

Our Family Body Safety Rules

Read these together. Post them where everyone can see. Go over them again in a few months.

1

I am the boss of my body.

Nobody gets to touch my body, especially my private parts, even people I love.

2

I know the real names for my body parts.

The parts under my bathing suit are private. Knowing the right words helps keep me safe.

3

No one should ask me to keep a secret about my body.

Surprises are fine. Secrets about bodies are not, and I can always tell.

4

I can say no. I can change my mind.

I do not have to hug or kiss anyone. A wave or a high five is always okay.

5

I have three grown-ups I can go to.

If one is not there or does not listen, I go to the next one.

6

I will never be in trouble for telling.

Not even if I waited. Not even if I said yes at first. Not even if I broke a rule.

My three safe grown-ups

Write their names and phone numbers below. Say the names out loud together.

Name: _____ **Phone:** _____

Name: _____ **Phone:** _____

Name: _____ **Phone:** _____

What the grown-ups promise

I will believe you.

I will not be angry with you for telling me something, ever.

I will not make you hug or kiss anyone you do not want to.

I will listen, and I will do something about it.

Child's name: _____ **Grown-up's name:** _____

Center for Child Counseling

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