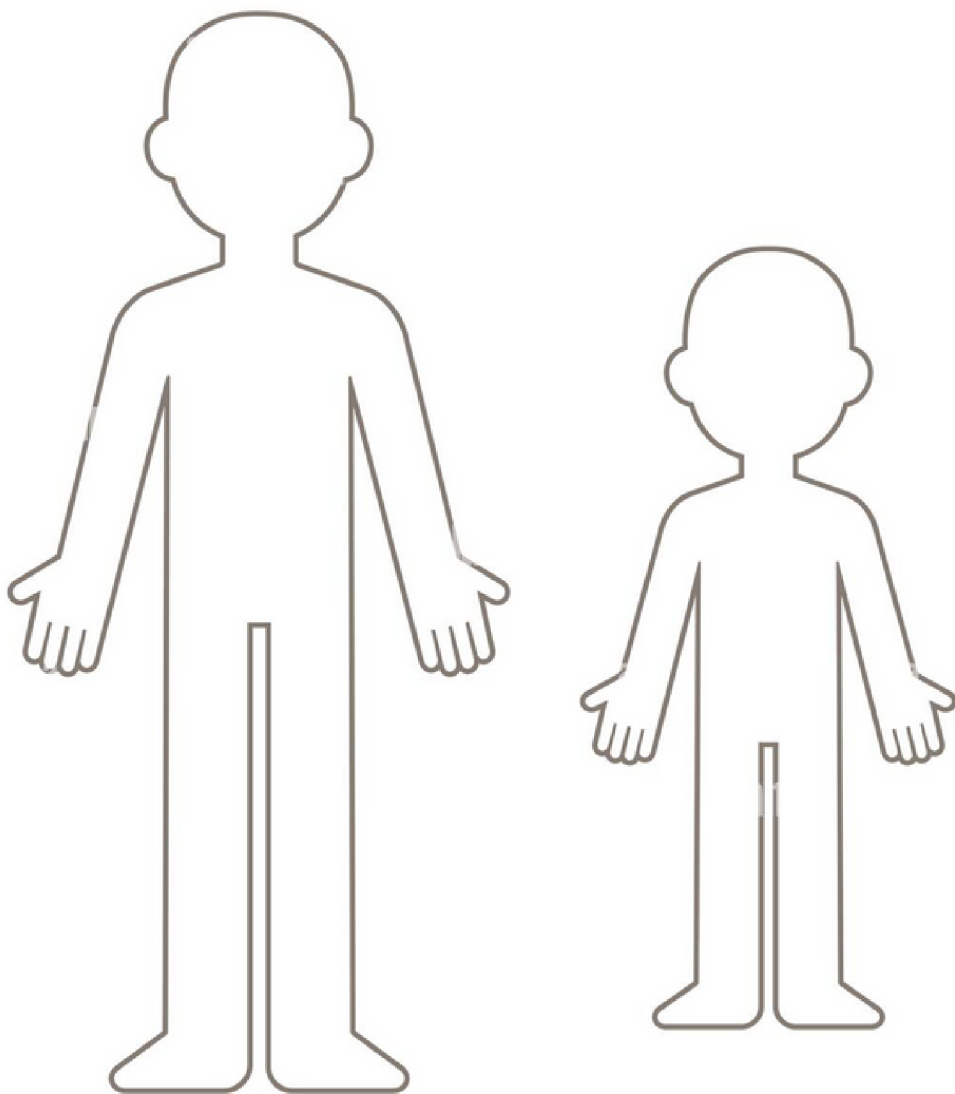
No

MY 5 SAFE ADULTS

Directions: Write the names of safe and trusted adults in the space provided on the pinwheel. These are adults that you can **always** go to and tell if something happens is not okay.



Draw a picture of you and one of your safe adults!



SECRETS VS SURPRISES

We should **never** keep secrets from our safe adults that take care of us. If someone asks you to keep a secret that is unsafe or makes you feel uncomfortable or scared, **tell a safe adult.**

Remember, to have at least **five safe adults** you can always go to and tell if something happens that's not okay.

You are worth keeping safe!

SECRETS

- Secrets are **never** okay to keep from our safe adults. If we are not allowed to tell anyone about something that's happened, that person may not be a safe person to trust.
- For example: Someone hurts you and tells you **not to tell** anyone or they'll hurt you again. No one is supposed to find out and **that's not okay.** We should go tell a safe adult right away!

SURPRISES

- Surprises are **okay** to keep secret for a little bit if everyone is going to find out about it!
- For example: Not telling anyone about your sibling's surprise birthday party is okay because eventually **everyone** will know about the party!

Which of the following is a
SECRET or a **SURPRISE**?
Circle the correct answer.

1. Your friend tells you not to tell anyone about the gift they bought for their friend. Later that day, the friend will be opening their gift in front of everyone to see.

SECRET

SURPRISE

2. Your grandma asks you not to tell your sibling about the new toy she brought home for them to see after school.

SECRET

SURPRISE

3. A friend asks you not to tell anyone about getting hurt at home.

SECRET

SURPRISE

4. Your friend's older sibling showed you a movie that you were too young to see. They asked you not to tell anyone or they would say you lied about it.

