



Things Kids May Say After Our Lessons

Here are some things you may hear from your kids after they participate in our program. Remember, kids are very smart and are processing the information they learned in our Body Safety lessons. They will test some of the concepts with you. It's important for you as the caregiver to reinforce body safety messages, model consent, and help kids understand the context.

You can lovingly point out the difference between a situation where the touching rules are being broken and it's truly unsafe, and a situation where they need to do something they don't like or want to do, but are safe.

Below are some suggested responses to comments you may hear:

"I do not have to do any chores because I am the boss of my body"

I know that Blue Sky Bridge was at your school teaching you about Body Safety. I know that they said that you are the boss of your body and you are. However, when I ask you to do chores, I am not breaking the touching rules or asking you to break the touching rules. Everyone in our family needs to help out with chores in order to keep our house clean"

"I do not have to take a bath because I am the boss of my body"

For K – 1st: You are right! You are the boss of your body! And, as the boss of your body, you need to make sure that it stays clean and healthy. I have been helping you in your bath (or shower), but as you grow older, you may not need my help anymore. Make sure you let me know if I do something you don't like or makes you feel uncomfortable.

For 3rd and up: You are right, you are the boss of your body. And, as the boss of your body, you need to keep your body clean and healthy. So, when would you like to take a shower?

"Don't hug me. Blue Sky Bridge says hugs are unsafe touches"

Hugs are unsafe touches only if you don't want them. It is okay to say that you don't want a hug. Sometimes, you feel like you want a hug and sometimes you don't. You don't have to give a hug to anyone, including me, if you don't want to. I would love to give you a hug when you are ready.

Hearing that your kids may not want a hug from you may hurt your feelings. It is okay to feel this way. But, keep in mind, the big picture. Let your kids practice some of the skills we are teaching them on you, like saying "NO" to hugs when they don't feel like being touched or speaking out if they need more privacy (i.e. ask you to knock before you come into their room). As they practice with you, they're building confidence and skills. If they can say "NO" to you as their parent, they'll be able to say "NO" to someone else. This is what we really want.

You ask your kids if you may hug them. If they say "NO", you can say something like this:

Okay, I understand. Maybe you'll want a hug later. Come find me when you are ready.

So, how about a high five or a fist bump instead?

You are modeling consent and teaching them that their voice matters and has power.

More ...

You and your child are walking on the street and are about to cross an intersection. You want to hold their hand to make sure they are safe while you are on the street. Your child may say something like "I don't want to hold your hand. Blue Sky Bridge says I don't have to hold your hand if I don't want to. I am the boss of my body."

Yes, I know that Blue Sky Bridge was at your school teaching you about Body Safety. You're learning the touching rules and that you are the boss of your body. I also know that you are supposed to keep your body safe. When I ask you to hold my hand when we are on the street (or about to cross an intersection) I am helping you to stay safe. Once we are back at home (or on the other side of the street), I will let go of your hand if you want. But, right now, we need to hold hand so that I can keep you safe.

It's a cold day in winter and you ask your child to put on their coat before they leave the house. Your child says, "Blue Sky Bridge says that I am the boss of my body. So, I don't want to wear a coat."

I know that Blue Sky Bridge comes to your school to teach you about Body Safety. I read the Touching Rules too. And, yes, you are the boss of your body. You are right. As the boss of your body, you need to keep it safe and healthy. Wearing a coat when it is cold outside keeps your body warm and healthy. Do you want to wear the green coat or the blue one?

It's dinner time and your child says "I don't want to eat broccoli. I'm the boss of my body, so I decide what I want to eat."

I know that you are learning about Body Safety with Blue Sky Bridge. And, yes, you are the boss of your body. You are correct. One responsibility of being the boss of your body is to keep it healthy. Your body needs vegetables to stay healthy. If you do not want to eat broccoli, is there another vegetable that you would like better?

Parents are really busy sometimes and it makes sense to ask all siblings to jump in the shower/bath together in order to save time. However, kids want more privacy when they start noticing that their bodies are changing. And, we as parents, need to listen. Your child may say something like "I don't want to take showers with my siblings anymore. Can I start showering by myself?" You can ask them why they feel this way and probably you'll hear something like "Joey is staring at my body now". You can respond:

I'm so sorry you are feeling this way. I'm sorry I haven't realized that you are growing up and need more privacy. Thank you for telling me. Maybe instead of showering with your siblings, you can help me shower them after you take your own shower/bath.

