

My Body Safety Rules

My body is my body and it belongs to me!

I can say, 'No!' if I don't want to kiss or hug someone.

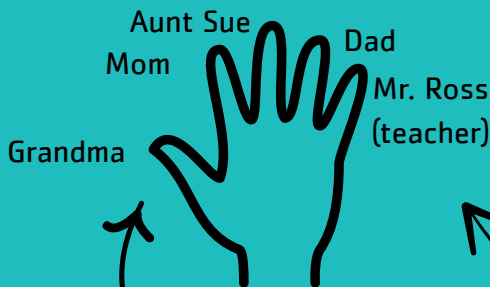
I can give them a high five, shake their hand or blow them a kiss. I am the boss of my body and what I say goes!



I have a Safety Network!

These are 3-5 adults I trust. I can tell these people anything and they will believe me.

If I feel worried, scared or unsure, I can tell someone on my Safety Network how I am feeling and why I feel this way.



Early Warning Signs

If I feel frightened or unsafe I may sweat a lot, get a sick tummy, become shaky and my heart might beat really fast.

These feelings are called my Early Warning Signs. If I feel this way about anything, I need to tell an adult on my Safety Network straightaway.

Secrets

I should never keep secrets - only happy surprises because they will always be told. If someone asks me to keep a secret that makes me feel bad or unsafe, I need to tell an adult on my Safety Network straightaway!

Private Parts

My private parts are the parts of my body under my bathing suit. (My mouth is a private part too.) 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. If any of these things happen, I need to tell a trusted adult on my Safety Network straightaway.

Please scan here to check out the Door County YMCA's commitment to child abuse prevention and Youth Protection Policy.



Door County YMCA

www.doorcountyyymca.org

My Safety Network

Who can you ask to help when you need it? Think of 3 to 5 adults that you trust and are there for you when you need help or just someone to talk to. One should not be a family member.

Write one name in each finger of the hand.

Let these people know you have chosen them as part of your Safety Network.



Remember! You can always ring a Kids Helpline if you need help or someone to talk to.

HOW TO SAY "NO" TO A STRANGER AND GET AWAY

5.2.S: Role-play what to do if a stranger at home, in a car, or on the street approaches you.

This activity uses the Printable Book to present hypothetical Stranger Safety situations for students to react to. Students will decide page by page the safest choice that Sarah and Lenny could make in the story.

Materials Needed:

- Printable Book
- Crayons or other writing utensils

Preparation:

- Remind students that even if a stranger seems nice, if they offer them things (puppies, candy, etc.) or ask them to go somewhere with them, they are not nice.
- Review the "Shout, Run, Tell" rule.
- Explain that we should only interact with strangers if our parents are present and give us permission.
- Explain that if a stranger asks us to go somewhere with them, we have to tell them "NO" loudly and clearly. We can also walk or run away.

Steps to Success:

1. Read the Printable Book out loud and ask students to think of the safest choice Sarah and Lenny could make on each page (ex., On page 6, Lenny should have asked his mom before he went to pet the strange man's dog.)
2. Ask students to raise their hand when they think Lenny and Sarah should Shout, Run, and Tell (ex., On page 7, and page 8.)
3. Instruct students to draw an X through any page where they think Sarah and Lenny should Shout, Run, and Tell.

Recap:

- Most people we meet are nice, and we shouldn't be afraid of people we don't know. To be safe, we only interact with people we don't know when a trusted adult is with us.



