

BODY SAFETY

TIPS FOR PARENTS & CAREGIVERS

Teach your children proper terms of their body parts- it's never too early to start. Teaching proper terms will provide clear understanding to the person they are disclosing too if and when they feel unsafe or uncomfortable.

Establish rules with your children-

- No looking at private parts
- No taking pictures
- No touching private parts



Review rules of your child's body safety regularly. Suggestion: Discuss body safety before a sleepover or discuss when buying bathing suits.

Use age appropriate wording so your child can understand.

Talk about safe and unsafe touch with your child. Unsafe touch is when the touch hurts the child's feelings or body. Safe touch keeps children safe and are good for them.

BODY SAFETY RULES

MY BODY IS MY BODY AND IT BELONGS TO ME!

I can say "No!" If I don't want to hug or kiss someone. I can give a high five, hand shake, or blow them a kiss instead. I am the boss of my body and what I say goes!



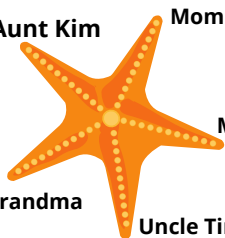
Aunt Kim

Mom

Mr. Johnson
(Teacher)

Grandma

Uncle Tim



SAFE ADULTS

These are 5 adults I trust. I know I can tell these adults anything and they will believe me.

If I feel worried, scared, or unsure, I can tell my safe adults how I am feeling or why I am feeling this way.

PRIVATE PARTS

My private parts are the parts of my body covered by my bathing suit. I always call my private parts by their correct names. No one can touch my private parts. No one can ask me to touch their private parts. No one is allowed to show me pictures of private parts. If that happens, I must tell one of my safe adults immediately.



INTERNET SAFETY

ONLINE GROOMING TACTICS

Seeks posts that reflect feelings of isolation, loneliness, conflict with caregivers, trauma, financial insecurity, and instability

Uses those feelings or issues named above to begin developing a relationship with the potential victim

Once the relationship is created, the predators then attempt to lure the child away from home to meet in person or begins to send sexually explicit content.



SAFETY TIPS

- Empower your children to report unhealthy exchanges/activities online such as
 - Bullying
 - Sexual Solicitations
 - Bystander intervention among their peers
- Set aside a time during the day where phones or screens are not allowed
- Don't allow phones in bedrooms overnight and have centralized locations for phones to be charged
- Know your child's passwords, the apps that they are using, and how to use them yourself
- Monitor your child's public exchanges
- Change privacy settings on their apps to ensure their account is private

**THE TOP APPS
CURRENTLY USED FOR
ONLINE ENTICEMENT**



For more information and resources contact the Lighthouse at (704) 862-6761



**THE
LIGHTHOUSE**
Children's Advocacy Center