

# Teaching Personal Safety to Your Child

- Avoid scare tactics. Explain that most adults want to protect children and keep them safe.
- Emphasize your children's basic right to body privacy and ownership. Every child is in charge of their own body and keeping it safe.
- Teach your children age-appropriate, basic sex education.
- Children have the right to say "No!" to any touch that makes them feel uncomfortable.
- Give your children a sense of self-worth and dignity at every opportunity.
- Let them know they can tell you anything and that you will believe them. Most importantly, let them know that it would not be their fault, and that they would not be in trouble for telling.
- Get to know your children's friends and their families. Know where your children are, whom they are with, and what they are doing.

## Parent Plan

Teach your children the safety rules and practice often:

Under 10 years old:

- Listen to the "UH-OH" feeling.
- Say "NO!"
- Go tell a trusted adult.

Over 10 years old:

- Recognize anything that makes you feel afraid or uncomfortable.
- Resist by saying no and getting away.
- Report to a trusted adult.

