Teaching my child about

BODY BOUNDARIES

Understanding what body boundaries are and how to set them helps keep our kids safe. This exercise will teach your child about their "bubble," and below are some body safety rules you can teach your child and family.

1 I am the boss of my body

I don't have to hug, kiss, or be touched by anyone if I don't want to. I have the right to say "No!"

2 I know my private parts

My private parts are the parts of my body covered by swimsuits and underwear. I use the correct words when talking about private parts.

3 Private parts are not to be shared with others

Only grownups whose job it is to keep me clean and healthy should look at or touch my private parts. I can ask for privacy when using the bathroom or changing clothes. It's not ok for me to look at or touch other people's private parts.

4 I know about unsafe secrets and safe surprises

I know that surprises are fun things that everyone will find out about, but secrets are unsafe because we are asked not to tell anyone about them.

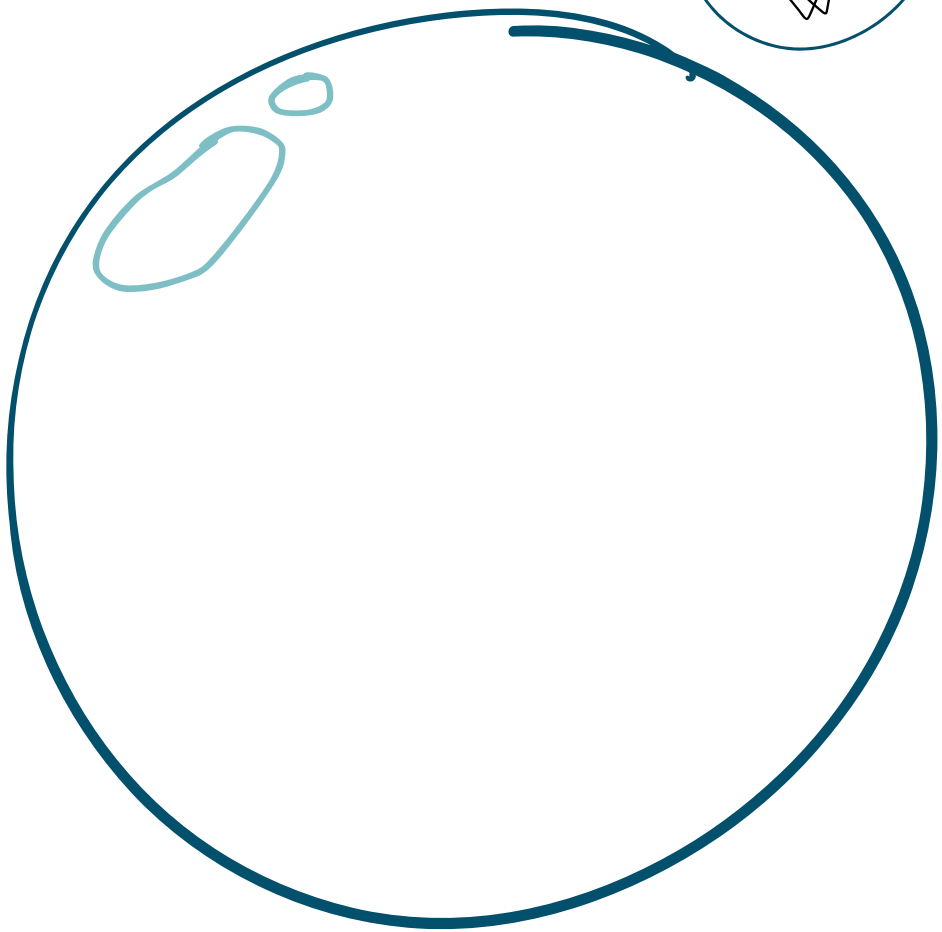
5 I have a Body Safety Circle

I have more than one safe adult who I can talk to when something makes me feel icky, unsafe, or uncomfortable. They listen to me when I need help and make me feel safe again.

MY BUBBLE

Imagine your body boundaries like a bubble around your whole body. You get to choose who comes into your bubble and who does not.

Who are safe people in your life?
Draw them in your bubble below!



MY BODY BELONGS TO ME!

I am the Boss of my Body!

I can say no to touches I don't like

I know the difference between safe surprises and unsafe secrets

I can trust my feelings about what's safe or not

I can tell a trusted adult if I feel scared or uncomfortable

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I am the Boss of my Body

Empowering children to say "no" to unwanted physical touch helps them set boundaries and speak up if those boundaries are violated.

I know my private parts

Teaching children the correct terms for body parts helps them understand their anatomy and communicate concerns about illness, injury, or body safety.

Private parts are not to be shared with others

Teaching kids about body boundaries and appropriate behavior fosters respect for their own and others' privacy, including in online settings,

I have a Body Safety Circle

Taking the time to help your child identify trusted adults in their life before there is a problem helps your child know who they can turn to when they need help or one of those adults is unavailable.

I know about unsafe secrets and safe surprises

Surprises are temporary and meant to be shared, while secrets are meant to be hidden and can feel unsafe. Helping children understand the difference encourages openness and communication.

Children's Center
A place where healing begins

THRIVING TOGETHER
It Takes Community to Protect Our Children
Child Abuse Prevention Month April 2025