



Body Safety Toolkit

How to Protect Kids from Sexual Abuse



Prepare for Red Flags: BODY SAFETY TOOLKIT

Parents can help children create a body safety plan and practice how to handle potential “red flag” situations.

What’s a body safety plan?

It’s a plan of what kids can **think, say, and do** in a red flag situation. It’s also a list of **safe adults** a child can go to for help in a time of need.

Create a list of safe adults

Safe adults could include a parent, grandparent, coach, teacher, doctor, or neighbor. Ideally, the safe adult list should include both family and non-family members. Let your child know they can seek help from someone else if they are in a “red flag” situation and can’t access anyone on the safe adult list. A mom with kids or an older woman may be the safest “strangers” for a child to approach.

Talk to your kids and **together** decide who should be on the safe adult list. Decide what the child should do if these safe adults are not nearby.

You may also want to come up with a code word or phrase the child can use so they can alert a parent they are in danger. For example, you can decide that if a child calls a parent and talks about a “stomachache” the parent knows it’s important to drop everything and pick up the child right away.

Teach and use the actual names of private body parts

While you’re teaching nose, elbow, and knee, also teach your children the correct names of their private body parts: penis for boys, vagina, vulva (the name for female external genitalia) and breasts for girls, and anus and buttocks for both.

Now your child has the vocabulary to tell you if someone touches or shows them private parts. If they start calling their private parts a different name, ask them where they learned it from.



Appropriate and inappropriate touch

While you are teaching your child the names of body parts, also tell them that no one should touch or show private parts (the ones covered by a swimsuit). Talk about a couple of exceptions. Explain how a parent, babysitter, or grandma (etc.) may need to



help you wipe after going to the bathroom. A doctor may have to look at your private parts to make sure everything is healthy – but you will always have a parent with you in a doctor’s appointment.

Discuss potential red flag situations

Practice what kids can do, think, and say in the following situations. We provide possible answers for what a child might think, say, and do. Please modify and expand these answers as you discuss these scenarios with your kids.

What if? #1:

If you’re on the bus and somebody dares you to pull down your underwear, and she says she will give you \$50 bucks ... What should you think? What should you say? What should you do?

Think: Underwear should stay on! When somebody offers you money that is a bribe. That’s a red flag!

Say: No! I’m not going to do that OR I don’t like that kind of dare.

Do: Tell a trusted adult as soon as you can.



What if? #2

What if you’re at soccer practice and you’re alone with your coach and he makes a joke about private parts.

Think: Adults shouldn’t joke with kids about private parts, but the coach is acting like this is normal. That’s a red flag!

Say: I’m going to go practice with the other kids.

Do: Go back to the group and tell the first trusted adult you see.

What if? #3

What if your cousin asks you to play a “secret game” with private parts called show and tell, and then says, if you play this game I will buy you things and you will be my favorite cool cousin.

Think: We don’t play games with private parts. That breaks a body safety rule. And this cousin is using a bribe to convince me. That’s **two** red flags! This is a sign my cousin needs grown-up help. It’s important to tell so they don’t ask me this again or ask other kids.

Say: No. I can’t play that game. I’m going to the kitchen to get a drink of water.

Do: Go tell your mom, dad or trusted adult about the game your cousin wanted to play.

What if? #4

What if someone you know sends you a message on your phone or computer asking you to send a picture of your private parts? What if this person says other kids send these pictures?



Think: No one should ask a child (in person or online) to do this. Private parts are private. That's a red flag!

Say: No way!

Do: Step away from the computer or phone and get an adult to help! Mom or Dad can help you block this person.

What if? #5

What if you're playing at your friend's house and your friend's older brother says, "Hey, look at this," and then shows you a video with naked people touching each other? What if the older brother says you're weird if you don't want to look and tells you everybody watches stuff like that?



Think: No one should show a kid pornography, not even another kid. That's a red flag!

Say: Kids don't need to look at that stuff.

Do: Ask your friend to play outside. Text your mom to pick you up and tell her what happened.

Update your safety plan regularly and keep talking!

Regularly review the list of safe adults with your kids. Come up with your own potential red flag situations and discuss these with your kids. Remind kids that no matter how they handle any situation, abuse is NEVER their fault and it's NEVER too late to tell.

11 Best Resources to Protect Kids from Sexual Abuse

A list of websites and books for parents and caregivers

Websites

- [Mama Bear Effect](#) Well-thought out prevention strategies and responses to abuse.
- [Committee for Children](#) Provides an array of curriculum and videos to help educators and parents protect children.
- [Darkness to Light](#) Provides tools and resources that educate and empower adults to prevent abuse, recognize the signs, and take action to protect children. Offers a Stewards of Children Prevention Toolkit App.
- [Stop It Now](#) Stop It Now! relies on the public health model to create

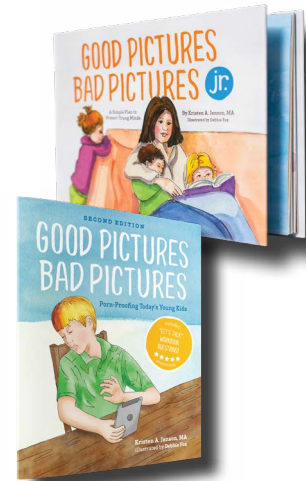


programming. Using a combination of research-based public education materials, media messages, and training tools, we seek to change the social climate and foster the prevention of child sexual abuse.