SECRET

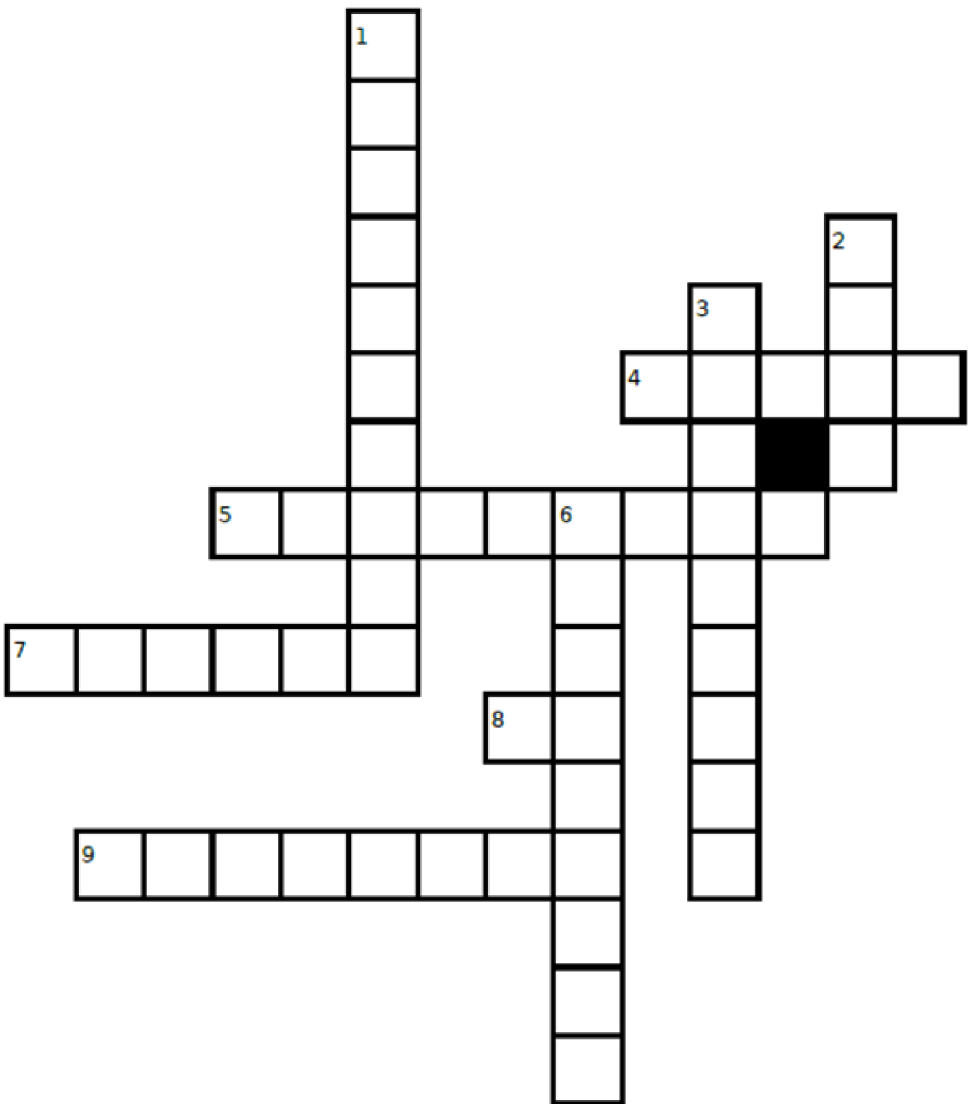
SURPRISE

5. You catch your teacher making awards for your classmates for a celebration your class is having the next day. Your teachers asks you not to say something until everyone gets their award.

SECRET

SURPRISE

MAKING SMART CHOICES



Word Bank

Safe Adult

No

Tell

Secret

Important

Surprises

Internet

Check First

Fault

Down:

1. Something I should do with a caregiver before I go somewhere or see someone.
2. Something I should do when something happens that is not okay.
3. Someone I can go to when I need to tell something is not okay.
6. I deserve to be safe because I am _____.

Across:

4. When something happens to me that is not okay, I remember that it is not my _____.
5. A word that means everyone will find out, so it is okay to not say something for a little bit.
7. A word that means I should not tell anyone, but I should always tell a safe adult about it.
8. The word I can say when I am in an unsafe situation.
9. A place where I should never share any personal information.

Consent

No Consent

CONSENT

Consent means asking someone's permission before you enter their personal space or give them touches like hugs or high-fives. It's important to make sure we ask permission and confirm a "Yes!" and not just listen for a "No".

Cut out the words below and glue them under the correct column on the next page if that phrase means someone received consent or no consent.

No!

Maybe...

**I'm not
sure.**

Yes!

Absolutely!

I'm sure!

Resources for Caregivers

To prevent abuse, it is important to keep the focus on **adult responsibility** while teaching children the skills they need to **reduce their risk**.

Open communication about body safety is key.

- Teach children to take care of their own bodies so they don't have to rely on others for help.
- Using open and honest communication when talking about sex or abuse can decrease your child's vulnerability.
- Teach children accurate and correct names of body parts. This minimizes the chance for someone to misunderstand and dismiss a disclosure of abuse.
- Use the swimsuit rule when talking about safe touches and unsafe touches. Body parts covered by their swimsuit are not okay to touch unless to keep them clean and healthy by someone they feel safe with.
- NO ONE has the right to touch them in a way that makes them feel uncomfortable - including people they trust like family members, teachers, coaches, neighbors, etc. It's about the behavior, not the relationship.
- Explain the difference between "secrets" and "surprises".
- Have a list of at least five safe adults they can go to and talk to if something happens that's not okay. Encourage them to keep telling someone until they are believed, heard, and supported.
- Remind children that it is NEVER their fault and they will NOT get in trouble for seeking help or disclosing abuse.

If you suspect a child is being abused and/or neglected, call the

Arkansas Child Abuse Hotline

1-844-SAVE-A-CHILD (1-800-482-5964)

If a child is in immediate danger, call 911.



Scan for more resources



Main Center

2113 Little Flock Dr. Little Flock, AR 72756

Satellite Location

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