Stranger Safety



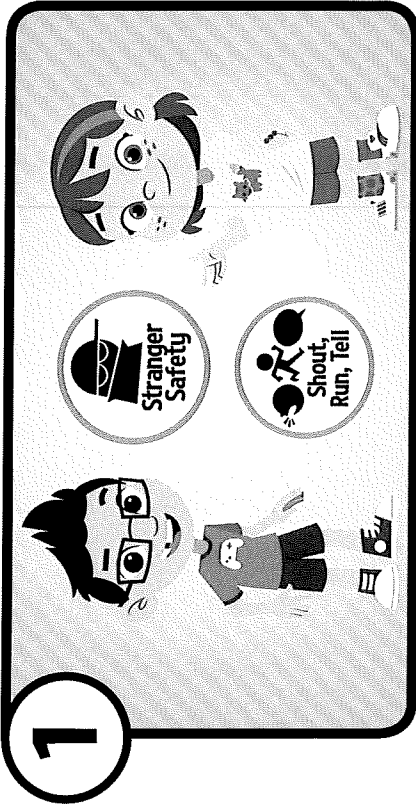
This book belongs to: _____

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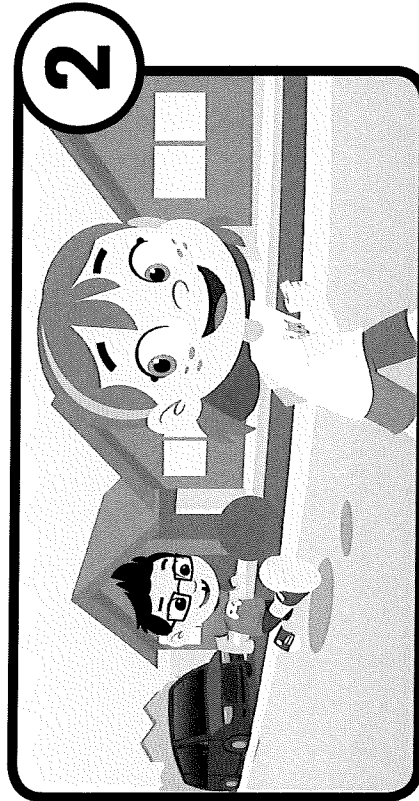
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cut line

fold line



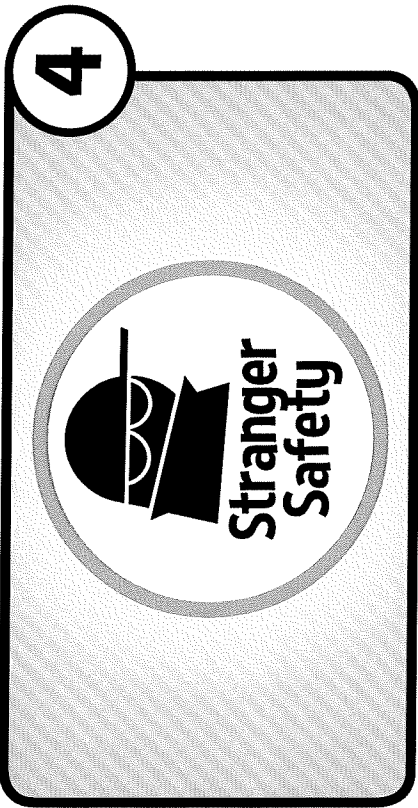
Lenny and Sarah learned about **Stranger Safety**.



They played at the park with Lenny's mom last weekend.



Lenny and Sarah know that a **stranger** is a person we don't know.



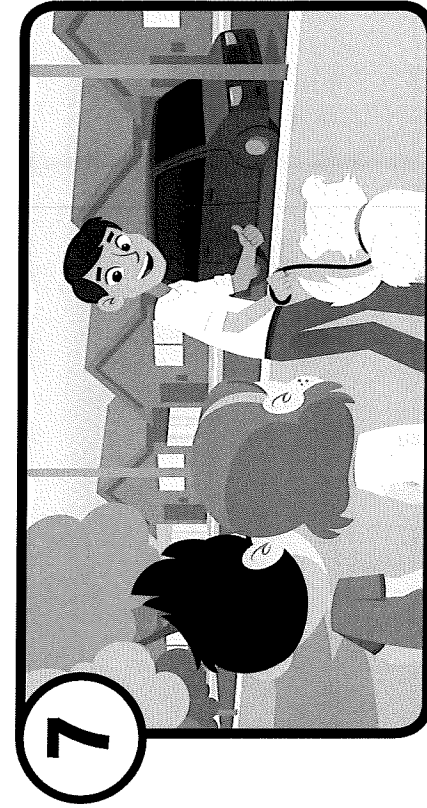
We always have to follow the **Stranger Safety** rule to be safe.



We do not talk to **strangers** when our mom or dad isn't with us.



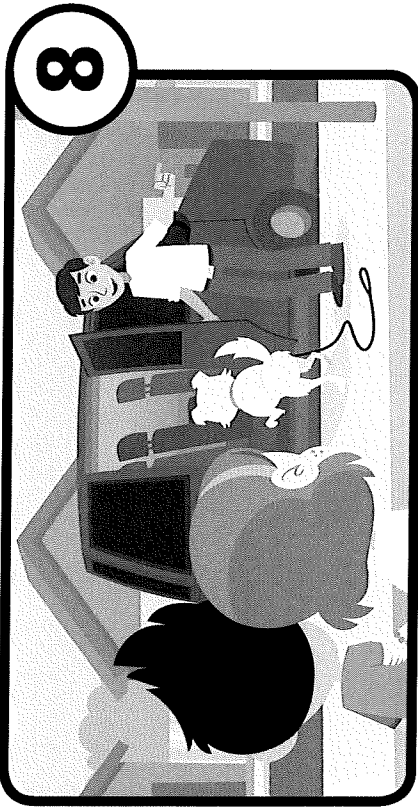
We do not take things from **strangers** if they offer them to us.



