Attention Parents and Caregivers:

Today your child participated in a body safety program presented by the Center for Prevention of Abuse. This school-based program focuses on the prevention and awareness of childhood sexual and physical abuse.

Erin’s Law: On January 24, 2013, former Governor Pat Quinn signed into law “Erin’s Law,” which requires all Illinois schools to provide age-appropriate child sexual abuse prevention education for students K–12th, annually. To find out more, go to www.erinslaw.org.

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

According to the FBI:

• The median age for reported child sexual abuse is nine years old (Darkness to Light; www.d2l.org)
• One in four girls and one in six boys experience sexual abuse before their 18th birthday in the United States

• 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

Please turn this page over to review with your child what they learned today.
Safe People – Safe Places

Home is a safe place. Write your address below. Draw the safe people who live with you.

School is another safe place. Draw some safe people at school that you can talk to.

My address is: ____________________________________________

My teacher is: ____________________________________________

Sometimes we have a whole “bunch” of trusted adults outside of home and school, like a babysitter or our friends’ parents. Write their names on the bananas below to show that they are part of your “bunch.”

Phone A Friend! It’s important to know phone numbers if we need to ask for help.

Parent/Guardian Cell Phone: ________________________________

Parent/Guardian Home Phone: ________________________________

My School: ________________________________________________

Police: ____________________________________________________

Emergency Contact: ________________________________________