Because of these startling statistics, please take time to read the following tips that can help protect your child from abuse.

- Talk to your child about the Four Body Safety Rules:
  1. **Say No** – in a strong, “this is important” voice
  2. **Get Away** – to a safe place with helpful adults
  3. **Tell Someone** – tell a safe, trusted adult. Abuse should not be kept a secret.
  4. **Be Believed** – keep telling until someone helps

- Teach your child the **Private Body Parts Rule**:
  1. No one is allowed to look at or touch your private areas (where your swimsuit covers your body) unless they are helping you to stay healthy and clean (like parents or a doctor)
  2. No one is allowed to ask YOU to look at or touch them in their private areas (where their swimsuit covers their bodies)

- Review safe touches (hugs, high-fives, etc.) and unsafe touches (hitting, hurting, and touches to private areas)
- Be approachable and listen to your child if they have concerns
- Reassure your child that abuse is never their fault

If you have any questions or concerns, please contact the Center for Prevention of Abuse at:

**Main Line:** 309.691.0551

**24/7 Crisis Hotline:** 1.800.559.SAFE (7233)

**Website:**
www.centerforpreventionofabuse.org

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720 W Joan Ct, Peoria, IL 61614
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Body Safety Rules
Hand Motions

Practice the Body Safety Rules with your child by using hand motions. How fast or slow can you do them? Can you make the motions into a “Safety Dance?”

1. Say “No”
Put your hand straight up. Bring it down in a stop sign motion. Say “No! Stop!” in a strong, “this is important” voice.

2. Get Away
Put arms at your sides, elbows bent. Make a running motion. Say “Get away!”

3. Tell Someone
Make “mouths” with your hands. Make them open and close to “talk.” Say “Tell someone!”

4. Be Believed
Make two thumbs up and bring them down in front of you. Say “Be believed!”

Practice Safe Touches

Practice safe touches with your child (high-fives, fist-bumps, hugs, handshakes, etc.). Remind them that it is always good to ask before they give safe touches to anyone.

Today your child learned that their private areas are the parts of their body covered by their swimsuits. Help your child color in this swimsuit picture to remind them of the Private Body Parts Rule.