We do not go anywhere with **strangers** if they ask us to.

fold line

cut line

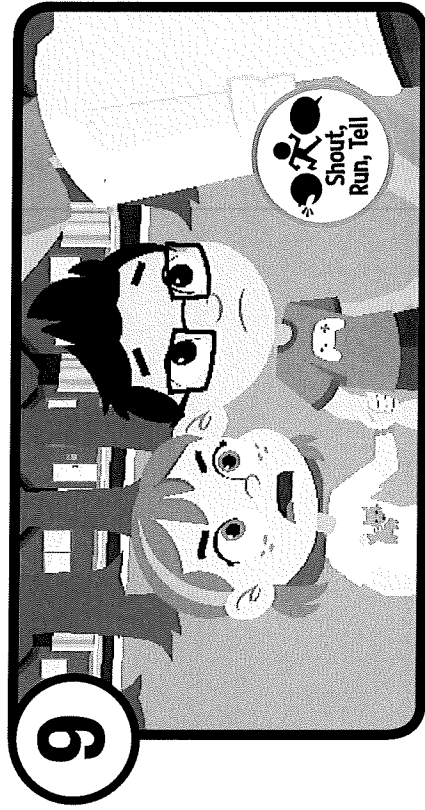


A **stranger** asked Lenny and Sarah to go in his car.

cut line

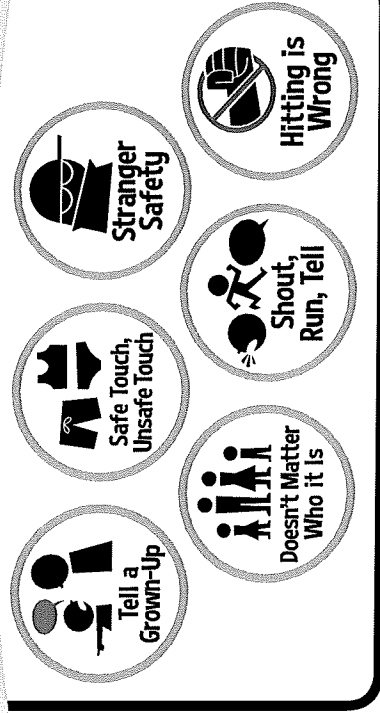


Then they ran away and told Lenny's mom, who is a **trusted** grown-up.



Lenny and Sarah knew to **Shout, Run, and Tell**. They shouted "No!"

The Protect Yourself Rules



Lenny and Sarah use **The Protect Yourself Rules** to stay safe.

fold line

staple

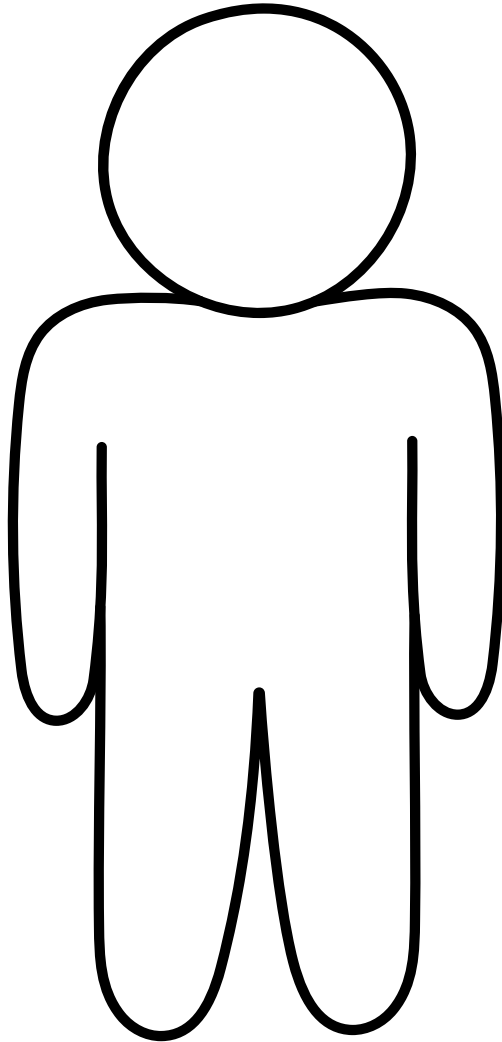
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THE PROTECT YOURSELF RULES

PAPER DOLLS

Who is a grown up that you can go to when you need help, like when you get a scrape and need a band-aid? It could be your mom, your dad, an aunt, uncle, brother, sister, grandparent, or maybe a teacher.

