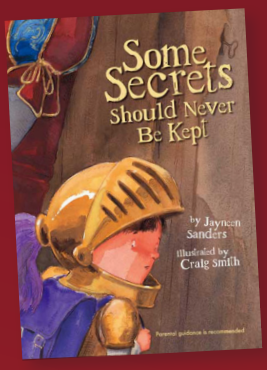
10 Body Safety Rules



1. **Teach** children the correct names for their body parts.

2. **Explain** that our Private Body Parts (PBP) are those under our bathing suit (also include the mouth).

3. **Instruct** that no-one can touch your PBP; reinforce your body belongs to you.

4. **Explain** you must never touch another person's PBP even if an older child or adult asks you to.

5. **Discuss** Early Warning Signs (EWS), i.e. sweaty palms, racing heart, sick tummy; always act on your EWS.

6. **Shout,** "Stop" or "No!" (hand held out) if touched on your PBP or in a way you don't like.

7. **Tell** a trusted adult straightaway if you are: touched on your PBP, touched in way you don't like or your EWS kick in.

8. **Keep** on telling until you are believed.

9. **Never** keep secrets that make you feel uncomfortable or bad; only keep happy surprises.

10. **Be strong, be brave and ALWAYS speak out!**

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Debunking 6 Myths About Body Safety Education

1. **My child will lose their innocence**
   They won't. They will be empowered. This knowledge will keep them safe. It is far better that they are educated than have their childhood stolen. Childhood sexual abuse cannot be undone.

2. **Sex and the act of sexual abuse will be discussed**
   When we teach road safety, we don't show children graphic images. Similarly, when we teach body safety, it is age-appropriate and non-threatening. Sex and the act of sexual abuse is never mentioned.

3. **My child is too young to be educated in body safety**
   3 to 8 years is the most likely age for a child to be sexually abused. The younger you start to educate the better! As soon as they begin to talk - Start!

4. **'Stranger Danger' education is all my child needs**
   95% of abusers are known to the child. They will be a trusted family member or friend. Only 5% of abusers are strangers. Predators are amongst you. They can be anyone.

5. **Why raise this when my child will never be sexually abused?**
   1 in 3 girls and 1 in 6 boys will be sexually abused before their 18th birthday. Your child is more likely to be sexually abused than break a limb.

6. **My child doesn't need body safety education; they tell me everything**
   A child can be so threatened and terrified to keep 'the secret', they may never tell. 73% of child victims do not tell in the first year, 45% do no tell in the first 5 years and many never disclose.

For More Body Safety Education information:
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