



# Touching Rules

1. My body belongs to me. I do not have to share my body. This means I am the boss of my body.
2. No one is allowed to make me touch their body, and I will not make anyone touch my body.
3. No one is allowed to touch my private parts, except to keep me safe and healthy.

If someone touches you in a way that makes you feel uncomfortable, **REMEMBER:**



Say **NO!** right away.  
**GO!** away from the person.  
 And **TELL!** a trusted adult.

# Trusted Adults

NAME & PHONE: \_\_\_\_\_

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## ★ Family Discussion

### Body Safety Tips for Parents

1. Educate yourself on abuse and address your own comfort level.
2. Teach importance of privacy and personal respect.
3. Implement and model touching rules with your children.
4. Keep open, ongoing, age-appropriate communication with your child about safety; *No topic is taboo.*
5. Maintain a relationship and be involved in their lives!
6. Uphold the rule that there are no secrets kept in your family.

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*Children are the world's most valuable resource and its best hope for the future. ~ John F. Kennedy*

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