Picture that person and use crayons or pencils to draw them on your Paper Doll.



SAFE TOUCH VS. UNSAFE TOUCH

- If someone touches us on a part of our body that would be covered by a bathing suit, is that a Safe Touch or an Unsafe Touch?
- If anyone touches us in a way that makes us uncomfortable, are we allowed to tell them to stop?
- When are we allowed to tell others that we don't want to be touched?
- Who are some grownups who we can tell about Unsafe Touches?

Unsafe Touches can be hard to talk about, but grown-ups want to listen. Our paper dolls help us remember who we feel most comfortable talking to. This is someone we can always go to for help.

CA HEC Standards:

- **1.1.S:** Identify safety rules for the home, the school, and the community.
- **1.4.S:** Distinguish between appropriate and inappropriate touching.
- **5.1.S:** Identify situations when it is necessary to seek adult help or call 9-1-1.
- **4.2.S:** Identify ways to report inappropriate touching.



To review, pose a series of questions to evaluate student learning outcomes. Call on volunteers or have the class answer as a group.

- Which Protect Yourself Rule do we remember if we think someone is being hurt?
- Is kicking a Safe Touch, or an Unsafe Touch?
- Is throwing a toy at someone a Safe Touch, or an Unsafe Touch?
- Is it okay to keep a promise to not tell about hitting or Unsafe Touches?
- Who can we tell if we think someone we know is being hurt at home?
- If we see our friend get hurt at home, but they make us promise not to tell anyone, what should we do?
- What are some ways that we can tell a grown-up about hitting or Unsafe Touches?



Know When to Tell



This book belongs to:

1



Hitting is Wrong

Tell a Grown-Up

Sarah knows that **Hitting is Wrong**. We always **Tell a Grown-Up** about **Hitting**.

cut line

2



Sarah saw a bruise on her friend Abby's arm.

fold line

3



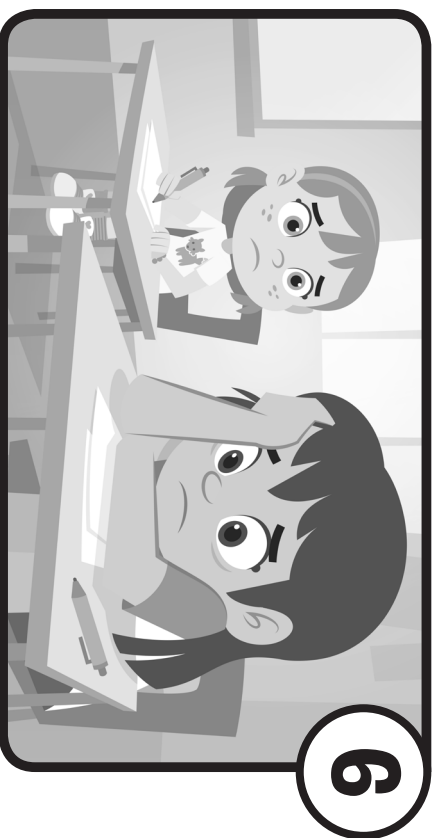
The next day, she noticed another bruise on Abby's neck.



Sarah asked Abby if someone at home hit her.



Abby said yes, but she made Sarah promise not to tell anyone about it.



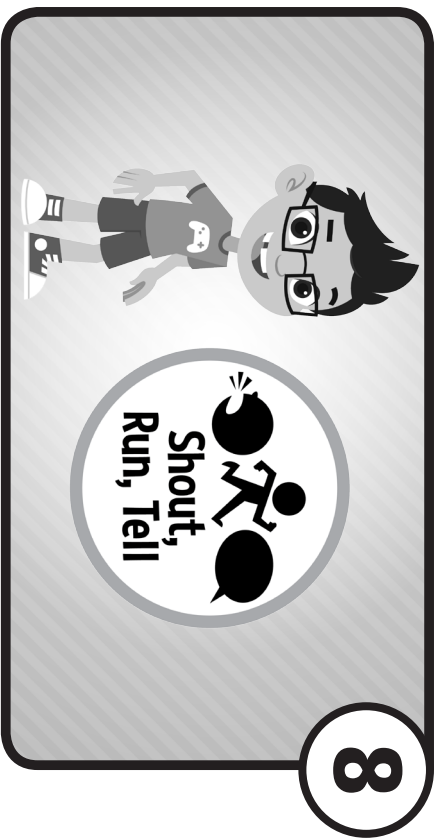
Sarah knew that we can never keep **hitting** a secret.



