

# PARENT PAL

This page was created to assist parents in talking to their children about body safety.

Beginning in Pre-K we identify the areas covered by swimming trunks/bathing suit as the PRIVATE BODY PART areas. Upon speaking about these areas, you may choose to use visuals like a doll or maybe some photo stock pictures of kids in bathing suits. We encourage children to use the term Private Body Parts when referring to those areas.

## **CLEAN, SAFE, AND HEALTHY RULE:**

We identify parents, guardians and doctors as people who may possibly be allowed to look at or touch private body parts in order to keep the child CLEAN, SAFE, AND HEALTHY. You may also want to discuss that sometimes grandparents, aunts/uncle, or babysitters take care of them like a mom or dad would and that they too may be allowed to keep them CLEAN, SAFE, AND HEALTHY. We talk about how babies need someone to change their diapers. We discuss how the following scenarios are a part of the CLEAN, SAFE, AND HEALTHY RULE: small children needing help at bathtime or a child using the potty and needing help wiping, or a child needing medicine to be put on a rash on their bottom. We discuss how doctors may need to examine those areas while parents are present. They may need to give a shot on the bottom to keep them healthy. It's a doctor's job to keep us healthy. All of these are examples of keeping a child CLEAN, SAFE, AND HEALTHY.

If someone tries to look at or touch a child's private body parts and they are not trying to keep a child CLEAN, SAFE, AND HEALTHY... that is not okay. If they try to take pictures of a child's private body parts, that is not okay. If they are touched/looked at in a way that makes them feel yucky, uncomfortable, or nervous tell a safe adult. They have the right to say "No! or Stop!" to the person, even if it is an adult. They need to get away from the person and tell a safe grown up. Discuss who some safe, trusted adults may be inside and outside the home.

Let them know that even if a person told them to keep the touching/looking at/picture taking a SECRET, it's okay to tell. Let them know that even if the person is someone mommy or daddy loves/likes, it's still okay to tell. Let them know they won't be in trouble for telling and that it's not their fault.

Children who are older, possibly 3<sup>rd</sup> or 4<sup>th</sup> grade or older, internet safety and predators are discussed. Children need to know not to give out their name, the name of their school, their phone number, or address online. Maybe they accidentally or on purpose gave that information out, especially to someone they only know from social media or online games. Now they are uncomfortable because someone has the information and is threatening or bullying them or wants to meet up with them. They need to know that no matter what they can come to you and you will help them through it. Online predators are there, because they know your kids are.

They are manipulative and know how to trick your children before they even know what's happened. They may have told your child to keep their friendship a secret, that is a huge RED FLAG.

If you suspect your child is being or has been abused call the CHILD ABUSE HOTLINE 1-800-25 ABUSE. People reporting suspected abuse, especially parents may feel they need to get all the information they can from the child. This can hinder the process of helping your child. As long as you have enough information from the child that you feel it may have happened, and you need to report it, that's enough. Let the hotline and DCFS decide what to do next.

Let your child know that they were BRAVE and it was not their fault. Be supportive.

You can feel free to contact The Amy Schulz Child Advocacy Center with any questions you may have.