- [KidSafe Foundation](#) KidSafe gives children a voice and empowers them and the adults who keep them safe with education and communication skills to become the first line of defense in children's safety.

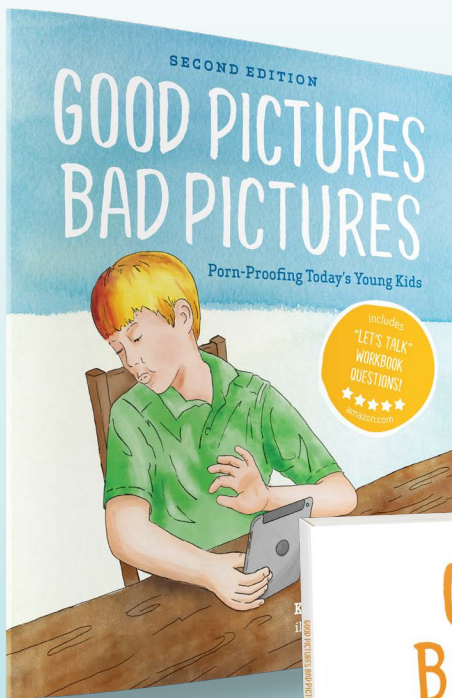
Books

- [Do You Have a Secret? \(Let's Talk About It!\)](#) by Jennifer Moore-Mallinos
- [Good Pictures Bad Pictures Jr: A Simple Plan to Protect Young Minds](#) by Kristen A. Jenson
- [I Said NO! A Kid to Kid Guide to Keeping Private Parts Private](#) by Kimberly King
- [Some Secrets Should Never Be Kept](#) by Jayneen Sanders
- [My Body! What I Say Goes!](#) by Jayneen Sanders
- [Say "NO!" and TELL!: Maisie's Creative View of Personal Safety for Girls](#) and [Say "NO!" and TELL!: Daxton's Creative View of Personal Safety for Boys](#) both by Kimberly Perry

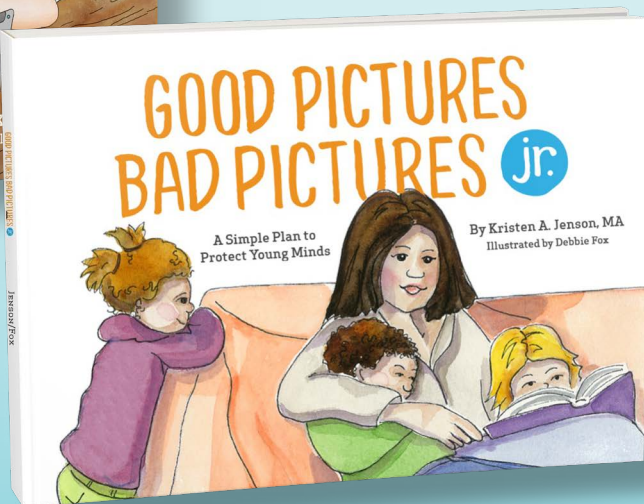


protecting our most vulnerable

POWERFUL TOOLS TO RAISE
PORN-PROOF KIDS



#1
**BEST
SELLERS**

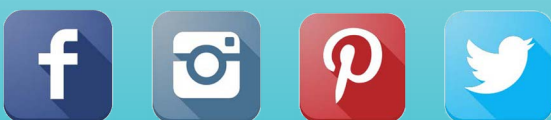


As a psychologist and a mother of four, I can't recommend this book highly enough.

Pornography is a fast-track to depression, anxiety, and unhealthy relationships between males and females. Parents need to understand that their kids are being exposed to porn at a younger age than they realize... your kids will rarely tell you what they saw. We need to GET AHEAD OF THE CURVE by reading this book to them and discussing what they need to do if they stumble across porn.

MARY, AMAZON REVIEW
OF GOOD PICTURES BAD
PICTURES: PORN-PROOFING
TODAY'S YOUNG KIDS

Find out more at
defendyoungminds.com/books
or on Amazon





Teach kids refusal skills for digital dangers.

Arm your children with an engaging, video-based course to keep them safe from cyber-bullying, pornography and internet addiction. Brain Defense teaches kids, ages 7-11, healthy technology habits to protect their growing minds. Available for families, schools and community groups.



Learn more at BrainDefense.org

BRAIN DEFENSE TEACHES KIDS:

- Screen time management skills
- The importance of choosing good media
- How to form positive tech habits
- Refusal skills for rejecting pornography
- Strategies for dealing with cyber-bullying
- How to be a kind, honest digital citizen
- And much more, all taught by peer role models called the Brain Gang!

“I love-love-LOVE that you are bravely bringing this information to students.”
Parent of 4th grader

“Both students and parents thanked me for presenting such helpful internet use guidelines.”
Elizabeth Fresse, teacher