Sarah helped Abby by **Telling a Grown-Up** about her bruises.

cut line

fold line



8

Lenny knows that we **Shout, Run, and Tell** if someone makes us feel unsafe.

cut line



10

Then we **get away and Tell a Grown-Up** we trust.

fold line



9

We **shout** for them to stop so that everyone can hear.

The Protect Yourself Rules



Lenny and Sarah use **The Protect Yourself Rules** to stay safe.

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CHECKLIST FOR SAFER SLEEPOVERS

You might think eliminating sleepovers altogether is a fail-safe way of preventing abuse that might take place while your children are away from home. But sleepovers are one of the exciting joys of childhood and can lead to many positive growth opportunities for your children.

So what can we do to help make them safer?

Below are some questions to ask yourself before the next sleepover.



- What does your gut say? Usually your gut reaction is correct. Pay attention to it.
- Is your kid “ready?” Have they been away from home overnight before? How old are they?
- How well do you know this family?
- What kind of adult supervision will there be & who else will be present?
- What is their household like? Does the house itself seem safe? What are the sleeping arrangements?
- Can you talk with the parent(s) about any concerns or needs? If you can't, consider this a negative on the gut-check meter.
- What are your hard & fast rules? (Spoiler: ‘No uninterpretable one-on-one situations with adults or other children’ should be one of them.)
- What safety & comfort contingencies can you put in place? Talk to your kids about different scenarios to help them feel comfortable with facing the unforeseen.
- What check-in points can you put into the mix? Maybe a call or text before bedtime? Are drop-ins okay?

Child Abuse Prevention Activity Worksheet

For Parents & Children Ages 3–8

Learning How to Stay Safe in Public Places

Instructions for Parents:

This activity is designed to help young children learn simple personal safety skills in a positive, non-scary way. Complete the activities together and encourage discussion. Remind children that most adults are safe and helpful, and that these skills help everyone stay safe.

My Safety Team

Directions: Draw or write the names of 3 trusted adults you can go to if you need help.

1. _____
2. _____
3. _____

Parent Discussion:

- Who are these people?
 - How can they help you if you feel scared, lost, or uncomfortable?
-

Safe or Not Safe?

Directions: Circle **SAFE** or **NOT SAFE** for each situation.

1. A police officer helps you find your parent when you are lost.
SAFE / NOT SAFE
2. Someone you don't know asks you to go with them to see a puppy.
SAFE / NOT SAFE
3. You stay close to your parent or trusted adult while shopping.
SAFE / NOT SAFE
4. Someone asks you to keep a secret from your parent.
SAFE / NOT SAFE
5. You tell a trusted adult when something makes you uncomfortable.
SAFE / NOT SAFE

My Safety Rules

Draw a line from the rule to the picture or description that matches.

Rules:

- Stay where my grown-up can see me.
- Ask permission before going anywhere.
- Say "NO" if something feels wrong.
- Find a safe helper if I am lost.

Safe Helpers:

- Police officer
- Store employee with a name tag
- Librarian
- Teacher
- Parent with children

Practice Saying It

Read each sentence together and practice saying it in a loud, confident voice.

- ✓ "No, thank you!"
- ✓ "I need my mom/dad!"
- ✓ "You're not my grown-up!"
- ✓ "Help! I need help!"

What Would You Do?

Talk about each situation.

Scenario 1

You are at a park and cannot see your parent.

What should you do?

Scenario 2

A person you do not know says your parent sent them to pick you up.

What should you do?

Scenario 3

Someone makes you feel uncomfortable or asks you to keep a secret.

What should you do?

My Public Safety Checklist

Put a ✓ next to each one after you talk about it.

- I know my full name.
 - I know my parent's name.
 - I know how to ask for help.
 - I know who my trusted adults are.
 - I know I should never go anywhere with someone unless my parent or trusted adult says it is okay.
 - I know it is okay to say "NO" and get help if I feel unsafe.
-

Parent Tips

Teach Children to:

- Stay close to trusted adults in public places.
- Check before going anywhere with another person.

- Trust their feelings if something doesn't seem right.
- Tell a trusted adult immediately if they feel scared, confused, or uncomfortable.
- Know that adults should not ask children for help, rides, gifts, or secrets.

Reinforce This Message:

"Your safety is more important than being polite. If something feels wrong, you can say NO, move away, and tell a trusted adult."

Family Safety Promise

We promise to:

- Listen when our child talks about worries or concerns.
- Practice safety skills together.
- Help each other stay safe in public places.

Child Signature: _____

Parent Signature: _____